3-2011

The NEBLINE, March 2011

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Facebook is a popular free social networking Web site that allows registered users to create profiles, upload photos and video, send messages, and keep in touch with friends, family, and colleagues. Like us on Facebook: http://www.facebook.com/4HEGGCam (4-H EGG Cam)

Twitter is a social networking and microblogging service that allows you to answer the question, “What are you doing?” by sending short text messages 140 characters in length, called “Tweets,” to your friends, or “followers.” Follow us on Twitter: http://twitter.com/UNL_LancasterCo http://twitter.com/LancasterCo_4H http://twitter.com/UNL_LancasterCo http://twitter.com/LancasterCo_4H

YouTube is a video-sharing Web site where users upload, share, and view videos. The amount of content on YouTube is amazing. Users are currently uploading 24 hours of video to this social video site every 60 seconds. Check us out: http://www.youtube.com/UNL_LancasterLonCo http://www.youtube.com/user/4HLauncestonNE (4-H) http://www.youtube.com/user/4HLaunceston http://www.youtube.com/user/laichenkennan (nutrition and food)

Have you seen one of these? It is a QR Code. A QR (quick response) Code is a specific matrix barcode readably by dedicated QR Barcode readers and camera phones. The information encoded in the design can be text, a link to a Web site, or other data. If you have a smart phone, go to your app download center and get one of the free apps like QuickMark. Once downloaded, click on the app icon and hold your phone over the QR Code, the phone will read the mark and give you the encoded information.
Tips for Optimizing Your Fertilizer Investment

According to Gary Hergert, UNL Extension Soil Specialist, fertilizer costs will be substantially higher in 2011 than they’ve been in the past couple years. Following these tips can help you get the most for your fertilizer investment.

• Follow the soil testing program to know macro and micronutrient levels.

• Take deep soil samples for residual nitrate to fine-tune N rate.

• Use the most efficient methods to apply phosphorus and nitrogen fertilizers.

• Set realistic yield goals. Expected yield is the major factor in determining N rate for corn. Use a five-year average corn yield plus 5 percent to account for hybrid and management improvements.

• Credit nitrogen from previous crop residue of soybean and alfalfa (legume) crops. Soil tests will not show legume or crop residue credits, but it will be available during the growing season.

• Value and use manure and biosolids sources properly. These organic fertilizers are an excellent source of N, P, and micronutrients.

• Understand not all fertilizer recommendations are the same. UNL fertilizer recommendations may seem conservative compared with some commercial labs, but they are based on research and on-farm verification. They will usually be the most economical rates, even for high yield situations.

• Consider replicated strip trials to determine the effect of lower or higher rates on yield.

• Comparison shop. Look at different products and micronutrients.

To learn how to use the above tips to reduce fertilizer costs, come to a Nutrient Management Workshop. Workshops are offered throughout Nebraska. To get more information, call the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. UNL Extension Educators Tom Dorn and Barb Ogg will discuss these and other tips to reduce fertilizer costs. No cost to attend, but you are encouraged to preregister by calling (402) 441-7180 before March 8.

Nutrient Management Workshop, March 10

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Advantages & Disadvantages — Renting by the AUM

A major advantage to the landowner is that the forage production is lower, the tenant has incentive to balance the number of animals grazing the pasture to match the forage produced. This preserves the health of the pasture over the long run. The disadvantage to the landowner is not knowing what the income will be until the end of the season. The advantage to the tenant is they only pay for the time cattle are in the pasture. When pasture is short, they can move animals and stop paying rent. The disadvantage to this rental method is the need to keep records of the dates when cattle are brought in and out and the number of cattle on the pasture at any one time so an accurate calculation of the total AUMs utilized for the season can be calculated.

Issues to Negotiate

• How many head can the tenant bring in (usually specified only when renting by the acre).

• Lease dates — what is earliest and latest in fall animals can be on the pasture.

• Livestock water — who is responsible for monitoring drinking water and refill.

• Soil borings if pumped, is the landowner compensated for electricity to operate the pump.

• Fence repair — who supplies labor and new materials to keep fences in good condition.

• Weed and brush control — who supplies labor and/or herbicides or mowing.

• Weed control — if roadsides need mowed, who is party responsible.

• Animal waste disposal: liability and hazardous waste.
Bed Bug Prevention

Barb Ogg
UNL Extension Educator

Bed bugs are on everybody’s mind it seems. Some people call the extension office and want to know when and how to deal with an infestation. I wrote last month’s feature, “Got Bed Bugs? Don’t Panic.” The more I read about bed bugs for those people, (if you missed it, it is online http://lancaster.unl.edu/pest Environmental Focus March 2011) the more I realize that people need to find out how to make sure they don’t get bed bugs. This article focuses on this topic.

If you live alone in a single-family home; don’t go anywhere, do anything outside your home, never buy used furniture, and don’t allow visitors into your home, it’s unlikely you’ll ever get bed bugs. That’s because bed bugs are hitch-hikers, traveling from infested places to other locations in/on objects people move from place to place.

In understanding how to prevent bed bugs, it’s important to recognize locations or situations where you are most at risk of picking up bed bugs. It is also helpful to recognize locations where the chance of encountering infestations is very low. By recognizing these differences, we can still go about our regular activities, taking precautions where it makes sense and not worrying about the improbable.

People who live in, or frequently visit, multi-family dwellings are at greater risk of getting bed bugs because of the greater number of people who live there or spend time there. Bed bugs are quite筹备 for moving into a new place which makes them ideal hitch-hikers. Bed bugs can get into your building through the greater the chance someone will bring them into the house.

Once inside a high-density dwelling, bed bugs can spread between units, especially if infestations are unrecognized and untreated.

Tips for Travelers

If you live in a single-family home, the most likely way you will encounter bed bugs is to bring them home from infested hotels or motels. The greater number of different hotels you stay in, the increased chance you will encounter a bed bug in an infested room or bed bug attractions in a motel room. Currently, there is no way to tell if a hotel or motel rooms have bed bugs or not. Expensive hotels are not guaranteed to be bed bug free.

There are Web sites where people report bed bug infestations of hotels and motels. There is no way to know which reports were done to correct the problem. My assumption is no hotel is free of bed bugs and if you are staying in a hotel or motel, don’t assume you are safe. Don’t assume you are safe, ambiguity is built into the hotel business, bed bugs can’t always be seen and in multi-family buildings, the greater the chance someone will bring them inside. Once inside a high-density dwelling, bed bugs can spread between units, especially if infestations are unrecognized and untreated.

Luggage. Consider using a duffle bag for traveling instead of a suitcase. Luggage can also be fogged, and there are Web sites where people report bed bug infestations of hotels and motels. There is no way to know which reports were done to correct the problem. My assumption is no hotel is free of bed bugs.
Food & Fitness

What You Should Know about the Dietary Guidelines for Americans, 2010

Alice Henneman, MS, RD
UNL Extension Educator

Begin to take action on the Dietary Guidelines for Americans, 2010 (DGA2010) by making changes in these three areas. These recommendations are summarized from the DGA2010. For more information and other recommendations (such as physical activity), visit www.dietaryguidelines.gov.

1. Balancing Calories

Enjoy your food, but eat less.
The total number of calories consumed is what is important to body weight. Although total calorie intake is ultimately what affects caloric balance, some foods and beverages can be easily over-consumed, which results in a higher total calorie intake.
The best advice is to monitor what you eat and replace foods higher in calories with nutrient-dense foods and beverages lower in calories.
Decrease your intake of added fats and sugars and increase your intake of lower calorie, nutrient dense whole grains, vegetables, fruits. Moderate evidence shows adults who eat more whole grains, particularly those higher in dietary fiber, have a lower body weight compared to adults who eat fewer whole grains. Moderate evidence in adults, and limited evidence in children and adolescents, suggests increased intake of vegetables and/or fruits may protect against weight gain.

