6-2011

The NEBLINE, June 2011

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

http://digitalcommons.unl.edu/neblines/252

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Lower Platte South Natural Resources District Trails in Lancaster County Offer Recreation & Education

O
N THAT FIRST trail spring day, when you realize a jacket would be too warm, what’s the first thing you look for in the shed; a rake; your baseball glove? If you answered a tire pump or a saddle, you’re already aware of one of Lancaster County’s best assets; its recreational trails. The Lower Platte South Natural Resources District (LPS-NRD) has extended the City of Lincoln’s impressive system of non-motorized thoroughfares beyond the city limits to Cortland and Wabash, for not just city-dwellers to enjoy, but rural folks, too.

The LPS-NRD maintains more than 50 miles of crushed limestone trails that are both recreational and educational. That total includes the LPS-NRD’s 12-mile Oak Creek Trail, between Valparaiso and Brainard, but the majority of its trail miles reside along the MoPac East Trail and the Homestead Trail, right here in Lancaster County. LPS-NRD Resources Conservationist, Ariana Kennedy, said, “The LPS-NRD works hard to keep its trails open and safe and we think they’re among the best recreational trails anywhere.”

MoPac East Trail and Charles L. Warner Equestrian Trail

“The MoPac” is a former Missouri Pacific Railroad corridor deeded to the LPS-NRD in 1991, after private fundraising efforts by the Nebraska Trail Foundation and the Great Plains Trails Network. From a trailhead just south of “O” Street on 84th Street in Lincoln, the 25-mile trail takes users through Walton, Eagle, Elmwood, and Wabash. Trail parking is available in all of those towns. Restrooms and drinking water are provided at Lincoln, Walton, Eagle, and Elmwood.

The tightly-packed, crushed-limestone path is ideal for running and biking if exercise is your mission. A leisurely or moderate walk will allow you to better enjoy the rural scenery and wildlife. The Charles L. Warner Equestrian Trail begins at 98th and “A” streets and parallels the main trail to 1.5 miles north of Elmwood. The 98th Street trailhead has plenty of space for horse trailers.

Nebraska Hall of Fame author Bess Streeter Aldrich made her home in Elmwood and the historical site is just off the trail. Eagle has embraced the MoPac with a recently-opened trailhead in the town park, near the swimming pool. Refreshments are available in all of the communities.

In 1997, the Nebraska Hall of Fame author Bess Streeter Aldrich, made her home in Elmwood and the historical site is just off the trail. Eagle has embraced the MoPac with a recently-opened trailhead in the town park, near the swimming pool. Refreshments are available in all of the communities.

Homestead Trail

The Homestead Trail will, eventually, stretch from Lincoln’s Saltillo Road all the way to Marysville, Kansas. The Lower Platte South LPS-NRD has completed its portion, from Saltillo Road near 25th Street, to Cortland, a distance of 13 miles. Other entities are developing their segments as funding allows. The crushed limestone trail from Saltillo Road, south, is an extension of the City of Lincoln’s Jamaica North trail and follows a former Union Pacific Railroad line. Trail parking is available at Saltillo Road.

The LSP-NRD-titled portion opened in 2007. More than 30 volunteers spent their weekends that summer installing decking and railings to 12 bridges along the Homestead Trail. Kennedy said the summer-long project, “was an indicator of the strong support we have for our trails. It’s always gratifying for those volunteers and the LPS-NRD, she said, “to see people enjoying them.”

The LPS-NRD believes their trails not only help improve fitness, but also help educate users about nature and agriculture. Iron boxes along the trails collect voluntary trail pass donations that are used exclusively for trail maintenance. Rules are posted at trailheads and detailed rules and regulations, along with trail maps and more information, can be viewed on the LSP-NRD’s Web site, http://lpsnrd.org, click on Recreation. Have fun on the trails and be safe.

Source: Lower Platte South Natural Resources District
Tom Dorn
UNL Extension Educator

We occasionally are asked by rural residents, “How much does it cost to pump water with our domestic well?” I will show the calculations necessary to compute the electricity consumption. Note: This discussion is for electricity cost only and does not include an estimate of depreciation and repairs resulting from use of the pumping equipment.

The horsepower/electricity required to pump water depends on four factors:

1. The distance the water must be lifted from the pumping water level in the well to the soil surface (lift component).
2. The pressure in the distribution system (pressure component).
3. The volume of water pumped per minute, gallons per minute (GPM).
4. The efficiency of the pump and motor.

Note: The lift component and the pressure component combine to make up the total head the pump must work against. Head is expressed in feet. Each PSI of system pressure the pump must produce is equivalent to lifting water an extra 2.31 feet.

Total head (ft.) = lift (ft.) + PSI x 2.31 ft/PSI

Let’s look at the example of a domestic well pumping 10 gallons per minute while lifting water from 125 feet pumping depth, and producing 45 PSI pressure in the distribution system.

Water Horsepower (the useful work imparted to the water) is computed as follows:

Water Horsepower (WHP) = Gallons per Minute (GPM) x Total Head (ft) / 3,960

WHP = 10 GPM x (125 ft. + 45 ft.)/3,960
WHP = 10 x (125 + 45)/3,960
WHP = 10 x 414/3,960
WHP = 1.05

If we assume the pump is 75% efficient, the motor driving the pump must produce 1.05/1.075 = 1.0 horsepower to drive the pump. Assuming the single phase (220 volt) motor is 70% efficient, the pump motor consumes 1.07 kWh of electricity for each horsepower-hour. Therefore, we would expect this pump to use 1.07 kWh/hp x 1.4 hp = 1.5 kWh for each hour of operation. A family of four will use about 250 gallons of water per day (91,250 gallons per year) for domestic use.

This pump would have to run 9,125 hours or 152 hours a year to supply domestic uses. Total annual electrical use for domestic use is 152 hours x 1.5 kWh/hour = 228 kWh. At $0.09 per kWh the cost for pumping water for the household would be $20.52.

If the family also irrigates a 10,000 square foot (0.23 acre) lawn an average of 0.75 inch per week from May 1 through September 30, add 102,750 gallons for the lawn, making the total water used on the acreage 194,000 gallons per year. The electrical cost would be 323 hours x 1.5 kWh/hour = 485 kWh x $0.09 per kWh = $43.65. One of the questions I get on occasion concerns what a landowner should charge for pumping drinking water for cattle on pasture. In the summer months, cows nursing a calf require about 22 gallons of water per day. Each cow will drink about 22 x 360 = 680 gallons of water per month.

The pump described above would need to run 68 minutes = 1.13 hours per month to pump the water needs of each of these cows. The electricity usage would be 1.74 kWh x 1.13 hours = 2 kWh per pumping cow per month. At $0.09 per kWh the electricity cost would be about $0.18 per month.

Pine trees are a staple in rural and urban landscapes due to their hardiness, beauty, and diversity, but hundreds are dying each year in southeast Nebraska from pine wilt. The disease, which was first spotted in Nebraska in 1980, mostly kills Scots pine, but other pine species are occasionally killed by pine wilt. The percentage of different minerals and clays is variable because soils were not all formed from the same minerals or parent materials. Potash, unlike nitrogen and phosphorus, is not associated to any great extent with organic matter in the soil, but it is more dependent on the type and content of minerals and clay in different soil series.

For example: the University of Nebraska publication Nutrient Management for Agronomic Crops in Nebraska (BR568) presented a table comparing the exchangeable K in four soil series in the upper Midwest. Each six-inch depth of soil was from the surface to 36 inches was analyzed in each soil series. Table 1 shows the average concentration in each soil type.

<table>
<thead>
<tr>
<th>Soil Series</th>
<th>Exchangeable K (ppm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loess</td>
<td>524</td>
</tr>
<tr>
<td>Nebraska</td>
<td>60.3</td>
</tr>
<tr>
<td>Merrick</td>
<td>60.5</td>
</tr>
<tr>
<td>Frontier</td>
<td>74</td>
</tr>
</tbody>
</table>

Pine tree dying symptoms are related primarily to the water. As the disease moves inward, the needles become dry when it is cut. Needles remain on the dead tree for up to five years. Scattered branches of the crown may be affected initially, but the symptoms soon spread to the remaining branches. The entire tree may turn brown all at once.

In the Midwest, over 90 percent of the trees killed by pine wilt will have been Scots pine. Other pine species are occasionally killed by pine wilt and display similar pattern of symptoms. The disease appears occasionally in Austrian (Pinus sibirica), jack (P. banksiana) and mugo (P. mugo) pines and rarely in white pine (P. strobus). Ponderosa pine (P. ponderosa) is usually not susceptible to pine wilt.

As pines age, susceptibility to pine wilt increases. Almost all of the disease patterned here were in trees over 10 years old.

Management
Sanitation is the most important management practice to prevent or slow the spread of pine wilt. To limit the spread of pine wilt to better healthy trees, diseased trees must be removed and destroyed before the beetle emerges from the wood. From May 1 to October 1, dead and dying pines should be cut down promptly and burned, buried or chipped. Do not hold on to the tree; the beetle/pine sawyers are inactive in the winter, so if you find dead trees after Oct. 1, they do not need immediate removal, but it cannot be removed and destroyed by May 1. A protective treatment for pine wilt is available. All is used as an insecticide/nematicide product can be tank-injected into untreated trees. This tree treatment provides 95 percent protection from the disease for approximately three years. Contact a local arborist for treatment prices.

Symptoms

In the early stages of pine wilt disease, the leaves droop, turn yellow, and are shed. As the disease progresses, the tree becomes weak, with slow growth and inability to produce new shoots. There is a decrease in the size of the needles, and they may turn an off-white to yellowish color.

In the later stages of pine wilt disease, the tree becomes very weak, with a general yellowish color. The bark becomes dry and may split, and the branches become thinner. The tree may eventually die.

TABLE 1 — Comparing the Exchangeable K in Four Soil Series in the Upper Midwest

<table>
<thead>
<tr>
<th>Soil Series</th>
<th>Exchangeable K (ppm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clarion</td>
<td>33.5</td>
</tr>
<tr>
<td>Story county</td>
<td>42</td>
</tr>
<tr>
<td>Merrick</td>
<td>60.5</td>
</tr>
<tr>
<td>Frontier</td>
<td>74</td>
</tr>
</tbody>
</table>

TABLE 2 — UNL Fertilizer Potassium Recommendations

<table>
<thead>
<tr>
<th>Crop</th>
<th>Index (ppm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Low</td>
<td>Low</td>
</tr>
<tr>
<td>Corn</td>
<td>0-40</td>
</tr>
<tr>
<td>Edible Beans</td>
<td>40</td>
</tr>
<tr>
<td>Soybeans</td>
<td>40</td>
</tr>
<tr>
<td>Sorghum</td>
<td>60</td>
</tr>
</tbody>
</table>

TABLE 2 — UNL Fertilizer Potassium Recommendations

<table>
<thead>
<tr>
<th>Crop</th>
<th>Index (ppm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Low</td>
<td>Low</td>
</tr>
<tr>
<td>Corn</td>
<td>0-40</td>
</tr>
<tr>
<td>Edible Beans</td>
<td>40</td>
</tr>
<tr>
<td>Soybeans</td>
<td>40</td>
</tr>
<tr>
<td>Sorghum</td>
<td>60</td>
</tr>
</tbody>
</table>

For the corn crop. However, as the plant takes up K from the soil, more K converts to forms that can be taken up by the plant.

The process of developing a soil test for K is to estimate the ability of soil to supply K from the readily available K pool to crops during the growing season. A chemical soil test procedure does not measure total K in the soil. The value from the chemical analysis is an index and not a measure of total K. Note: Both Potassium and Nitrogen contribute to the salt index. Salt content is one of the most critical characteristics of fertilizers that should be considered when fertilizers are applied, especially with seed-slot placement.

Placement of nitrogen and potassium fertilizers near the seed may decrease seed germination or result in seedling injury. Usually, the fertilizer is placed at a depth greater than that the seed to allow root interception of the fertilizer band as roots grow outward and downward in the soil.

Recommendations for fertilizer in direct seed contact vary with crop. Maximum recommendations range from 10–20 Bdt/NA of N + KO in direct seed contact with corn and sorghum.

Highly magnified view of a pine wood nematode.
A pest is defined as an organism living in the wrong place. Most insects and small arthropods are insignificant and rarely noticed in our landscapes. Some insects are beneficial, feeding on pest insects whose populations can become very high without their presence. Still others are pollinators or are important in the food chain, providing food for birds and animals. Many indoor insect pests are actually outdoor insects and do not survive very well inside structures. There are often simple non-toxic actions people can take to prevent having these pests indoors.

**Avoiding Conflicts with Wild Turkeys**

Soni Cochran
UNL Extension Associate

Just a few years ago, it was unusual to see wild turkeys. Now these beautiful birds are a common site in rural areas and have been spotted in urban areas like Lincoln and Omaha. While it may be novel to have turkeys in your neighborhood, it is important to keep wild things wild. Turkeys can easily become used to humans and are likely to lose their fear of people and when that happens, there can be conflicts. Here are some basic wild turkey do’s and don’ts.

**Keep Your Distance.** Enjoy wild turkeys from a distance. Don’t encourage them onto your property or feed them.

**Don’t Feed Wild Turkeys.** Turkey’s are omnivorous and feed on both vegetable foods and don’t handout foods with food or other handouts.

**Do Not Feed Wild Turkeys.** Turkeys like to feed on the vegetable foods and don’t handout foods with food or other handouts. People who start feeding wild birds like turkeys and geese on their property, soon regret their decision. For the sake of the birds and neighborhood residents, it is important not to let turkeys get used to feeding from people.

**Remove and Secure Sources of Food.** Wild turkeys are attracted to the seed spilled under bird feeders. If you feed birds and turkeys are roaming your neighborhood, clean up spilled bird seed each day. If turkeys begin feeding on the seed, take the bird feeders down and clean them.

**Do Not Allow Turkeys to be Seeking Harborage.** Sealing cracks and crevices is an important long-term strategy which will help control many pests. If you have had problems in the past with some of these invading pests, now is the time to find and seal openings where they are coming indoors. Identifying and eliminating moisture problems in and around the home prevent or even solve some infestations, like carpenter ants.

**Clean up the landscape and maintain the yard.** Overgrown vegetation, peeling paint, broken gutters, and downspouts will attract pests. Make sure soil grade slopes away from the house.

**Once Pests are Indoors, Non-Toxic Measures Include**

- Reduce moisture with a dehumidifier to help control millipedes, springtails, pillbugs, and other moisture-loving pests.
- Use glueboards (i.e., sticky traps) to catch crawling pests, like spiders, crickets, millipedes, and others. Flat glueboards and invasives are effective. A vacuum cleaner is an extremely helpful control tactic for invading insects.

**General Preventative Measures**

- Because many of these pests live outdoors and invade homes when they are looking for harborage, sealing cracks and crevices is an important long-term strategy which will help control many pests. If you have had problems in the past with some of these invading pests, now is the time to find and seal openings where they are coming indoors.
- Identifying and eliminating moisture problems in and around the home prevent or even solve some infestations, like carpenter ants.
- Clean up the landscape and maintain the yard. Overgrown vegetation, peeling paint, broken gutters, and downspouts will attract pests. Make sure soil grade slopes away from the house.

**Management of Home Invading Pests**

How to manage these pests depends on the specific pest, so identification is extremely important. At the extension office, we offer the public free pest identification, bringing samples to the office at 444 Cherry creek Road, Suite A, Lincoln Monday thru Friday, 8 a.m.-4:30 p.m.

**Avoiding Conflicts with Wild Turkeys**

Soni Cochran
UNL Extension Associate

Just a few years ago, it was unusual to see wild turkeys. Now these beautiful birds are a common site in rural areas and have been spotted in urban areas like Lincoln and Omaha. While it may be novel to have turkeys in your neighborhood, it is important to keep wild things wild. Turkeys can easily become used to humans and are likely to lose their fear of people and when that happens, there can be conflicts. Here are some basic wild turkey do’s and don’ts.

**Keep Your Distance.** Enjoy wild turkeys from a distance. Don’t encourage them onto your property or feed them.

**Don’t Feed Wild Turkeys.** Turkey’s are omnivorous and feed on both vegetable foods and don’t handout foods with food or other handouts.

**Do Not Feed Wild Turkeys.** Turkeys like to feed on the vegetable foods and don’t handout foods with food or other handouts. People who start feeding wild birds like turkeys and geese on their property, soon regret their decision. For the sake of the birds and neighborhood residents, it is important not to let turkeys get used to feeding from people.

**Remove and Secure Sources of Food.** Wild turkeys are attracted to the seed spilled under bird feeders. If you feed birds and turkeys are roaming your neighborhood, clean up spilled bird seed each day. If turkeys begin feeding on the seed, take the bird feeders down and clean them.

**Do Not Allow Turkeys to be Seeking Harborage.** Sealing cracks and crevices is an important long-term strategy which will help control many pests. If you have had problems in the past with some of these invading pests, now is the time to find and seal openings where they are coming indoors. Identifying and eliminating moisture problems in and around the home prevent or even solve some infestations, like carpenter ants.

**Clean up the landscape and maintain the yard.** Overgrown vegetation, peeling paint, broken gutters, and downspouts will attract pests. Make sure soil grade slopes away from the house.