Avoid oversized portions.
People eat and drink more when they are given larger portions. Downsize your portion size. Eat off smaller plates and/or serve smaller portions at home.
When eating out, order a small-sized option when possible, share a meal, or take home part of the meal. Consider asking for the to-go box right away and put half the meal away so you can’t see it.
Review the calorie content of foods and beverages offered and choose lower-calorie options. Calorie information may be available on menus, in a pamphlet, on food wrappers, or online.

2. Foods to Increase

Make half your plate fruits and vegetables.
Eat a variety of vegetables, especially dark-green, red, and orange vegetables, and cooked dry beans and peas. As a general guideline, your plate should contain half fruits and vegetables. Divide the other half between a protein and a grain source. Make half your grains whole grains.

Switch to fat-free or low-fat (1%) milk.
Increase your intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages. If you are drinking whole milk, gradually switch to lower fat options. If you are drinking whole milk, go to 2%, and move on down to 1%, or fat-free milk.
Lower fat milk provides the same nutrients as higher fat milk, but is lower in calories.

3. Foods to Reduce

Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower nutrients.
A strong body of evidence suggests that as sodium intake for adults decreases, so does blood pressure. There is moderate evidence the same is true for children.
The key recommendations for sodium are as follows: Reduce daily sodium intake to less than 2,300 mg; further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.
We are going to focus on cooking fish — you can do it!

Cooking fish is not difficult if we know some basics. It is different than cooking beef. Fish has very little connective tissue, so it is more delicate when cooked. The meat is not red because, unlike a large animal, it does not need a lot of oxygen to move long distances. Fish also continues to cook after it is removed from the heat, so we want to be careful to not over-cook. Marinating can add flavor and moisture, but fish should only be marinated for about an hour and not with an acidic tenderizer which can make the fish mushy.

Unless we live near a large body of water, most of the fish we prepare will be frozen or canned. Fresh fish only keeps one or two days in the refrigerator and would then need to be frozen.
At the store, we are most familiar with prepared fish, like frozen fish sticks, fillets, and canned tuna. After frozen, prepared fish and canned tuna, canned salmon comes in a close third in our choices of fish. If you choose a prepared fish, be sure to read the package label.
Many prepared fish products contain mostly broth, are deep fried which makes them high in unhealthy fat, and can be high in added salt.
Tuna is a healthy choice, especially if packed in water and served without adding extra dressings.
We are going to focus on salmon, which many nutritionists consider one of our very best foods for offering health benefits and value.

Cooking Fish — You Can Do It!

Mardel Meinke
UNL Extension Associate

Everyone knows eating fish is good for you. The fats in Omega-3 fatty acids include salmon, mackerel, herring, lake trout, sardines, and albacore tuna. The latest Dietary Guidelines for Americans, which are published by the Department of Health and Human Services and by the Department of Agriculture, emphasize the importance of eating fish at least twice a week.
We aren’t so good at cooking fish because Americans eat only about 15 pounds of fish per person per year, yet enjoy eating twice the amount at restaurants each year.
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Salmon is a fish even people who don’t like fish can enjoy eating. Salmon is firm enough to grill, bake, poach, or broil and does not dry out as easily as other fish. Cooked salmon can be eaten hot or cold. It comes fresh, frozen, smoked, and canned. Fresh salmon should smell fresh, not fishy.
If frozen, thaw in refrigerator overnight before cooking. Either red or pink canned salmon is easy to prepare because it is already cooked. Some canned salmon contains bones, which can be crushed and cooked into the meat, but most prepare the bones and skin before preparing.
This recipe is a quick and easy way to prepare and serve salmon. You can use fresh (or frozen and thawed) salmon.

Easy Baked Salmon
1 pound salmon steaks — 4 servings (or 1 individual package per person)
Lemon juice Olive or Vegetable oil Dill seasoning Ground pepper Onion
Preheat the oven to 350°F. Place salmon steak on foil, skin side down, and brush generously with lemon juice and then with oil. Sprinkle with dill and pepper to taste. Place very thin slices of onion on top of salmon. Fold aluminum so it is sealed and bake in pre-heated oven for 18–22 minutes. Thicker steaks will take longer to cook than thinner steaks. When done, the meat should easily flake off with a fork. Other flavors to try include dijon mustard, salad dressings or barbecue. You might try other seasonings such as basil, tarragon, or parsley. Salmon pairs well with many foods including pasta, rice, or rye breads. Refrigerate leftovers immediately.
Poison Prevention Week
Children Act Fast - So Do Poisons

National Poison Prevention Week, March 13–19, is celebrated to help educate and inform consumers of the dangers associated with unintentional poisonings.

How safe is your home? Have you taken the precautions necessary to keep items that may be poisonous out of the reach of children? Many homes who only have children as occasional visitors forget about how inquisitive children are. Unintentional poisonings occur to more than 1.2 million children five and under yearly.

Young children are curious and use their home environment as a classroom — a place to learn and explore. Exploring for younger children is often done by mouthing objects which puts them at greater risk of unintentional poisonings. For young children who are unable to read, a bottle of orange-scented household cleaner may be mistaken for orange juice; the medicine in the pill container can look like small candies; and baby powder, which can be deadly, if ingested, can resemble a clear drink.

Every day thousands of new parents assume the responsibility of caring for techniques to simulate mental functioning. Learning memory tools and triggers to remember. If you are not an FCE member and would like to attend, call Pam at (402) 441-7180, so information packets can be prepared.

FCE Council Meeting, April 4
Note date change — the next FCE Council meeting is scheduled for Monday, April 4, 12:30 p.m. at Greenfield’s Pancake House & Restaurant, 87th St. and Hwy 2.

Save the Dates
• July 7 — Sizzlin’ Summer Sampler
• Oct. 17 — FCE Achievement Night

FCE News & Events
Leader Training Lesson, “Brain Blitz,” March 23
The FCE and Community Leader Training lesson “Brain Blitz” will be Wednesday, March 23, 1 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road.

Extension Educator Lorene Bartos will present the lesson. Participants will be able to identify differences between typical age-related and more serious changes in mental functioning. Identify health and lifestyle practices maximizing a person’s ability to maintain the enhanced mental functioning, regardless of age. Identify and practice putting them at greater 5

President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

After having worked for the Nebraska School Activities Association (NSAA) for 25 years, I always think of March as being High School Boys and Girls Basketball Tournaments and sometimes snow storms as well. There were times when a few teams had to stay in Lincoln because they were unable to travel home. March also brings spring. How we will look forward to those days again this year. However I don’t mind the excuse to stay in; I can always find a book to read.

We have met with Marge Dudley from Omaha. State FCE President, on planning the State Convention in Lincoln on Sept. 22–24. My “item” — whatever happens, losers let things happen.

FCE 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 2011, or who have completed two quarters of study in a vocational school. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce. Deadline is May 1.

Remembering to Treat Stains
Remembering to treat stains before putting items in the laundry can be a challenge. One way to remind ourselves an item has a stain is to tie a knot in a sleeve or pant leg of the stained garment. Any other items could be tied in a knot. This can be a special reminder the item needs special washing care.

Navigating the Ocean of Child Care
A conference for those who provide child care.

In-service hours will be given for this conference.

Saturday, March 26
8 a.m.–3:30 p.m.
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln, NE

Cost is $15 • Pre-registration is due March 18
For more information and registration form, call (402) 441-7180 or go to http://lancaster.unl.edu/family

Bake and Take Month is Good Community Service Project
March is Bake and Take Month. Begun in 1970, Bake and Take is observed annually on the last Friday and Saturday of March.