**Once Pests are Indoors, Non-Toxic Measures Include**

- Reduce moisture with a dehumidifier to help control millipedes, springtails, pillbugs, and other moisture-loving pests.
- Use glueboards (i.e., sticky traps) to catch crawling pests, like spiders, crickets, millipedes, and others. Flat glueboards and invasives are effective. A vacuum cleaner is an extremely helpful control tactic for invading insects.

**General Preventative Measures**

- Because many of these pests live outdoors and invade homes when they are looking for harborage, sealing cracks and crevices is an important long-term strategy which will help control many pests. If you have had problems in the past with some of these invading pests, now is the time to find and seal openings where they are coming indoors.
- Identifying and eliminating moisture problems in and around the home prevent or even solve some infestations, like carpenter ants.
- Clean up the landscape and maintain the yard. Overgrown vegetation, peeling paint, broken gutters, and downspouts will attract pests. Make sure soil grade slopes away from the house.

**Management of Home Invading Pests**

How to manage these pests depends on the specific pest, so identification is extremely important. At the extension office, we offer the public free pest identification, bringing samples to the office at 444 Cherry creek Road, Suite A, Lincoln Monday thru Friday, 8 a.m.-4:30 p.m.
June is Dairy Month. The new Dietary Guidelines for Americans, 2010 (DGA2010) recommend we choose foods that provide more calcium, potassium, and vitamin D. Dairy products provide all of these nutrients. June also is Fresh Fruit and Vegetable Month. Here is a quick dip made with yogurt and salsa. You also may use it as a salad dressing. Enjoy it with your favorite veggies — another food group the DGA2010 recommends we eat in greater amounts.

Salsa Yogurt Dip

Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa.) Serve with veggie dippers, such as carrot and celery sticks; broccoli flowerets; sliced cauliflower; cucumber wedges.

Dip Tips

• Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange, or pineapple juice. Or use a commercial produce protector such as Fruit Fresh®, and follow the manufacturer’s directions.
• Cover and refrigerate cut fruit and vegetables until ready to serve.
• Most cold dips taste best if refrigerated for about an hour before serving to let the flavors blend.
• Perishable foods like dips and cut fruit and vegetables should not sit at room temperature for more than two hours, total time. If you will be serving dip for a longer period than this, set out a smaller bowl of dip and then replace it with another one when it is empty. DO NOT add fresh dip to dip that has been sitting out.
• Use any extra dip that has not been served within three to four days of preparation date.

Veggie 1

1. Excellent source of protein, high in dietary fiber, potassium, and folate
2. Often eaten cold in salads or hot in soups
3. The type sold in the United States is usually cream-colored and relatively round

Main ingredient in hummus

Veggie 2

1. The French called them “love apples”
2. High in lycopene, an anti-oxidant that may help lower the risk of certain cancers and other conditions such as cardiovascular disease and osteoporosis
3. Taste best when stored at room temperature
4. Botanically, they are a fruit

Veggie 3

1. High in vitamin A
2. A dark green lettuce
3. Has its start as a Mediterranean weed
4. Has a long, loaf-shaped head of sturdy leaves

Veggie 4

1. Contains phytochemicals that may help reduce the risk of certain cancers
2. Its four-petaled flowers bear a resemblance to a Greek cross, resulting in it frequently referred to as a crucifer or cruciferous vegetable
3. Mark Twain called this vegetable “…a baggage with a college education”
4. Creamy white in color

Veggie 5

1. The leading vegetable crop in the United States
2. A medium (3.5 oz.) skin-on serving has just 110 calories
3. High in potassium, a nutrient the DGA2010 recommends Americans increase in their diet
4. A model of this vegetable serves as the basis for a toy named after it

ANSWERS

Veggie 1: Garbanzo beans also called chickpeas. (Beans and Peas [Legumes] Subgroup)
Veggie 2: Tomatoes. (Red and Orange Vegetable Subgroup)
Veggie 3: Kale. (Green Vegetables Subgroup)
Veggie 4: Broccoli. (Starchy Vegetables Subgroup)
Veggie 5: White Potatoes. (Starchy Vegetables Subgroup)

Stretch Your Food Dollar with Healthy Summer Snacks

$Stretch Your Food Dollar with Healthy Summer Snacks

Easy, Cheesy Quesadilla

(Makes 1 serving)

Ingredients:

1 flour tortilla
Shredded cheese
Salsa

Directions:

1. Wash your hands.
2. Sprinkle cheese on tortilla
3. Fold in half and microwave on high 15-20 seconds.
4. Cut into sections, dip in salsa.

References:


Are you looking for ideas for healthy summer snacks? One or two nutritious snacks a day can be healthy for all of us. They can boost our energy throughout the day and keep us from overeating at meal times. In addition, snacks can help us sneak a few servings from two or more of the five food groups.

Stretch your food dollar and snack healthy by planning ahead and having snacks written on your grocery list. Keep an eye on the weekly advertisements and purchase products when they are on sale. Fruits and vegetables make great snacks and marketers are in season and less expensive during the summer months. Here are a few healthy snacking tips:

• Plan your family’s snacks.
• Eat snacks 1-2 hours before meals so you aren’t full at meal time.
• Choose snacks low in fat, sugar, and salt.
• Make snacks fun. Have your children help make the snacks.
• Snacks should include foods from 2 of the 5 food groups.
• Variety is key! Try some new snacks.
• Enjoy more recipes and fun activities, the “Summer Snack of the Week” handout is available for free. (http://lancaster.unl.edu/NEP/resources.shtml)

The following recipes are from the “Summer Snack of the Week” handout. It is the recipe for the week of June 26–July 2.

Salsa Yogurt Dip

Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa.) Serve with veggie dippers, such as carrot and celery sticks; broccoli flowerets; sliced cauliflower; cucumber wedges.

Dip Tips

• Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange, or pineapple juice. Or use a commercial produce protector such as Fruit Fresh®, and follow the manufacturer’s directions.
• Cover and refrigerate cut fruit and vegetables until ready to serve.
• Most cold dips taste best if refrigerated for about an hour before serving to let the flavors blend.
• Perishable foods like dips and cut fruit and vegetables should not sit at room temperature for more than two hours, total time. If you will be serving dip for a longer period than this, set out a smaller bowl of dip and then replace it with another one when it is empty. DO NOT add fresh dip to dip that has been sitting out.
• Use any extra dip that has not been served within three to four days of preparation date.

$Stretch Your Food Dollar with Healthy Summer Snacks

Easy, Cheesy Quesadilla

(Makes 1 serving)

Ingredients:

1 flour tortilla
Shredded cheese
Salsa

Directions:

1. Wash your hands.
2. Sprinkle cheese on tortilla
3. Fold in half and microwave on high 15-20 seconds.
4. Cut into sections, dip in salsa.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

It has been cool, but that has left the tulips and other flowers last longer. The June council meeting will be June 27, 1 p.m. at the Lancaster Extension Education Center. Helpful Homemakers are in charge of the program. The guest speaker will be LaDonna Van Engren from the St. Elizabeth Hospice program. Please bring your heritage skills items to the council meeting so they can be judged to go on to the state convention. They are: quilting, ceramics, original heritage skills, glass. I hope you are getting things together for the baskets for our Sizzling Summer Sampler for our scholarship fund. My “item” — Enjoy the little things in life. One day you will look back and realize they were the big things.

FCE News & Events

June Council Meeting

The June FCE Council meeting is Monday, June 27, 1 p.m. at the Lancaster Extension Education Center. We will have LaDonna Van Engren from the St. Elizabeth Hospice Program as our guest speaker. All FCE members are invited to attend.

Heritage Arts Contest

Contest areas for 2011 are quilting, ceramics, original heritage skills, and glass. Bring articles for judging to the June FCE Council meeting.

Baskets Needed

Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler (SSS). Each year a $400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the SSS.

Household Hazardous Waste Collection

These collections are for households only. Residents of Lincoln and Lancaster County can bring items to the collections. SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper and stain, old gasoline, transmission fluid, pesticides, (even commercial pest killer like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections. DO NOT BRING latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

Lorene Bartos, UNL Extension Educator

When Cleaning the Bathroom Don’t Forget the Sink Overflow Holes

Bathroom sinks usually have small drainage holes located near the rim. If the sink is overfilled, the water drains into these holes and through a small passageway into the trap. Smelly, sludge-like material can build up in this passageway. To clean, mix a solution of liquid detergent and very hot water and pour it down the overflow holes. If you can see the sludge, loosen it with a stiff brush, and then rinse it away. It’s a musty smell. Mix a solution of 1 cup of chlorine bleach with 1 gallon of water and pour it through the holes. Rinse thoroughly.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Thursday, July 7 • 6 to 9 p.m.

Light Supper at 6 p.m.
Lancaster Extension Education Center
444 Cherry Creek Rd, Lincoln

Program

GREAT PLANTS FOR NEBRASKA presented by UNL Extension Educator Sarah Browning
FROM BEETHOVEN TO RAP presented by Dorothy Applebee

Cost $10. Make checks payable to FCE Council.
Send reservations and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Home Safety Checklist

Lorene Bartos
UNL Extension Educator

Is your home safe? June in National Home Safety month — a time to check the home for potential hazards. This month is a time for families to take a look around their home and be prepared for disasters or any home emergency. A home safety checklist is a good place to start. The Home Safety Council suggests the following ideas. Involve the whole family, as this is a family affair.

• Check smoke alarms — if you do not have one — this is the time to install one.
• Review or create a fire escape plan.
• Learn how and when to use a fire extinguisher.
• Set the water heater at 120°F or just below the medium setting to prevent burns.
• If you smoke, smoke outside before emptying them.
• Remove clutter from steps.
• Check extension cords and electrical outlets.
• Install grab bars in bathrooms, tubs, and showers.
• Keep cleaners, medications, and beauty products in a place where children can’t reach them. Use child safety locks.
• Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons, and hard round foods, such as peanuts and hard candy, where children cannot see or touch them.
• Stay in the kitchen when cooking. Never leave cooking food unattended. Make sure handles are turned to the back of the stove.
• Read the labels of things you use for your lawn and garden. If you see the words “Caution,” “Warning,” “Danger,” “Poison,” or “Keep Out of Reach of Children,” these products can be dangerous for children. Store them in a place with a lock.
• Never leave young children unattended around water.
• Have a disaster preparedness plan. What will your family do in case of a disaster. Make a plan, review it, and practice it.
• Check around the home and yard for areas that may cause falls.
• With the five leading causes of home injury: falls, poisonings, fires and burns, choking/suffocation, and drowning, any precautions a family can take to prevent injury is a step in the right direction. Check your home today.

Members of the National Extension Association of Family and Consumer Sciences (NEAFCS) have developed and illustrated a book containing delicious, time-tested recipes from across the nation. Also included is a “Recipes for Living” chapter containing research-based information.

- Healthy Lifestyles
- Living Green
- Financial Management
- Care of Textiles

A Cookbook features a designated recipe page for each affiliate with a sidebar describing the significance of the recipe to the state. You will discover a delicious world of adventure in food with over 275 recipes. Living Well — More Than A Cookbook sells for $29.95. Consumers may buy the book from their local extension offices for $25 including tax.

Living Well — More Than A Cookbook

From your Kansas State University Cooperative Extension Service

For more information, call the Lincoln-Lancaster County Health Department at (402) 441-8021.

Friday, June 10 • 9 a.m.-1 p.m.
LOCATION CHANGED — call (402) 441-8021

SUMMERTIME FUN! Guests welcome!

Herbs & Spices

Hosted by Mary Jo and John Nicholas

July 14, 15 & 16
9:00 a.m. – 4:00 p.m.
Lancaster Extension Education Center
444 Cherry Creek Rd, Lincoln

Cost $235. Make checks payable to Lancaster County FCE Council.
Send reservations and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430
Garden Guide
THINGS TO DO THIS MONTH
By Mary Jane Frogge, UNL Extension Associate

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground. Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as spirea, viburnum, lilac, and forsythia should be pruned as soon as they are done blooming.

Mid-to-late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac, and viburnum.

Diskal chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To diskal, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container’s bottom to provide good drainage.

Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.

Watch for and control blackspot and powdery mildew on rose foliage. Use bark mulch around young trees to protect them from lawn mower damage.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the plants in the garden are done blooming.

For hanging baskets in cool, shady locations, use tuberous begonias, impatiens, or fibrous rooted begonias in combination with trailing ferns, impatiens, or fibrous rooted begonias in combination with trailing ferns, or call (402) 797-2301.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground. Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as spirea, viburnum, lilac, and forsythia should be pruned as soon as they are done blooming.

Mid-to-late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac, and viburnum.

Diskal chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To diskal, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container’s bottom to provide good drainage.

Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.

Watch for and control blackspot and powdery mildew on rose foliage. Use bark mulch around young trees to protect them from lawn mower damage.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the plants in the garden are done blooming.

For hanging baskets in cool, shady locations, use tuberous begonias, impatiens, or fibrous rooted begonias in combination with trailing ferns, impatiens, or fibrous rooted begonias in combination with trailing ferns, or call (402) 797-2301.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground. Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as spirea, viburnum, lilac, and forsythia should be pruned as soon as they are done blooming.

Mid-to-late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac, and viburnum.

Diskal chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To diskal, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container’s bottom to provide good drainage.

Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.

Watch for and control blackspot and powdery mildew on rose foliage. Use bark mulch around young trees to protect them from lawn mower damage.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the plants in the garden are done blooming.

For hanging baskets in cool, shady locations, use tuberous begonias, impatiens, or fibrous rooted begonias in combination with trailing ferns, impatiens, or fibrous rooted begonias in combination with trailing ferns, or call (402) 797-2301.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground. Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as spirea, viburnum, lilac, and forsythia should be pruned as soon as they are done blooming.

Mid-to-late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac, and viburnum.

Diskal chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To diskal, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container’s bottom to provide good drainage.

Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.

Watch for and control blackspot and powdery mildew on rose foliage. Use bark mulch around young trees to protect them from lawn mower damage.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the plants in the garden are done blooming.

For hanging baskets in cool, shady locations, use tuberous begonias, impatiens, or fibrous rooted begonias in combination with trailing ferns, impatiens, or fibrous rooted begonias in combination with trailing ferns, or call (402) 797-2301.
Aquatic Plant Control with Herbicides

Tadd Barrow
UNL Water Quality Educator

With waters gradually warming and aquatic plant or “weed” growth increasing, early summer is a good time to think about implementing an aquatic plant management plan. Aquatic plants can be found in most lakes and ponds throughout Nebraska. Moderate growths are important to the ecology of the pond system by providing dissolved oxygen and habitat for aquatic organisms and fish. However, in overabundance, aquatic plants, can restrict recreational activities such as swimming, fishing and boating, impair fish health, reduce water flows and decrease aesthetics of the lake or pond.

Decreasing plant biomass in a pond or lake can be achieved by a number of techniques; hand pulling, raking, chaining, cutting, applying nontoxic dye, deepening, and herbicide application. Due to the effectiveness and ease of application, herbicide control of aquatic plant growth is often the management tool of choice.

Considerations
If control by herbicide is the selected method of removal/control, there are at least eight important considerations in planning a successful program:

• Potential identification of the plant
• Uses of the water to be treated
• Potential non-target plants that may be affected
• Timing of the treatment
• Water temperature
• Method of application
• Probability of retreatment, perhaps within the same year

Cost

Timing of Application
Most aquatic herbicides should be applied in mid- to late-spring or early summer when water temperatures are above 65°F and plants are growing rapidly. Herbicide penetration is generally maximum at this time. Plants are not only very susceptible during this time, but there is also less biomass to treat early as opposed to later in the season, once maturity has been reached.

If vegetation is treated later in the season, to avoid oxygen depletions and fish kills, only treat one-third to one-half of the area to be treated, wait two to three weeks before any follow-up applications. Fall treatments are generally not effective as the growing season is complete. However, fall treatments of cattail with glyphosate are effective (see “cattail control”).

Submersed Plants
There are a variety of aquatic plants or “pondweeds” rooted to the bottom of the lake living below the water surface from depths of 1–20 feet. They have thin leaves attached along the main stem. Many species of submersed plants exist, thus different chemical formulations are required for the most effective treatment.

The most commonly used and most effective chemicals are Reward®, Sonar®, Weedtrineâ”¢-D, and Aquathol®. These chemicals are available in liquid form, to be applied in mid- to late-spring by a tank sprayer, or in granular form (similar to kitty litter) that can be hand broadcast. If necessary, contact Tadd Barrow, UNL Lake Water Quality Extension, for proper identification.

Cattail Control
Cattails thrive in areas where water is six inches to two feet in depth. Although deepening may allow for some control, there may still be areas that require an alternative approach. There are a variety of herbicides on the market effective on cattails, look for a product that has glyphosate as the active ingredient and is aquatic certified. Roundup® is a glyphosate product but IS NOT certified for use near water.

One aquatic-certified product available through many Nebraska retailers is Shore-Klear® manufactured by Applied Biochemists. Follow label directions for mixing the Shore-Klear® concentrate into a tank sprayer or then follow application rates. It is suggested you add 4.5–7.5 pints per acre of cattails you are treating a spray as a 75% solution with handheld equipment. It is also recommended you add a non-ionic surfactant into the chemical mixture, this will help ensure the chemical adheres to the plant and penetrates the waxy cuticle. It is best to treat cattails in the summer to early fall months when they are green and actively growing. Optimal results will occur in two to four days. Results begin with wilting and yellowing followed by full browning. Well-established, heavy growth may require one to three weeks to show results.