Many organizations participate in Bake and Take Days as a community service project to demonstrate their care and concern for the elderly or shut-ins in their communities. Individuals can use this opportunity to do something special for a teacher, neighbor, or friend. Nebraska Wheat recommends participants obtain permission from shelters, nursing homes, or other institutions before delivering baked goods.

Nebraska Wheat offers recipe booklets and stickers free of charge to you for your participation in the event. This year’s recipes include Apple Ice Cream Muffins and Cherry Almond Cookies. The recipes include nutritional information. Recipes are also on the web at www.nebraskawheat.com. Contact Nebraska Wheat at (402) 471-2358 or email wheat.board@nebraska.gov.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

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Hints for Starting Transplants at Home

Mary Jane Frogge, UNL Extension Associate

Starting flower and vegetable transplants at home can be fun. Growing quality transplants requires good seed, a sterile, well-drained growing medium, proper temperature, good moisture conditions and adequate light. Since the home is usually not the best environment for growing transplants, problems occasionally develop.

- Poor or erratic germination of seed may be caused by improper planting, for example, planting too deep. Uneven moisture and cool temperatures can also cause problems.
- Medium to large seed are sown at a depth of two times their minimum diameter. Fine seed is usually dusted on the surface of the seedbed. Cool potting mix temperatures, below 70°F, delay germination.
- Maintain plate or water mist germination temperature and even moisture conditions for rapid, uniform germination.
- Damping-off, caused by several fungi, can cause serious plant loss. Seedlings may develop water-soaked spots on their stems near the soil surface, then collapse and die. Environmental conditions usually associated with damping-off are a poorly drained potting soil and over-watering. Damping-off can be prevented by using clean containers, a sterile, well-drained potting mix, and by following good cultural practices.
- Previously used containers should be washed in soapy water, then disinfected by dipping in a solution containing one part chlorine bleach and nine parts water. Flower and vegetable seed need an evenly moist potting mix for good germination.
- Tall, spindly growth is a common problem when growing transplants indoors. Poor or insufficient light, excessive watering, high temperatures, excessive fertilization, and crowded growing conditions are factors which contribute to spindly growth. It is best to place the seedlings under artificial light. A standard fluorescent shop fixture with one cool and one warm fluorescent tube works fine. For best results, the lights should be approximately 1 inch above the seedlings. Raise the light as the seedlings grow. Leave the lights on 12 to 16 hours a day.
- When the first pair of "true leaves" appear, thin the seedlings

Transplanting

- Plants should be transplanted into the garden at the recommended time to get the most control of annual weeds. The month of March is too early and the recommended target time to apply is usually late April through the early part of May. Keeping track of the soil temperature will help insure that applications are applied at the correct time.
- Starting in April, check our Web site http://lancaster.unl.edu for the current soil temperature in Lincoln.

Mary Jane Frogge, UNL Extension Associate

Pre-emergent Lawn Weed Control in the Spring

Spring is an excellent time to control annual weeds in your lawn. Annual weeds like crabgrass and foxtail can be controlled with a pre-emergent herbicide that kills weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination.

- It is important to put a pre-emergent on the lawn at the recommended time to get the best control of annual weeds. This time frame is available on our Web site.

- It is important to put a pre-emergent herbicide that kills weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination. It is important to put a pre-emergent on the lawn at the recommended time to get the best control of annual weeds. The month of March is too early and the recommended target time to apply such a herbicide is usually late April through the early part of May. Keeping track of the soil temperature will help insure that applications are applied at the correct time.

- Starting in April, check our Web site for the current soil temperature in Lincoln.

- Pre-emergent Herbicide for Crabgrass

- Crabgrass is a prevalent weed in Nebraska gardens. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination.

- It is important to put a pre-emergent herbicide that kills weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination. It is important to put a pre-emergent herbicide that kills weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination. It is important to put a pre-emergent herbicide that kills weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination. It is important to put a pre-emergent herbicide that kills weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination.
The Weed Control Authority is responsible for implementation of the Nebraska Noxious Weed Control Act throughout Lancaster County. The authority has also provided the inspection and administration of the City of Lincoln’s Weed Abatement Program since entering into an interlocal agreement with the city in 1996.

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 Barb Frazier and Julie Manske, Account Clerk.

20 Years in Review: 1990–2010

This report highlights the Noxious Weed Program over the past two decades and the City of Lincoln’s Weed Abatement Program since 1996 when the Weed Control Authority began its administration.

The County Commissioners serve as the Lancaster County Weed Control Authority. They appoint a superintendent to administer a coordinated county-wide weed control program. The staff also includes a chief noxious weed inspector, account clerk, and five to six seasonal inspectors. The mission and goals of the authority are to:

1. Make landowners and the public aware of noxious weeds throughout the county and weed abatement in the City of Lincoln and the benefits of abiding by the required control and cutting.
2. Provide assistance in meeting the requirements.
3. Maximize the voluntary compliance in meeting the program requirements.
4. Exercise authority, when necessary, to obtain acceptable compliance on these programs.

It is the responsibility of all landowners to control noxious weeds. It is the responsibility of landowners in the City of Lincoln to keep weeds and worthless vegetation cut below six inches.

Lancaster County Noxious Weed Program

The following chart highlights the 20-year progress in the Lancaster County noxious weed program. The number of acres of noxious weeds found dropped by 87% from 1990 to 2010, from 10,575 acres to 1,373 acres. The number of violations dropped 61% from its high of about 6,000 in 1990 to 4,500 in 2010. Contacts have been established with landowners and departments about the noxious weed program and their responsibilities as landowners. Contacts were established to allow quick communication. These public landowners have responded very well. There have been no forced controls required to obtain acceptable control during this period. Over 95% of the private landowners have responded with acceptable control. Required forced controls have gone from 128 in 1990 to 5 in 2010. A four-page Weed Awareness insert in The Nebraska was initiated in 1990 and has continued annually. Several hundred mailings have been made each year to provide information and reminders to landowners. The Weed Control Authority’s Web site receives over 30,000 hits a year. An internal weed database was created and updated in 1994 to facilitate notification of the presence of noxious weeds. These notifications included personal contacts, cards for trace infestations, reminder letters, and legal 10-day notices. Over 60% of the notifications were by legal notice in 1991. Only 7% required legal notification in 2010.

City of Lincoln Weed Abatement Program

The Weed Control Authority began administering the City of Lincoln Weed Abatement Program in September 1996. The number of violations has varied from 1,000 to 2,000 a year. This variability has been due to weather conditions and more recently to an increased number of foreclosed properties. This has also caused an increased number of forced cuttings from a little over 100 to almost 200 per year.

Inspections are made on about 150 problem sites each year. Complaints are made on 1,600 sites a year. This program requires an average of about 4,500 inspections per year. Contacts have been established with landowners with multiple sites under development so a personal contact may be all that is required.

Staff Changes

Superintendent of 20 Years Retires

Russell Shultz, 76, retired at the end of last year after two decades as the county’s top weed guy. It will be his second try at retirement. In 1990, he retired after a 34-year career with the USDA Soil Conservation Service, now called the Natural Resources Conservation Service, retiring as Assistant State Conservationist for programs.

As Lancaster County’s Weed Control Superintendent, he oversaw 537,000 acres — the entire county for noxious weed control. He began supervising the City of Lincoln’s Weed Abatement Program in 1997 as a result of an interlocal agreement between the county and city.

During the 20-year period, many improvements were implemented, including:
• Web-based database used by staff to store all the inspections and related information to generate all needed reports and forms; with field data entry by inspectors using personal digital assistants (PDAs).
• Web site for public with information, map of noxious weeds, weed complaints, search of all active programs, weed special assessments, etc.
• Weed awareness campaign, including an annual Weed Awareness insert in University of Nebraska-Lincoln Extension in Lancaster County’s The Nebraska, which has improved voluntary compliance of landowners.
• Use of surplus sheriff’s cars for inspectors instead of paying mileage or purchasing new vehicles.
• Developed a strong relationship with the Lincoln County Soil Conservation District’s Conservation District, which has improved voluntary compliance of landowners.
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See article “20 Years in Review” for more results.