Filamentous Algae Control
Filamentous algae is the stringy green “hair” or “cotton candy” like material that can form green caper like mats on the waters surface. It commonly grows on the surface near submersed plants or cattails and can be wind blown to the leeward side of the pond. There are two effective methods for removing filamentous algae from a pond, 1) hand removal by raking or 2) the use of a chemical called Curitine Plus®.

Curitine Plus® granular, is a buffered version of the blue granular copper sulfate familiar to many lake and pond owners, has been widely used by lake owners and managers who claim excellent success by simply hand broadcasting the granules onto/into the area of concern. The granules settle to the bottom and attack the algae before it can form mats upon the surface. There is no minimum water temperature recommended for use, so it can be applied and should be applied early in the season before the algae develops dense mats, which are more difficult to control.

Copper sulfate may also work to control filamentous algae, however over time, the copper sulfates can damage the bottom dwelling insects and zooplankton important to the overall aquatic ecosystem. Multiple treatments throughout the season may be necessary with either product.

Dose Rates and Costs of Curitine Plus® and Copper Sulfate
Curitine Plus® recommended application rate is a 30 pound bag for every 0.5 acre. Curitine Plus® generally sells for around $103 per 30 pound bag, with prices subject to change. The manufacturer of copper sulfate recommends 0.8–1.75 pounds (0.3–0.65 parts per million) of per acre foot of water. Other pond treatment recommendations are around 0.5 pounds per acre foot of water.

Hint: An acre foot of water is equal to one surface acre one foot deep. A bag of copper sulfate generally runs around $2 per pound, after shipping. It may require some experimentation with application rates, you may find a slightly higher or lower dose is best for the level of control you desire.

Duckweed Control
Duckweed, often referred to as water-meal, appears as minute (1-3 mm) lime green dots on the water. Duckweed is the smallest of all flowering plants commonly associated with stagnant conditions or backwater areas. The best method for removal is by using a liquid herbicide called Weedtrine-D®. This contact herbicide begins working immediately. It is easy to apply with a simple tank sprayer. One gallon will cover approximately 4,000 square feet. Weedtrine-D® is also very effective if submerged aquatic plants become a problem.

WARNING: Water treated with Weedtrine-D® should not be used for swimming for one day. Wait five days for irrigation, human, or animal consumption.

FOR MORE INFORMATION
If there are any questions regarding application or aquatic plant identification, contact the UNL Lake Water Quality Extension Program at (402) 472-7783, or on the web at http://water.unl.edu/lakes

http://lancaster.unl.edu

Weedtrine-D® should not be used for swimming for one day. Wait five days for irrigation, human, or animal consumption.

Bacterial Safety of Private Drinking Water

http://go.unl.edu/wmz

http://water.unl.edu/wmz

The NebGuide was co-authored by drinking water experts at the University of Nebraska–Lincoln Extension and Nebraska Department of Health and Human Services.

Sharon Skipton, UNL Extension Water Quality Educator
The Wildlife Habitat Evaluation Program, Deadline June 4

The Wildlife Habitat Evaluation Program is a fun and challenging outdoor adventure where 4-H and FFA members learn about wildlife, conservation, and management. The statewide contest will be held June 19–21 at Niobrara State Park by Niobrara, Neb. Junior (age 12–13) and senior (age 14–18) division teams (individual participation possible) compete in the contest. The novice group (ages 8–11) does not compete, but learns about wildlife through fun educational activities and games. June 4 is the last day to register by mail. Cost is $47.50.

Donated Sewing Machine to go to a 4-H’er

This is the third year that Kath Conroy, a 4-H clothing superintendent, is giving away a brand new Bernina sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they think they should be the youth to receive it. All papers should be sent by June 30 to Tracy, Lancaster County Extension, 444 Cherryrock Road, Ste. A, Lincoln, NE 68528.

Officers

Donated Sewing Machine to go to a 4-H’er

This is the third year that Kath Conroy, a 4-H clothing superintendent, is giving away a brand new Bernina sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they think they should be the youth to receive it. All papers should be sent by June 30 to Tracy, Lancaster County Extension, 444 Cherryrock Road, Ste. A, Lincoln, NE 68528.

4-H Teen Council Won’t Meet in June

The next meeting will be Sunday, July 10 at 3 p.m.

4-H/FFA Animal ID’s and DNA Due June 15

All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle, etc., the rabbits which will be entered in the 4-H or FFA this year are due to extension by June 15. Animal ID forms are available online at http://lancaster.unl.edu/4h/Fair and the extension office. If you plan on showing market sheep, market hogs, or feeder calves at state fair or Ak-Sar-Ben, you need to have DNA collected by this deadline also.

4-H Bicycle Safety Contest, June 25

The 4-H Bicycle Safety Contest will be held Saturday, June 25, 9 a.m. at the Lancaster Extension Education Center. Contest is open to all 4-H’ers ages 9 and under. Participants must provide their own bicycle and must wear a helmet. MUST preregister by June 20 by calling (402) 441-7180 (there is no entry form). Late registrations not accepted.

There are two parts of the contest. In the bicycle skills events, 4-H’ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection requires the verification of bicycle maintenance and safety features. See Fair Book p. 11.

Questions? Call Marty Crucikshank at 402-441-7180 or Caileen Millie, (402) 326-0516, caileen22@yahoo.com

Jennifer Rawlinson, (402) 560-3319, jcrawlinson@windstream.net

4-H Bicycle Safety Contest, June 25

The 4-H Bicycle Safety Contest will be held Saturday, June 25, 9 a.m. at the Lancaster Extension Education Center. Contest is open to all 4-H’ers ages 9 and under. Participants must provide their own bicycle and must wear a helmet. MUST preregister by June 20 by calling (402) 441-7180 (there is no entry form). Late registrations not accepted.

There are two parts of the contest. In the bicycle skills events, 4-H’ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection requires the verification of bicycle maintenance and safety features. See Fair Book p. 11.

Questions? Call Marty Crucikshank at 402-441-7180 or Caileen Millie, (402) 326-0516, caileen22@yahoo.com

Jennifer Rawlinson, (402) 560-3319, jcrawlinson@windstream.net

Carol Wolf, (402) 540-3709, carol_wolf@veyance.com

Donated Sewing Machine to go to a 4-H’er

This is the third year that Kath Conroy, a 4-H clothing superintendent, is giving away a brand new Bernina sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they think they should be the youth to receive it. All papers should be sent by June 30 to Tracy, Lancaster County Extension, 444 Cherryrock Road, Ste. A, Lincoln, NE 68528.

4-H Sewing Help

If you or your club would like help sewing your 4-H project, contact Tracy at (402) 441-7180. We have volunteers who are exceptional seamstresses with many years of experience helping 4-H’ers with their sewing projects.

Spotlight on 4-H Newsletter “Index by Topic” Now Available

The “Spotlight on 4-H” newsletter is written by extension staff and 4-H volunteers during the months of January through July. It is packed with information and resources to educate, inform, and motivate 4-H members and families. It is online at http://lancaster.unl.edu/4h/Spotlight.html. An “index by topic” is now available to make it easy to find articles by topic.

County Fair 4-H

Horse IDs Due June 1

4-H horse identification forms for the Lancaster County Super Fair are due in the extension office by June 1. Late ID forms will NOT be accepted. Take the time to fill forms out completely and thoroughly. Draw your horse’s markings on the picture as accurately as you can. Also, be sure to indicate the horse’s color on the drawing. Please, if possible, do not use the online horse identification form — use the carbon copy form available at the extension office. If you do use the online ID form, be sure and make a copy for yourself before sending it to the extension office.

State 4-H Hippolology and Judging Forms Due June 1

Hippolology and judging entry forms for the State 4-H Horse Exposition at Fonner Park are due in the extension office on Monday, June 1. Contest entry forms are available at the extension office or online at http://lancaster.unl.edu/4h. All entry fees will be paid at the State Council. For more information and contest rules, go to http://www.animalscience.unl.edu/extension/eqpkins/4H/districtstate/shows/state.html.

Judging Clinic and Contest

A 4-H Horse judging contest will be held at Pitzer Ranch, Ericson on Wednesday, June 1. Registration begins at 8:30 a.m. with orientation at 9 a.m. For more information, call Steve Niemeyer at (402) 364-4300 or go to http://equine.unl.edu.

A 4-H Horse judging contest will be held Monday, June 6, 6:30 p.m. at Chance Ridge Arena on West Dodge Street near Omaha. An Eastern Nebraska Horse Judging Contest will be held Wednesday, June 29, 8:30 a.m. at Fairview Stables south of Gering. For more information, call Monte Stauffer at (402) 444-7804.

Riding Skills Level Testing on June 21, June 28, and July 5

A 4-H riding skills level testing will be held on Tuesday, June 21, 5:30 p.m. at the Lancaster Event Center – Amy Countryman Arena. Any 4-H member wishing to be tested must be signed up by June 14 by contacting Marty at (402) 441-7180 or mcruickshank@unl.edu. Testings will also be held on June 28 and July 5 at the Lancaster Event Center – Amy Countryman Arena. July 5 will be the last date to test in order to ride in the Lancaster County Super Fair. All of the horsemanship requirements must be passed and paperwork, including the sign-off sheet, submitted to the 4-H office. Information about the Lancaster County riding skills level tests must be done in group testings. Individual tests done by leaders are no longer accepted.
Stephanie Wachter

Lancaster County 4-H is proud to announce Stephanie Wachter as winner of June’s "Heart of 4-H" Award in recognition of outstanding volunteer service.

A volunteer for about five years, Stephanie helps with a wide range of activities: started, and is leader of the Future Veterinarians of Nebraska 4-H club; helps with Harmony Hill 4-H horseless club; member of Horse VIPS (Volunteers in Program Service) Committee and helps with fundraising and the Pre-Districts Clinic/Show/Fundraiser; member of 4-H Council and helped staff tables during Tractor Supply Company’s create a Paper Clover promotion program; writes grants for the Vet club, Harmony Hills club, and Horse VIPS Committee.

"Be a 4-H Volunteer!" was the theme of the 2009-10 4-H Volunteer Award winner nomination form. Stephanie received this form from her Extension Board Member, contact Tracy for study packet. This is a Lancaster County Super Fair 4-H Contest.

2 Workshops in a Row

1 Workshop:

Cool Quilt Stitch
Design your own quilt and piece quilt. Bring sewing machine and basic sewing supplies. Material provided. WED, JUNE 15, 12-2:15PM AGES 10 & UP • FEE $10 INSTRUCTOR: Patricia Schmidt, Extension Board Member

Hot Food Tastings
Create a hula hoop rug with old towels. Bring sewing machine and gray thread and bobbin, scissors, and a chair. WED-FRI, JUNE 15-17, 10-11AM AGES 10 & UP • FEE $10 INSTRUCTOR: James Wachter, 4-H Volunteer

3 Day Workshops

Rugs to Rugs
Make a rug out of a 3’ rug. Sewn fabric will then be loomed into a new professional. Bring sewing machine with gray thread and bobbin, scissors, and a chair. WED-FRI, JUNE 15-17, 10-11AM AGES 10 & UP • FEE $10 INSTRUCTOR: James Wachter, 4-H Volunteer

Hula Hoop Rugs
Create a hula hoop rug with old towels. Bring sewing machine and gray thread and bobbin, scissors, and a chair. WED-FRI, JUNE 15-17, 10-11AM AGES 10 & UP • FEE $10 INSTRUCTOR: Diane Spomer, 4-H Volunteer

4-Door Workshops

4-Door Workshops at Lancaster County 4-H Fair will be held June 27–28 on UNL East Campus. Open to 4-H’ers ages 12 and up, PASE consists of a variety of different contests including: livestock, meat and poultry judging, livestock skillathon, and livestock quiz bowl. For more information, go to http://pase.unl.edu. To participate, contact the extension office at (402) 441-7180 by June 3.

Statewide FCS Life Challenge Contest is open to all 4-H’ers, contests help youth learn more about family and consumer science (FCS). Contact Tracy at (402) 441-7180 for more information.

4-H Life Challenge contests help youth learn more about agriculture and natural resources. Contact Tracy at (402) 441-7180 for more information.

Statewide FCS Life Challenge (for ages 12 and up) is scheduled for Saturday, June 9, 4-9 p.m. at the Lancaster Extension Education Center. Pre-registered by June 2 by calling (402) 441-7180 (there is no entry form), Contest questions will be based on the following 4-H curriculum areas: food and nutrition, child development, and design. This is a Lancaster County Super Fair 4-H Contest.

The statewide Premier Animal Science Events (PASE) will be held June 27–28 on UNL East Campus. Open to 4-H’ers ages 12 and up, PASE consists of a variety of different contests including: livestock, meat and poultry judging, livestock skillathon, and livestock quiz bowl. For more information, go to http://pase.unl.edu. To participate, contact the extension office at (402) 441-7180 by June 3.

Style Revue
Style Revue at county fair will be here soon! Come to this fun workshop and learn styling procedures and practice your modeling. TUE, JUNE 14, 12:45-2:45PM AGES 8 & UP • FEE None INSTRUCTOR: TBA

Chillin’ for a Reason
Build fake neck coolers to send to the soldiers. Fabric provided. Bring your sewing machine, basic sewing supplies, fabric scissors and white thread with fixed bobbin. WED, JUNE 15, 12:45-2:45PM AGES 10 & UP • FEE $4 INSTRUCTOR: Karen Weddington, Extension Staff

Fabulous Face Painting
Learn to create beautiful faces designs on faces, arms and legs. TUE, JUNE 14, 12-2:30PM AGES 10 & UP • FEE $10 INSTRUCTOR: Leann Kucera, Paradise Face and Body Painter

Chicken Scratch 2
Learn to turn your chicken Scratch into Gimghoul Lace. Must have advanced needlepoint skills or have taken Chicken Scratch 1. TUE, JUNE 14, 3-5PM AGES 8 & UP • FEE $2 INSTRUCTOR: Diane Spomer, 4-H Volunteer

Hula Hoop Rugs
Create a hula hoop rug with old towels. Bring sewing machine and gray thread and bobbin, scissors, and a chair. TUE, JUNE 14, 3-5PM AGES 10 & UP • FEE $3 INSTRUCTOR: Janet Anderson, 4-H Volunteer

You Be the Judge
Learn what horticulture judges look for while learning how to prepare and present your flowers and for the fair. WED, JUNE 15, 10-4:30PM AGES 8 & UP • FEE $5 INSTRUCTOR: Sherri Brown, Extension Staff

Fish & Chips
Learn about bicycle safety, proper shoes and sun protection. WED, JUNE 15, 10:30-11:30AM AGES 8 & UP • FEE $5 INSTRUCTOR: Extension Intern

Fishing Fun
Bring your fishing pole, line, hook and Adirondack chair. Learn the basic skills needed to be a successful fisher. WED, JUNE 15, 10-4:30PM AGES 8 & UP • FEE $5 INSTRUCTOR: Evan Kucera, College Basketball Player

Diving for Dollars
Learn the skills needed to be a successful swimmer and basketball player. Include a swim cap, goggles, and sunscreen. WED, JUNE 15, 10-4:30PM AGES 8 & UP • FEE $5 INSTRUCTOR: Nicole Effle, 4-H Volunteer

Basketball Basics
Learn the basic skills needed to be a successful basketball player. Include a basketball and basketball clothes. THUR, JUNE 16, 10:15-12:15PM AGES 8 & UP • FEE $10 INSTRUCTOR: Evan Kucera, College Basketball Player

4-H Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at tonderson14@unl.edu or (402) 441-7180.
Keep Your Family Safe in Rural Areas

ATV – Make Every Ride Safe

Since 2004, ATV’s have been the leading cause of agricultural fatalities in Nebraska, averaging over five deaths each year. Children 15 and under account for 25 percent of the fatalities.

An Nebraska Consumer Product Safety Commission (CPSC) report released in February 2008 indicated in the U.S., ATV accidents killed 111 children under the age of 16 and injured over 39,000 seriously enough to be taken to the emergency room. Parents can help stop this trend by following and teaching the ATV riders in their families some basic safety techniques.

ATV’s are not toys. They are not appropriate for children under six years of age. For children between 6 and 12 years only (50) machines are suitable. Not only do young children lack the physical size and strength to operate a motorized vehicle safely, their ability to think through situations, make decisions, and their perceptions are not fully developed. ATV’s are difficult to ride and require constant attention to avoid accidents.

Between the ages of 12 and 15, youth should learn on and operate one-size fits all ATV’s. Again, look for manufacturers’ Minimum Age Recommendation label. Adult-sized machines should be reserved for teenagers over 16 who have reached their full physical size.

Arrange for a training course. A hands-on training course offers youth the opportunity to receive experience operating an ATV under the supervision of a certified instructor. Practicing basic maneuvers on safe terrain gives teens confidence in handling the vehicle under varying conditions.

Helms save lives – insist on them! With your children, select helmets that fit firm and have a good chin strap. It is estimated helmets could have saved the lives of about 25 percent of all children who died in head injuries accidents. The risk of head injury without helmet protection is twice as high as when injured wearing a helmet. Don’t let helmets be an afterthought; make them part of using the ATV.