Shultz was active in many statewide, regional, and national weed organizations, task forces, and planning committees. His accomplishments include:
• Helped the Nebraska Weed Control Association (NWCA) to become a strong and effective leader in noxious weed control.
• Developed a strong relationship with the Lincoln County Soil Conservation District resulting in the riparian vegetation management grant program, emergency designation of noxious weeds, project general notice, etc.
• Participated in the development of www.neweedmapper.org online weed management system and grants for its update.

continued on back page of Weed Awareness
Learn to Recognize Lancaster County’s Noxious Weeds

The Nebraska 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. Pictured are Nebraska’s noxious weeds which are common in Lancaster County.

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.

Japanese Knotweed

Nebraska’s newest noxious weed is the knotweed family. We would like reports of any wild areas or ornamental plantings. See next page.

Saltcedar

A Nebraska noxious weed, saltcedars are still rare in Lancaster County, with 9 total sites found in 2010. Only 7 were wild infestations. The other 2 were ornamental plantings. Most saltcedars, or tamarisks, are deciduous shrubs or small trees growing 12-15 feet in height and forming dense thickets. Saltcedars are characterized by slender branches and gray-green foliage. The bark of young branches is smooth and reddish-brown. As the plants age, the bark becomes brownish-purple, ridged and furrowed. Leaves are scale-like, about 1/16-inch long and overlap each other along the stem. They are often encrusted with salt secretions. From March to September, large numbers of pink to white flowers appear in dense masses on 2-inch long spikes at the branch tips.

Saltcedars have long tap roots allowing them to intercept deep water tables and interfere with natural aquatic systems. Saltcedar disrupts the structure and stability of native plant communities and degrades native wildlife habitat by outcompeting and replacing native plant species, monopolizing limited sources of moisture and increasing the frequency, intensity and effect of fires and floods. Although it provides some shelter, the foliage and flowers of saltcedar provide little food value for native wildlife species depending on the nutrient-rich native plant resources.

Spotted and Diffuse Knapweed

These are state noxious weeds with only one site ever found in Lancaster County. Spotted and diffuse knapweeds are a biennial or short-lived perennials. They typically form a basal rosette of leaves in the first year and flowers in subsequent years. Flowers are purple to pink, rarely white, with 25-35 flowers per head. Plants bloom from June to October, and flower heads usually remain on the plant.

Spotted knapweed infests a variety of natural and semi-natural habitats including barrens, fields, forests, prairies, meadows, pastures, and rangelands. It out competes native plant species, reduces native plant and animal biodiversity, and decreases forage production for livestock and wildlife.

Lancaster County’s Invasive and Noxious Weed Alert List

This list has been developed as a tool to focus management efforts on the early stages of plant invasions. The public and land managers can assist in this effort by being on the lookout for plants on this list and report any findings to the Lancaster County Weed Control Authority.

Weed Control Resources

University of Nebraska-Lincoln Extension’s current Guide for Weed Management in Nebraska (EC130) is the Nebraska Department of Agriculture’s (NDA) official reference for the herbicide control of noxious weeds. The guide has a special section on noxious weeds prepared in cooperation with NDA. This section provides information options for herbicide control for each noxious weed. Cost for printed book is $10 plus tax or it can be viewed online free.

UNL Extension and the NDA have developed a series of free publications on the biology, identification, distribution, and control of the state’s noxious weeds.

• Canada Thistle (EC171)
• Flanneled Thistle (EC172)
• Spotted & Diffuse Knapweed (EC173)
• Leafy Spurge (EC174)
• Musk Thistle (EC176)
• Purple Loosestrife (EC177)
• Saltcedar (EC164)
• Common Reed (Phragmites) (EC166)
• Canada Thistle (EC171)

These UNL Extension publications can be obtained at County Weed Control offices, extension offices, or viewed online at www.ipm.unl.edu.

Japanese Knotweed

Leaves are scale-like, ranging from 3–5½ feet in height, and leaves alternate along the stem. Each leaf is divided into three smaller leaflets, ¼-1 inch long, which are narrowly oblong and pointed, with awl-shaped spines. Leaflets are covered with densely flattened hairs, giving a grayish-green or silvery appearance. Mature stems are sometimes woody and fibrous with sharp, stiff, flattened bristles. Small (about ½ inch) creamy-white to pale-yellow flowers emerge either singly or in clusters of 2–4, from the axis of the upper and median leaves. Sericea lespedeza is primarily a threat to pastures and CRP. Once it gains a foothold, it can crowd other plants and develop an extensive seed bank in the soil, causing its long residence at a site. Established dense stands of lespedeza and its high tannin content make it unpalatable to native wildlife as well as livestock.

Phragmites

Leaves are scale-like, ranging from 3–5½ feet in height, and leaves alternate along the stem. Each leaf is divided into three smaller leaflets, ¼-1 inch long, which are narrowly oblong and pointed, with awl-shaped spines. Leaflets are covered with densely flattened hairs, giving a grayish-green or silvery appearance. Mature stems are sometimes woody and fibrous with sharp, stiff, flattened bristles. Small (about ½ inch) creamy-white to pale-yellow flowers emerge either singly or in clusters of 2–4, from the axis of the upper and median leaves. Sericea lespedeza is primarily a threat to pastures and CRP. Once it gains a foothold, it can crowd other plants and develop an extensive seed bank in the soil, causing its long residence at a site. Established dense stands of lespedeza and its high tannin content make it unpalatable to native wildlife as well as livestock.

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Sericea Lespedeza

Sericea Lespedeza is also known as Chinese bush-clover, is a noxious weed in Kansas and some southeast Nebraska counties. A few sites have been planted in Lancaster County. Only one wild site has been detected.

It at a warm-season, perennial herbaceous plant. It has an erect growth form, ranging from 3–5½ feet in height, and leaves alternate along the stem. Each leaf is divided into three smaller leaflets, ¼-1 inch long, which are narrowly oblong and pointed, with awl-shaped spines. Leaflets are covered with densely flattened hairs, giving a grayish-green or silvery appearance. Mature stems are sometimes woody and fibrous with sharp, stiff, flattened bristles. Small (about ½ inch) creamy-white to pale-yellow flowers emerge either singly or in clusters of 2–4, from the axis of the upper and median leaves. Sericea lespedeza is primarily a threat to pastures and CRP. Once it gains a foothold, it can crowd other plants and develop an extensive seed bank in the soil, causing its long residence at a site. Established dense stands of lespedeza and its high tannin content make it unpalatable to native wildlife as well as livestock.
Weed Awareness

Knotweed Family is Nebraska's Newest Noxious Weed

All potentially invasive members of the knotweed family have been designated a Nebraska noxious weed. These invasive weeds are considered to be some of the worst in the world. They now occupy site(s) every 10km of England. There has been a more rapid spread in the United States. They are now found in 42 states with only a few sites detected in Nebraska. This early designation in Nebraska will allow us an opportunity to eradicate the small infestations detected and to stop the sale of plants on the ornamental market to prevent major infestations of riparian areas and streambeds across the state.

This designation includes Japanese knotweed and giant knotweed, including any cultivars and hybrids. There are several Japanese knotweed cultivars developed for the ornamental market included in this designation since they can contribute to the Japanese knotweed invasion by providing pollen necessary for Japanese knotweed to produce viable seed. Two of the cultivars are being sold in Nebraska: Pink Fleece Flower and Variegated Fleece Flower. There are several more cultivars available across the country including Compacta, Crimson Beauty, Devon Cream, Milk Boy, and others. If you have any of these cultivars, they are included in the noxious weed designation and are required to be controlled.