Absolutely No Passengers! Most ATV’s are designed for one operator. Their unique handling characteristics require focus and maneuver-ability from the driver. A second person seriously impairs the driver’s ability to shift weight, steer, and control the vehicle. And, distracted driving applied to ATV’s just as it applies to cars, pick-ups and other vehicles.

In Nebraska, the only time an ATV can legally be on a paved road is when a person is being transported by a hospital or a funeral home. ATV’s are meant to be used on terrain. They react awkwardly and are difficult to control on pavement. While all-terrain vehicles have been a work-saver for farmers and ranchers, families need to take the time and effort to teach youth how to operate them safely. The biggest risk factors leading to injuries are driver misuse and inappropriate driving behaviors, allowing passengers to ride. If you have an ATV sit down with your children this week and discuss the safety features of the ATV. You will also need to decide the consequences if the rules are not followed (loss of ATV privileges might be a good one). Make an appointment for a family meeting with your local ATV dealer or contact your local UNL extension office for a rider course in your area. If your children visit homes where there is an ATV, you should also discuss your expectations and how your child should handle situations in which there are few or no rules — such as no use of helmets or the allowing of passengers on the ATV.

Tractor Safety is Everyone’s Business

Higher, Grandpa, higher!” Gleed Dobberpuhl shouted to his grandfather, Harlow. His grandfather was feeding cattle with a front-end loader on a brisk March day in South Dakota. Mikey loved shadowing his grandfather’s every move. It was the first time Mikey was alone on a snowpacked winter day as this one. As he had done many times before, Mikey jumped in the scoop of the tractor-loader.

With Mikey in tow, his grandfather drove toward the barn. He could barely glanced back. Horrified, he saw Mikey’s body lying in the snow, “I was hoping the soft snow would have cushioned him, but it wasn’t enough,” his grandfather said. Today, in the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, SD works feverishly to educate children about not motor vehicle mishaps. It can families about not only tractor safety, but all aspects of farm safety, such as agricultural vehicles, and agricultural vehicles, especially high risk. Even adults are at risk in water muddied by silt, plants, and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs when a child is left alone or accidentally falls into a pool or pond. Farm ponds can look inviting, but they are deep with a sudden dropoff. A person can go from knee deep water to water 30 feet deep in seconds. Farm ponds growing from the bottom can entangle a person, making it difficult, if not impossible, to return to the surface. If you live close to a pond or irrigation source, take steps to make your family safe. Begin with these:

• Provide children over 3 years with swimming lessons.
• Fence off ponds and other water areas as feasible.
• Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
• Adopt a “swimming buddy” policy for children. Where swimming is allowed, be sure children swim with a friend or adult.
• Insist children use personal flotation devices, such as buoyant tubes, arm bands, and life rings.
• Keep rescue equipment near water areas. Purchase a floatation, rescue rope, and a nylon or plastic ring.
• Install safety fence near pond such as a nylon or plastic line. A rope. Install a safety fence near water such as a nylon or plastic ring.
• Never swim during storms or lightning. Drowning rates are three times higher in rural areas than in urban areas and others occur to water like farm ponds and irrigation canals.
• Summer and water go together, but don’t take your family safe with adult supervision of young children and teaching water safety measures to all family members. These tips also apply to rivers and creeks, many of which are experiencing high water levels this spring.

Safety Around Ponds

Drowning ranks second only to vehicle mishaps as the most common cause of accidental death for children. Chili dogs, swimming, and boating, as well as playground safety, are high risk. Even adults are at risk in water muddied by silt, plants, and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs when a child is left alone or accidentally falls into a pool or pond. Farm ponds can look inviting, but they are deep with a sudden dropoff. A person can go from knee deep water to water 30 feet deep in seconds. Farm ponds growing from the bottom can entangle a person, making it difficult, if not impossible, to return to the surface. If you live close to a pond or irrigation source, take steps to make your family safe. Begin with these:

• Provide children over 3 years with swimming lessons.
• Fence off ponds and other water areas as feasible.
• Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
• Adapt a “swimming buddy” policy for children. Where swimming is allowed, be sure children swim with a friend or adult.
• Insist children use personal flotation devices, such as buoyant tubes, arm bands, and life rings.
• Keep rescue equipment near water areas. Purchase a floatation, rescue rope, and a nylon or plastic ring.
• Install safety fence near pond such as a nylon or plastic line. A rope. Install a safety fence near water such as a nylon or plastic ring.
• Never swim during storms or lightning. Drowning rates are three times higher in rural areas than in urban areas and others occur to water like farm ponds and irrigation canals.
• Summer and water go together, but don’t take your family safe with adult supervision of young children and teaching water safety measures to all family members. These tips also apply to rivers and creeks, many of which are experiencing high water levels this spring.

The NebrNebraska 4-H ATV RiderCourse Training Program

The University of Nebraska–Lincoln Extension 4-H Youth Development Program is offering youth and parents the opportunity to learn about ATV safety thanks to grants awarded by National 4-H, 4-H ATV fundraise through the 4-H ATV Safety Grant Program. The ATV Safety and Education program. The course offers participating participants opportunities to increase their knowledge and skills in a controlled environment under the direct supervision of a licensed instructor. The RiderCourse includes pre-requisite instruction, starting and stopping, quick turns, hill riding, emergency stopping, swerving, and riding over obstacles. Participants learn about protective gear, local laws, rules, places to ride, and environmental concerns.

How much does it cost?
The ATV Safety Institute 4-H ATV RiderCourse is valued by the ATV Safety Institute at $75 per person for youth 8–15 years of age and $125 per person for those over 13 years of age. These fees are paid to the Nebraska ATV Safety Grant. A small fee may be charged to participants for supplies and equipment, travel, etc.

Additional Information

– In Nebraska, the Omaha 4-H ATV RiderCourse Training to be conducted in your county or you have questions, please contact your 4-H youth leader, other organizations interested, contact Bob Medina at (402) 624-8064 or rmdeduna1@unl.edu.

Keep Your Family Safe in Rural Areas

 brushes the image to partial your email addresses. More information is located at lead.unl.edu.
Lancaster County 4-H’ers Qualify for Regional Speech Contest

The Lancaster County 4-H Speech and Public Service Announcement contest was held May 1. Over 42 Lancaster County 4-H youth competed in this year’s communication events. Top PSA’s will be posted online soon.

The top winners will represent our county at the Regional Speech contest on May 26 at University of Nebraska–Lincoln’s East Campus. Those representing Lancaster County in Speech are: Erica Peterson, Holly Hillbran, Eili Dearmont, Emma Noel, Alyssa Zimmer, Peter Greff, Ivy Dearmont, Sheridan Swotek, and Victoria Garza. Those representing Lancaster County in the Public Service Announcement competition are: Eili Dearmont, Erica Peterson, Victoria Garza, Paige Roach, Ivy Dearmont, Emma Lanik, McKenzie Kapperman, and Alyssa Zimmer. Congratulations all participants!

THE NEBLINE
ONLINE
http://lancaster.unl.edu/nebline
sign up to be notified by email when The Nebline is posted online

Tractor Safety Course for Youth 14 or 15
University of Nebraska–Lincoln Extension Tractor Safety/ Hazardous Occupations Courses will be offered at seven locations across the state in May and June, including at the UNL Tractor Test Lab, Lincoln on June 16–17. Any youth 14 or 15 years of age who works on a farm or ranch other than his own is required to be certified through a tractor safety course.

Classes consist of two full days of instruction plus homework assignments. Classes are from 8 a.m.–5 p.m. each day. Cost is $60, which includes materials, supplies, lunches, and refreshments. Registration is requested a week prior to class. For more information and registration form, go to http://hearnry.unl.edu or call Sharry Nielsen at (308) 832-0645

University of Nebraska–Lincoln Extension in Lancaster County
444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528-1507
(402) 441-7180
http://lancaster.unl.edu
Email: lancaster@unl.edu • Fax: (402) 441-7148
Join us on YouTube, Twitter, and Facebook http://lancaster.unl.edu/media

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln
**Sign Up for 4-H Summer Camps!**

4-H Summer Camps & Trips are a great place to discover, learn, and grow! Specializing in leadership development, team building, and natural resource education, 4-H camp professionals are prepared to give your child opportunities to experience responsibility, teamwork, and leadership. Camps are open to all youth ages 5–19 — need not be in 4-H.

With three unique Nebraska locations at Halsey, Gretna, and Alma, there are nearly 30 camps ranging from half day to seven days/six nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins.

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.

2011 4-H Summer Camp brochures have complete information and registration forms — available online at [http://4h.unl.edu/camp](http://4h.unl.edu/camp) or at the extension office. Register online at [http://4h.unl.edu/camp](http://4h.unl.edu/camp).

### 2011 State 4-H Camp Schedule

<table>
<thead>
<tr>
<th>Dates</th>
<th>Camp Session Title</th>
<th>Days</th>
<th>Nights</th>
<th>Ages</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 2</td>
<td>Sparklers—Day Camp</td>
<td>1</td>
<td>0</td>
<td>5–8</td>
<td>$40</td>
</tr>
<tr>
<td>June 16</td>
<td>Double Dog Day Camp</td>
<td>1</td>
<td>0</td>
<td>5–8</td>
<td>$40</td>
</tr>
<tr>
<td>June 24</td>
<td>Touch It with Mom and Dad Camp</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$175</td>
</tr>
<tr>
<td>June 6</td>
<td>Explorer—Summer Fun I</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$175</td>
</tr>
<tr>
<td>June 22</td>
<td>Explorer—Summer Fun II</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$175</td>
</tr>
<tr>
<td>June 13</td>
<td>Discovery—Outdoor Skills</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$293</td>
</tr>
<tr>
<td>June 24</td>
<td>Discovery—Sandhill Sampler</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$293</td>
</tr>
<tr>
<td>June 27</td>
<td>Discovery—Outback Hayley</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$293</td>
</tr>
<tr>
<td>June 16</td>
<td>Discovery—Nebrra Kayaking &amp; Tubing</td>
<td>4</td>
<td>4</td>
<td>11–15</td>
<td>$293</td>
</tr>
<tr>
<td>July 17</td>
<td>Discovery—Ultimate Girls Rock (NBA)</td>
<td>4</td>
<td>3</td>
<td>11–15</td>
<td>$230</td>
</tr>
<tr>
<td>July 19</td>
<td>Discovery—Extreme Robotics/GPS/GIS Year 1.0</td>
<td>4</td>
<td>3</td>
<td>11–15</td>
<td>$110</td>
</tr>
<tr>
<td>July 19</td>
<td>Discovery—Advanced Robotics/GPS/GIS Year 2.0</td>
<td>4</td>
<td>3</td>
<td>11–15</td>
<td>$110</td>
</tr>
<tr>
<td>July 25</td>
<td>Discovery—Veterinary Science</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$293</td>
</tr>
</tbody>
</table>

### 2011 Eastern Nebraska 4-H Center Schedule

<table>
<thead>
<tr>
<th>Dates</th>
<th>Camp Session Title</th>
<th>Days</th>
<th>Nights</th>
<th>Ages</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 11</td>
<td>Wet N’ Wild Day Camp*</td>
<td>1</td>
<td>0</td>
<td>5–8</td>
<td>$40</td>
</tr>
<tr>
<td>Sept 3</td>
<td>Labor Day Family Camp</td>
<td>3</td>
<td>2</td>
<td>All Ages</td>
<td>$280</td>
</tr>
<tr>
<td>June 12</td>
<td>Explorer—Summer Fun I</td>
<td>4</td>
<td>3</td>
<td>8–11</td>
<td>$205</td>
</tr>
<tr>
<td>June 27</td>
<td>Explorer—Zoo Bound I</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$215</td>
</tr>
<tr>
<td>June 30</td>
<td>Explorer—Zoo Bound II</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$215</td>
</tr>
<tr>
<td>July 9</td>
<td>Explorer—Summer Fun II</td>
<td>5</td>
<td>4</td>
<td>8–11</td>
<td>$275</td>
</tr>
<tr>
<td>July 24</td>
<td>Explorer—Aquatic Blast I</td>
<td>7</td>
<td>6</td>
<td>8–11</td>
<td>$435</td>
</tr>
<tr>
<td>July 24</td>
<td>Explorer—Aquatic Blast Mini</td>
<td>4</td>
<td>3</td>
<td>8–11</td>
<td>$275</td>
</tr>
<tr>
<td>July 28</td>
<td>Explorer—Zoo Bound III</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$215</td>
</tr>
<tr>
<td>July 31</td>
<td>Explorer—Summer Fun III</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$205</td>
</tr>
<tr>
<td>Aug 3</td>
<td>Explorer—Sky’s The Limit II</td>
<td>4</td>
<td>3</td>
<td>8–11</td>
<td>$230</td>
</tr>
<tr>
<td>Aug 7</td>
<td>Explorer—Aquatic Blast II</td>
<td>5</td>
<td>4</td>
<td>8–11</td>
<td>$290</td>
</tr>
<tr>
<td>June 13</td>
<td>Discovery—Bobby New Day</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$150</td>
</tr>
<tr>
<td>June 26</td>
<td>Discovery—Sky’s The Limit I</td>
<td>7</td>
<td>6</td>
<td>11–15</td>
<td>$435</td>
</tr>
<tr>
<td>July 5</td>
<td>Discovery—Summer Fun II</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$275</td>
</tr>
<tr>
<td>July 5</td>
<td>Discovery—Extreme Robotics/GPS/GIS Year 1.0</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$110</td>
</tr>
<tr>
<td>July 5–9</td>
<td>Discovery—Advanced Robotics/GPS/GIS Year 2.0</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$110</td>
</tr>
<tr>
<td>July 10</td>
<td>Discovery—Outdoor Skills</td>
<td>6</td>
<td>5</td>
<td>11–15</td>
<td>$140</td>
</tr>
<tr>
<td>July 24</td>
<td>Discovery—Aquatic Blast I</td>
<td>7</td>
<td>6</td>
<td>11–15</td>
<td>$435</td>
</tr>
<tr>
<td>July 31</td>
<td>Discovery—Summer Fun III</td>
<td>3</td>
<td>2</td>
<td>11–15</td>
<td>$205</td>
</tr>
<tr>
<td>Aug 2</td>
<td>Discovery—Aquatic Blast II</td>
<td>5</td>
<td>4</td>
<td>11–15</td>
<td>$290</td>
</tr>
</tbody>
</table>

### 2011 South Central 4-H Center Schedule

<table>
<thead>
<tr>
<th>Dates</th>
<th>Camp Session Title</th>
<th>Days</th>
<th>Nights</th>
<th>Ages</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8</td>
<td>Explorer—Summer Fun</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$155</td>
</tr>
<tr>
<td>June 14</td>
<td>Explorer—Water Bound</td>
<td>4</td>
<td>3</td>
<td>8–11</td>
<td>$260</td>
</tr>
<tr>
<td>June 20</td>
<td>Explorer—Summer Fun II</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$155</td>
</tr>
<tr>
<td>June 22</td>
<td>Explorer—Adventure Trek</td>
<td>3</td>
<td>2</td>
<td>8–11</td>
<td>$155</td>
</tr>
<tr>
<td>June 27</td>
<td>Explorer—Frontier Adventure</td>
<td>4</td>
<td>3</td>
<td>8–11</td>
<td>$270</td>
</tr>
<tr>
<td>June 8</td>
<td>Discovery—Summer Fun I</td>
<td>3</td>
<td>2</td>
<td>11–15</td>
<td>$155</td>
</tr>
<tr>
<td>June 14</td>
<td>Discovery—Water Bound</td>
<td>4</td>
<td>3</td>
<td>11–15</td>
<td>$260</td>
</tr>
<tr>
<td>June 20</td>
<td>Discovery—Summer Fun II</td>
<td>3</td>
<td>2</td>
<td>11–15</td>
<td>$155</td>
</tr>
<tr>
<td>June 20</td>
<td>Discovery—Shooting Skills</td>
<td>6</td>
<td>5</td>
<td>11–15</td>
<td>$315</td>
</tr>
<tr>
<td>June 22</td>
<td>Discovery—Adventure Trek</td>
<td>3</td>
<td>2</td>
<td>11–15</td>
<td>$155</td>
</tr>
<tr>
<td>June 27</td>
<td>Discovery—Frontier Adventure</td>
<td>4</td>
<td>3</td>
<td>11–15</td>
<td>$270</td>
</tr>
</tbody>
</table>

### 2011 Experience Camp Schedule***

<table>
<thead>
<tr>
<th>Dates</th>
<th>Camp Session Title</th>
<th>Ages</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20</td>
<td>Aquatic Skills</td>
<td>3–4</td>
<td>$360</td>
</tr>
<tr>
<td>July 18</td>
<td>Tube &amp; Kayak the Niobrara</td>
<td>5–4</td>
<td>$385</td>
</tr>
</tbody>
</table>

### Can You Guess It?

**Sign up?**

**Discover?**

Did you guess it? Find out at [http://lancaster.unl.edu](http://lancaster.unl.edu)

Did you guess it from the May Nebraska?

The answer was: Chicken Eggs — Breeds Brahama and Araucana

Learn from the same trusted professors who teach on campus, and advance your career at the University of Nebraska Online Worldwide. [NUonline.com](http://www.nuonline.com)