Weed Risk Assessment

An assessment was made of Japanese knotweed and it was found to be very high risk to establish, spread, and cause harm in the state. It has the potential to invade all riparian areas in the state as well as establishing in 55% of the state's upland areas receiving over 20-inches of rainfall.

It threatens open and riparian areas where it spreads rapidly and forms dense near-monoculture stands by reducing species diversity, altering habitat for wildlife, increasing the risk of flooding, and river bank erosion. Its preferred habitat is to phragmites, and if not controlled, it can increase erosion. It's preferred habitat is areas historically cleared for species diversity, altering habitat for wildlife, increasing the risk of flooding, and river bank erosion. Its preferred habitat is areas historically cleared for species diversity, altering habitat for wildlife, increasing the risk of flooding, and river bank erosion.

Prevent New Infestations by Blocking Invasion Pathways

Small segments of the plant are able to regenerate into new plants. These plant segments may be transported to new sites by foot traffic, equipment, mowing, and improper disposal of vegetation. Sexual reproduction is also possible in the United States as evidenced by viable seeds collected from two Japanese knotweed sites in Lincoln. The seeds move easily by water and wind.

Eradicate Any Plants Found or Report to Weed Control Authority

Timing is key to eradicating knotweed. Treat from July 1 to the first killing frost when carbohydrates produced in the leaves are moved to the rhizomes for growth and storage. Foliar applied herbicides move through the plant with the carbohydrates.

For Small Sites and Ornamental Plantings:
1. Cut the stems about two-inches above ground level. Immediately apply a 25% solution of glyphosate (e.g., Roundup®, or use Rodeo® if applying in or near wetland areas) and water to the cross-section of the stem.

For Larger Sites:
Some products may not be available in small quantities.
1. Apply two quarts per acre of imazapyr (e.g., Arsenal®, or use Habitat® if applying in or near wetland areas), use non-ionic surfactants or methylated seed oil (MSO) (consult label) or,
2. Apply two quarts per acre of Garlon 3A, use non-ionic surfactants (consult label) or,
3. Apply one quart per acre of glyphosate (e.g., Roundup®, or use Rodeo® if applying in or near wetland areas), use non-ionic surfactants (consult label).

Report to Weed Control Authority for assistance and information.

We Need Everyone’s Cooperation

Everyone’s cooperation is needed in preventing new infestations, spotting new infestations, taking actions needed to assure eradication with follow-up to prevent re-establishment. This early vigilance and action will prevent the potential harm and huge cost of controlling large, established stands of the knotweed family. Contact your local county weed control authority for assistance and information.

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Japanese knotweed infestation in North Carolina.

Japanese knotweed in winter.

Japanese knotweed leaves are attached alternately to a zigzag branch.

Pink Fleece Flower is a Japanese knotweed cultivar.

Variegated Fleece Flower is a hybrid of Japanese knotweed and giant knotweed.

Giant knotweed leaves are almost twice as big as Japanese knotweed leaves.

Giant Knotweed Fallopia sachalinensis 8–12’ tall and branches sparingly, leaves are thin heart shaped, 6–12’ long and two-thirds as wide.

Bohemian Knotweed Fallopia bohemica 7–15’ tall, zig-zag stems, leaves heart-shaped with size between Japanese knotweed and giant knotweed.

Pink Fleece Flower Fallopia japonica ‘Reynoutria’ Vigorous ground cover, red-veined leaves, showy clusters of red buds open to pale pink flowers.

Variegated Fleece Flower Fallopia japonica ‘Variegata’ 3’ tall with coral-pink flushed leaves have splashes of white variegation, red stems, and bottlebrush spikes of white flowers.


Lancaster and Garfield Counties. There are likely planted sites throughout the state as well as additional sites with wild plants. There will be planned ongoing surveillance across the state.

Japanese knotweed Fallopia japonica Whole plant may be over 10’ tall. Stems are stout, cane-like, HOLLOW between the nodes, reddish-brown, and profusely branched. Leaves are SPADE SHAPED, about 6” long by 3–4” wide attached ALTERNATELY to a ZIGZAG BRANCH. Stems die back in the fall and are reddish through the winter (a good time to spot it).

Bohemian knotweed Fallopia bohemica 7–15’ tall, zig-zag stems, leaves heart-shaped with size between Japanese knotweed and giant knotweed.

Variegated Fleece Flower Fallopia japonica ‘Variegata’ 3’ tall with coral-pink flushed leaves have splashes of white variegation, red stems, and bottlebrush spikes of white flowers.

This early vigilance and action will prevent the potential harm and huge cost of controlling large, established stands of the knotweed family. Contact your local county weed control authority for assistance and information.
New Approach for Designating Noxious Weeds

The Nebraska Weed Control Administration (NWCA) — which consists of all county weed superintendents — and the Nebraska Department of Agriculture (NDA) — which regulates the Noxious Weed Control Act in Nebraska — have worked together to create and implement a new approach to designating new noxious weeds.

This new approach is proactive and reaches out to all those with an interest in and/or responsibility for preventing and controlling invasive plants that have a high potential to enter, spread, and cause harm in the state. It is a process that identifies those high risk invaders, designates them noxious before they enter the state or soon after they enter the state, so they can be detected, eradicated, and implemented a strategy to contain large established infestations and place priority on eradicating all small, new infestations spreading from the established infestations. This new approach includes:

1. Noxious weeds designation of highly invasive plants in early invasion stage.
2. Containment strategy for each state and county noxious weed.
5. Noxious weed designation of highly invasive plants, to be vigilant and eradicate invasive plants in early invasion stage.
6. The director of the NDA then makes a decision on this recommendation. He may reject the recommendation, make a temporary designation, or initiate the process to make a permanent designation.

Weed Management Strategies

County weed control authorities need weed management strategies for each state and county designated noxious weeds. The priority is to prevent potential invaders and eradicate new invaders while suppressing and preventing spread of established invaders. The strategy includes biology information for each noxious weed including attributes and means of spreading, identifying pathways contributing to spreading, and measures required to control, eradicate, or restrict the spread of a weed during each stage of invasion.

Early Detection/Rapid Response Program

NSIC carries out an awareness and education effort. This includes Invasive Species Web site http://snr.unl.edu/ invasive, publications, billboards, and education events. They are currently developing a protocol for reporting detections and recruiting and training invasive plant spotters. If eradication programs are to be successful, a large number of individuals need to be attuned to the priority weed list to assure early detection and reporting of all sightings.

The new approach is more focused on invasive weeds that pose the greatest threat to Nebraska and directed at exclusion, prevention, early detection, and effective responses. It establishes like-priorities for all local weed control entities and their partners and improves noxious weed management assistance to landowners. Landowners will be provided with weed specific strategies to prevent new infestations, to be vigilant and eradicate new infestations and to contain larger established infestations. This is the least-cost approach providing the most effective long-range control.

Chief Weed Inspector Receives Commissioner’s Award of Excellence

Brent Meyer became the new Weed Control Superintendent on Jan. 1, 2011. However, Meyer began his duties on Nov. 29 as the Deputy Weed Control Superintendent. Meyer was hired as a deputy for a transition period until the current Weed Superintendent, Russell Shultz, retired at the end of the year. He was appointed by the Lancaster County Board of Commissioners. Meyer served as Noxious Weed Control Superintendent for Nuckolls County from 1991 through 2005 and then took a job in the private sector. During this period, he was very active in noxious weed control activities in Nebraska and in North America.

He served as the President of the Nebraska Weed Control Association and later as the President of the North American Weed Management Association. In 2007, Meyer was hired by the Nebraska Department of Agriculture as a Noxious Weed Inspection Specialist. He covered 37 counties in southeastern-central Nebraska including Lancaster County and provided regulatory assistance and to make sure they complied with state laws regarding the control and eradication of noxious weeds.

New Account Clerk

Julie Manske began work on Dec. 27 as the Account Clerk. She will be responsible for maintaining all of the office operations.

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Barb Frazier, Chief Noxious Weed Inspector, was selected as the Commissioner’s Award of Excellence winner for December 2010. She was also selected as an honorable mention winner of the 2010 annual Commissioners Award of Excellence.

Barb Frazier is an excellent example of someone who gives her best and encourages and promotes all co-workers to perform their best. She continually strives to improve her capabilities and to assist in the improvement of the overall operation of the office. She has taken college classes on her own and has made a point to take training which will assist her in performing her duties.

She is responsible for training, oversight, and assisting the seasonal employees in making over 5,000 inspections on more than 2,500 properties with noxious weed and weed abatement violations. With her leadership, the inspection program deals with the public in a professional and courteous manner, resulting in more than 95 percent voluntary compliance by the landowners. She also works with contractors in doing forced-control work as necessary on over 150 sites.

She has taken the lead in the use, training, and implementation of the weed database program, digital inspection entry with personal digital assistants (PDAs), owner verification, and use of mapping programs. Frazier makes the necessary preparations for the inspection season by updating training handbooks, determines equipment needs, selecting properties for inspection based on past compliance history, and generates advance work orders with maps to minimize preparation work for the seasonal inspectors. Her use of a team approach and performance of work by example has contributed greatly to the Lancaster County Weed Program as being the best in the state and a leader in the country.

Served on the steering committee of the National Fish and Wildlife Foundation Pulling Together Grant Program.

Developed a self-improvement program for weed managers.

Designed the certification program for Certified Managers of Invasive Plants.

Provided a model state/province noxious weed control act which was used to guide improvements to the Nebraska act.

Served as the program chair for three NAWMA Conferences including the 2009 conference that drew 250 attendees.

Chairperson on planning committee for the 2006 “Threats to Nebraska Rivers — Invasive Plants Conference” held in Kearney, Neb. that led to the Riparian Vegetation Management Task Force appointed by Gov. Dave Heineman in 2007 where Shultz served as vice-chair and led the work group on streambed ownership and responsibility.

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When to Prune
Most trees can be pruned at any time during the year, but growth is maximized and wound closure is fastest if it takes place just before spring growth. However, flowering trees, like Japanese lilac and magnolia, should be pruned right after they finish blooming to prevent the removal of flower buds during pruning.

How to Prune
Pruning should be done in an understanding of how trees respond to pruning. Improper pruning can cause damage that will last for the life of the tree, shorten the tree’s life, and cause damage that will last for the life of the tree. If only branch wood is removed, the trunk is smaller, the tree will be able to seal the wound more efficiently, and the risk of problems with wood decay will be greatly reduced.

To locate the proper place to make a pruning cut, first look for the “branch bark ridge” on the upper surface of the branch where it joins the trunk. This is a line of bark pushed up between the branch and trunk as they grow. Some branch unions will not have this if they did not form properly. Instead the branch will be pitted or pressed into the bark of the trunk, forming a sharp V-shaped union.

On the underside of the branch look for the “branch collar,” which is a slightly swollen area of trunk tissue wrapped around the base of the branch. A proper pruning cut begins just outside the branch bark ridge and angles down and slightly away from the trunk, avoiding injury to the branch collar.

Three-Cut Pruning Method
Small branches can be removed with just a single cut using hand pruners or loppers, but large branches should be pruned using a series of three cuts. The first cut is to the underside of the branch, approximately 10–12 inches from the tree’s trunk, and goes less than half way up through the branch. The first cut does not remove any of the branch; it’s purpose is to prevent bark from ripping down the side of the tree when the branch falls. The second cut is made an inch or two further out from the first cut, away from the tree trunk, and removes the majority of the branch. The second cut should be made from the top side of the branch down. The final cut removes the remaining stump, also going from the top of the branch down, being careful not to cut into either the branch bark ridge or the branch collar.

Where to Start
Begin pruning your tree by removing dead, broken, or diseased branches. Next, remove crowded or rubbing limbs and watersprouts or suckers. Watersprouts are very quickly growing, vertical shoots that originate from latent buds on tree branches. They lack the interwoven layers of growth that develops between a tree’s scaffold branches and trunk, which makes the branches their strength. Watersprouts’ weak attachment makes them prone to breakage. Suckers are very similar but originate from the base of the tree.

Developing Branch Structure
When pruning, it’s important to establish a strong scaffold structure. Scaffold branches provide the framework for mature trees. The goal in training young trees is to establish a strong trunk with sturdy, well-spaced branches. Scaffold branches should be alternately up the trunk of the tree, and evenly around the circumference of the trunk.

Branches forming wide angles with the trunk have greater strength than those forming narrow angles with the trunk. Good pruning techniques remove structurally weak branches while maintaining the natural form of the tree. For young trees, maintain a single, dominant trunk leader.

Avoid the development of co-dominant branches, or branches with approximately the same diameter, attached to the trunk at the same location. Co-dominant stems lack the strong interwoven connection that non-dominant branches form with the trunk. This can make the tree prone to cracking and eventual failure at the joint of co-dominant branches. Some tree species, such as the ornamental pear ‘Bradford’ are prone to the development of co-dominant branches. Instead, choose a cultivar that naturally develops better branch structure, like ‘Aristocrat’ pear.

How Much To Remove
The amount of live tissue that should be removed depends on the tree size, species, and age, as well, as the pruning objectives. Younger trees will tolerate the removal of more living tissue than mature trees, but limiting up a tree too quickly can reduce the development of trunk caliper. Based on the tree’s total height, two-thirds of the tree should be canopy and one-third trunk. Try to maintain these proportions and never remove more than one-third of the tree’s canopy in any growing season.

It’s important to maintain an even distribution of foliage along large limbs and in the lower portion of the crown. Routine thinning of the tree’s inner canopy does not improve its health, but can actually make the tree more susceptible to stress from high summer temperatures.

Don’t be overly concerned if some trees “bleed” or leak sap in spring after late winter pruning. Maple, walnut, willow, and birch are prone to bleeding and should ideally be pruned in late summer. However, bleeding is not harmful to the tree. The sap that is lost was intended for the branches that are now gone, so the tree is not weakened. However, sap can attract insects and provide a growth medium for fungal spores; so frequently wash the sap off the tree until it stops bleeding.

Don’t take on the pruning of a large tree if it is beyond your skill. Pruning large trees is dangerous work. If pruning involves working above the ground, or using power equipment, it’s best to hire a professional arborist who can determine what type of pruning is necessary to improve the health, appearance, and safety of trees. An arborist will not cause any additional damage to the tree through improper pruning cuts and should be fully insured with liability, property damage, and workers’ compensation insurance.
Horse Show. This is an addition to the Lancaster 4-H Horse Program. For complete directions for 4-H’ers enrolled and active in the Nebraska 4-H Horse Program. For more information, contact the 4-H office. If you have any questions, call Lorene McRuckshank at (402) 441-7180.

Pillow Party, March 12

All youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the Pillow Party on Saturday, March 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be enrolled in 4-H). Adults are welcome. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.). Also bring 1 3/4 yard and 2 3/4 yard contrasting fabrics, pre-washed, 100% cotton fabric (no one-way design fabrics or prints), and matching thread. Pillow forms provided. No cost to attend. Adults are welcome to attend with youth. Sign up by March 10 by calling (402) 441-7180. 4-H’ers may enter pillows at the county fair under 4-H Clothing - Sewing for Fun.

Clove College Instructors Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, June 14–17. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at (402) 441-7180. All help is very much appreciated!

Special 4-H Garden Project — Striped Armenian Cucumbers

4-H’ers are invited to participate in an unusual garden project — growing striped Armenian Cucumbers. Thirty seed packets will be available April 4 on a first-come, first-served basis. The project will give youth the opportunity to learn about growing, harvesting, and exhibiting these unique cucumbers at county fair. Each participating family will receive a packet of seeds, along with a newsletter of growing tips. Youth may choose from several different project areas for exhibiting their project at the fair. One seed packet per family. The cost to participate is $2 per family. To enroll in this special garden project, contact Sarah or Mary Jane at the extension office, (402) 441-7180.

4-H Horse Incentive Program Begins

The 2011 4-H Horse Incentive Program began Feb. 1 and runs through June 30. 4-H’ers can log hours they spend doing horse related activities and win awesome prizes. Forms are available online at http://lancaster.unl.edu/4h or at the extension office. Again this year, you are able to include hours spent at Teen Council meetings and other activities. One can earn bonus points by being an active junior leader, completing a record book, serving as a club officer and entering a static entry at the fair. Remember, you must use the calendar log sheets provided by the 4-H office. If you have any questions, call Marty at (402) 441-7180.

4-H Scholarship Due March 1

One $500 R.B. Warren 4-H Horse Educational Scholarship and four $1,000 Grand Island Saddle Club Scholarships are available for 4-H’ers enrolled and active in the Nebraska 4-H Horse Program. For complete directions and applications go to http://go.unl.edu/h4s. Applications must be postmarked by March 1.

Jammie Bommere, April 2

Learn basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms on Saturday, April 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be enrolled in 4-H). Adults are welcome.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at (402) 441-7180. Come join the fun!
4-H Achievement Night

University of Nebraska–Lincoln Extension in Lancaster County and 4-H Council presented Lancaster County 4-H Achievement Night on Feb. 10. 4-H’ers, 4-H clubs, and 4-H leaders were recognized for their 2010 achievements. City of Lincoln Mayor Chris Beutler began the evening with a proclamation of Feb. 10 as 4-H Achievement Day. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to youth! For a complete list of award, scholarship, and pin recipients (as well as additional photos) go to http://lancaster.unl.edu/4h.

COMMUNITY SERVICE AWARDS
Presented to 4-H’ers who have completed the most hours of community service. Award recipients receive a $30 Activity Certificate from Lancaster County 4-H Council redeemable towards 4-H activities and supplies.

Age 14 and over: Spencer Farley, Sadie Hammond, Jacob Pickrel, Rachel Pickrel, Abby Spencer, Emily Steinbach, Levi Trumbley
Age 13 and under: Madeline Gabel, Valerie Gabel, Elizabeth Garza, Victoria Garza, Holly Hillebran, McKenzie Kapperman, Kylee Plager, Paige Roach, Sheridan Swotek, Katie Wirthele

NEBRASKA 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, fill out a report which documents their accomplishments.

Level 1 – Amethyst: Kailee Brown, Glenn Catt, Elizabeth Garza, McKenzie Kapperman, Brooke Kreikemeier, Jared Nielsen, Brenna Painter, Joshua Rannou, Collin Schmidt, Sam Schuster, John Swotek, Caitlyn Walbrecht, Jenna White, Katelyn Wirthele, Alyssa Zimmer
Level 2 – Aquamarine: Alyssa Catt, Victoria Garza, Jaclyn Heinrich, Holly Hillebran, Emma Lanik, Nicole McConnell, Caleb Nielsen, Paige Roach, Jacob Ronnau, Jacob Rushman
Level 3 – Ruby: Hannah Bellinghausen, Valerie Gabel, Kylee Plager, Sheridan Swotek
Level 4 – Sapphire: Ivy Dearmont, Madeline Gabel, Spencer Peters, Hannah Ronnau
Level 5 – Emerald: Elii Dearmont, Kaity Green, Emily Steinbach

I DARE YOU LEADERSHIP AWARD
Awarded on behalf of the American Youth Foundation to juniors or seniors who strive to achieve their personal best and make a positive difference in their community.
Maci Lienemann, Emily Steinbach

COLLEGE SCHOLARSHIPS
Lancaster County 4-H Council – $500: Spencer Farley, Cory Peters, Rachel Pickrel, Lee Kreimer, Ian Schuster, Samantha Steward
4-H Teen Council – $250: Spencer Farley, Rachel Pickrel
Lincoln Center Kiwanis – $1,000: Spencer Farley

OUTSTANDING 4-H MEMBERS
Presented to individuals 14 years of age or older who have excelled in his/her involvement with the Lancaster County 4-H program. Selection is based on participation in a wide variety – and depth of – 4-H activities.
Spencer Farley, Rachel Pickrel, Jessica Stephenson

DOG VERSATILITY AWARD
Awarded to an individual who enters the same dog in obedience, showmanship, and agility at the Lancaster County Super Fair and earns a ribbon in each area. This year, we recognize the first 4-H’er in over 14 years to earn the award!
Cassie Meyer

NEBRASKA 4-H CLUBS OF EXCELLENCE
Nebraska 4-H Clubs of Excellence have met the criteria outlined by the State 4-H Office to be considered a “Club of Excellence.”
4-H Explorers, All-American Kids, Fantastic 4, Friends 4 Ever, The Green Explorers, Heart to Heart, Joes Clover Knights, Pacesetters, Super Shamrocks, Western Pride, Zenny Bees

4-H MERITORIOUS SERVICE
was awarded to Chris Scow (pictured with Extension Associate Marty Cruickshank).
He co-leads the horse 4-H Club Boot Scootin’ 4-Hers which he helped start in 2001. He has also been co-superintendent of the Miniature Horse Show at the Lancaster County Fair and a member of the Horse VIPS Committee for 10 years. In addition, Chris served on 4-H Council for three years, including one year as president. For years after his 4-H Council term, Chris continued to help lead the 4-H Council food booth at county fair.

Lancaster County 4-H Council – $500

Lancaster County 4-H 2011 Year in Review Video
http://lancaster.unl.edu/4h
Everyone has seen the commercials warning them about identity theft, and everyone has thought to themselves, “That will never happen to me.” When it does, they ask themselves, “How did this happen to me? What do I do now?” This article will help educate consumers about how to avoid identity theft and what to do if it does happen.

What is Identity Theft?
You’ve seen it on the news, but how can someone really steal your identity? Thieves steal your personal identification and use that information as if it were their own. They can make withdrawals from bank accounts and ATM, open credit card accounts, obtain employment and make deposits or payments on a car or housing under your name.

The easiest way for identity theft to happen is if someone steals your credit card, but that is not the only way, Thieves can obtain your personal information by going through your trash, accessing public records, stealing information by going through your trash, accessing public records, stealing.

What To Do If Your Identity is Stolen
So you’ve taken all these precautions and more, but some sneaky thief has still managed to steal your identity. What do you do? If you notice strange charges on your credit card bill, immediately notify your carrier. In cases of identity theft, immediately notify all affected parties in writing.

Let your card company, your bank and any other creditors involved know that you are willing to cooperate with them to reclaim their losses. Be clear that you are not responsible for the charges. Keep copies of all your correspondence and document telephone calls you make so there will be no questions of what you reported and how the company agreed to handle it.

Report the theft to your local police department, county sheriff, or State Patrol office. The Nebraska State Patrol number is (402) 471-4545. If you think someone is using your Social Security number, contact the Social Security Administration office at (800) 269-0271.

Immediately call the three national credit reporting organizations to place a fraud alert on your name and identification numbers. Follow up all conversations with a formal explanation. The toll-free contact information for the major credit reporting agencies is:

EXPERIAN
955 American Lane, Schaumburg, IL 60173
(888) 397-3742
www.creditexpert.com

TransUnion
PO Box 1000, Chester, PA 19022
(800) 916-8800
www.transunion.com

Equifax
PO Box 740241, Atlanta, GA 30374-0241
(800) 685-1111
www.equifax.com

Source: Nebraska Attorney General, Official Nebraska State Web site http://ago.ne.gov/index.htm

Nebraska Identity Theft Repair Kit

The Identity Theft Repair Kit offers consumers who are victims of identity theft a step-by-step guide to repairing their credit. It also reviews a consumer’s rights and liabilities under Nebraska and federal laws, and offers tips for protecting personal information in the future.

If you think you have been an identity theft victim, take action. To ensure the best possible protection, don’t wait. Call us at (402) 471-2682, toll-free at (800) 727-6432, or download the Identity Theft Repair Kit at http://ago.ne.gov/consumer/idtheft.htm to find out what can be done to regain what you may have lost.

FIND MORE INFORMATION
UNL Extension: info@ext.unl.edu 
For more information on Nebraska Identity Theft Repair Kit and other consumer issues visit http://lancaster.unl.edu

Protect Yourself from Identity Theft

Social Security number, mother’s maiden name, credit card numbers, driver’s license number, bank account numbers, and phone numbers.

Do not carry your social security card, birth certificate, or passport in your purse or wallet except when needed. Never print your Social Security or driver’s license numbers on checks. You do not have to give out these and other personal information when asked. When businesses ask for personal information, ask these questions before deciding whether to release the information: Why is this information needed? How will it be used? What law requires that I give you this number? What will happen if I refuse to give the number? Do not loan out your house or apartment keys to others.

Leave a duplicate key to your home with someone you trust in case you are locked out. Do not leave your home unlocked because you cannot find your key or will be gone only a short time.

If possible, carry your credit cards and driver’s license in separate wallets. This way, you will not lose all your identification if one wallet is lost or stolen.

American farmers provide consumers with the safest, most abundant, and most affordable food supply in the world.

DID YOU KNOW:
• Today’s farmer feeds about 144 people in the U.S. and abroad. In 1960, the number was 46.
• Precision farming using satellite maps and computer models enables farmers to use less production inputs to produce a higher quality, higher yielding crop.
• Biotechnology has resulted in better-tasting fruits and vegetables that stay fresher longer and are naturally resistant to insects.

Deadline for First Lady’s Outstanding Community Service and Impact Awards is March 14

ServeNebraska is accepting nominations to honor individuals and organizations throughout Nebraska with the 2011 First Lady’s Outstanding Community Service Awards and Impact Awards. The nomination deadline for these awards is March 14. Honorees will be recognized at the First Lady’s Awards Luncheon on April 21 at the Thompson Alumni Center on the University of Nebraska-Omaha campus.

The Community Service Awards honor adult, youth, and group nominees in a variety of categories. The Impact Awards honor individuals and groups who have gone above and beyond in addressing the needs of their communities and bettering the quality of life for their fellow Nebraskans.

Details including award categories, nomination forms and instructions, and past honorees are available online at www.serve.nebraska.gov or by contacting ServeNebraska at (800) 291-8911 or (402) 471-6228.
Bed Bug Prevention

continued from page 3

How can this happen? A bed bug infestation in a home can become very large because bed bugs have unlimited access to food (us) at night. It is possible for the resident to be initially unaware of the infestation and ignore it. (Some people do not react to bites.) When a bed bug infestation is very large, bed bugs can't find good hiding places. They crawl onto clothing or into pockets, in backpacks or diaper bags. The resident inadvertently takes them to work and other places where he or she goes. If you think about all the different places people work or visit, you’ll soon realize it is possible for just about any location where people work or spend time, including transportation vehicles (buses, trains, airplanes), to acquire bed bugs. In offices and similar places, like the City-County Building, bed bugs do not have unlimited food at night and do not survive very well. They tend to become scattered, which is exactly what happened at the City-County Building. It is possible for other people to pick them up. But, the chance of this happening is very, very remote. The bottom line: people should take precautions where there is the greatest risk of encountering bed bugs (like hotels/motels) and not spend time wondering about locations where risks are low.

And finally, the local officials who made decisions about what to do with the bed bug problem at the City-County Building in Lincoln, in my opinion, made the very best decisions which could have been made. They brought the bed bug sniffling dog in first to locate bed bugs, and then dealt with those locations. This was exactly the correct protocol in this type of building. In situations like this, too often people panic and douse areas with chemicals first, without even knowing exactly where bed bugs are hiding. This results in too much insecticide use, too much chemical exposure and often, not very good control. It is great to have this as an example of the right way to deal with a bed bug infestation.
The three 4-H Camps in Nebraska are currently accepting applications for our 2011 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 1.
- **Cabin Mentors** — Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled for the entire summer — the choice is yours! Application deadline is May 1.
- **Camp Counselors** — Youth ages 15–18 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is May 1.

More information and applications are online at http://4h.unl.edu/camp — need not be in 4-H to apply.

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Applications Open for 4-H Camp Staff

Explore Career Options at Big Red Academic Camps

The 2011 Big Red Summer Academic Camps are a chance for youth grades 9–12 to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and University of Nebraska–Lincoln faculty members. The camps are residence camps held on UNL campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special "capstone event" which family members are invited to attend.

Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office. For more information, call (402) 472-2805.

4-H members are encouraged to apply for a scholarship — application is on the Web site.

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4-H Summer Camp Brochures Now Available

2011 4-H Summer Camp brochures are now available online at http://dh.unl.edu/camp and at the extension office. Camps are open to all youth ages 3–18 (need not be in 4-H). With three unique Nebraska locations at Halsey, Gretna, and Alma, there are more than 40 camps ranging from half day to four days/three nights!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps. Discover the adventure!

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Lancaster 4-H’ers Place High at 4-H & FFA National Horse Contest

Six Lancaster County 4-H horse members represented Nebraska at the 91st 4-H & FFA Western National Roundup held recently in Denver, Colo. Elli Dearmont, Maria Luedtke, Erika Warner, and Cory Peters at the Western National Roundup.

Elli Dearmont, Maria Luedtke, Hannah Ronnau, Elli Dearmont, Ian Schuster, and Erika Warner qualified by winning statewide 4-H competitions. They were coached by Kendra Ronnau. Earning the title of national champions were Elli and Hannah in Horse Team Demonstration with their presentation entitled “Gut Reaction.” They recently placed 3rd High Team Overall.

Hannah Ronnau said, “Being able to compete in a National contest was a dream of mine since I competed in my very first team demonstration. Looking back on my dream becoming a reality, I have realized how much I have learned! Going to and preparing for Denver has taught me numerous public speaking skills, how to successfully work in a team, how to communicate with people, and I feel that this experience has made me a better person overall!”

Extension Associate Marty Cruickshank says, “This is an extraordinary group of young people! They know what it takes to set a goal, do what is required, and then do a whole bunch more. They know all about hard work, dedication, and focus — both as individuals and as a team. Representing themselves, their families, their 4-H club, their community, and their county, they won at state. That earned them the high honor of representing the state of Nebraska, the Nebraska 4-H Horse Program, and the University of Nebraska-Lincoln at the national competition. Their extraordinary achievements have made our local 4-H horse family proud!”

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Spring Rabbit Show

Saturday, March 19, 9 a.m.
Lancaster Event Center - Exhibit Hall
84th & Havelock, Lincoln

**Awards will be given!**
CLASIES: Fanciest Rabbit, Commercial Rabbits, Pet Class and Poo Wee Class.
REGISTRATION FEES: $2.50 per rabbit or cavy, $1 for class, $1 Showmanship.
FREE CONTESTS: Rabbit Quiz & Rabbit Race!

All rabbits must be tattooed in the left ear (available at the show).

For more information, call Rodney at (402) 782-2186 or Marty at (402) 441-7180
Sponsored by Lancaster County 4-H Rabbit VIPs Committee and UNL Extension in Lancaster County.

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