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April 2009

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

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Watch Chicks Hatch Online with EGG Cam!



<http://lancaster.unl.edu/4h/Embryology>

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

The NEBLINE

Urban Youth Learn About Agriculture at Local Ag Awareness Festivals

Deanna Karmazin
UNL Extension Associate

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

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

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

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

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

Currently, several festivals are held each year in the Omaha, Lincoln and surrounding areas. More than 20 agribusinesses, commodity associations, food industry companies and UNL Institute of Agriculture and Natural Resources departments partner together to present the festivals.

To date, more than 12,300 youth have participated. These youth better understand the origins of our food supply, as well as the career and educational opportunities available to them through agriculture—even in urban areas.



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

Lincoln's Ag Awareness Festival

On April 7 and 8, more than 400 fourth graders from seven Lincoln schools will attend the Ag Awareness Festival at the Lancaster Event Center. Students will rotate between the following 10 interactive stations: Grain Products, Grain By-Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production and Hay & Forages.



Extension Associate Deanna Karmazin shows youth that ruminant animals don't have upper front teeth—they use their tongue to pull grass into their mouth.



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



(Left) Youth learn a male baby pig is called a "barrow" and a female baby pig is a "gilt." A baby pig weighs about 3.5 pounds at birth but doubles its weight in less than a week.

FUN FACTS

- ♦ In Nebraska 45.7 million acres of land are used for agricultural purposes, or 92.9% of the 49.2 million acres of land.
- ♦ A farmer in the United States grows enough food to feed about 129 people for one year.
- ♦ Hamburger meat from a single steer will make about 720 quarter pound hamburger patties. That is enough for a family of four to enjoy hamburgers each day for nearly six months.
- ♦ By-products from cattle are used in producing leather, medicine, make-up, asphalt for roads, shaving cream, soap, paint, perfume, printing ink, film, china, cleanser and thousands of other items.
- ♦ A dairy cow which is producing milk eats nearly 20 pounds of grain and 35 pounds of hay silage in one day and drinks about 35 gallons of water (bathtub full) every day.
- ♦ There are about 600 kernels on each ear of corn.
- ♦ One bushel of corn will sweeten more than 400 cans of pop.
- ♦ One acre of farmland is nearly the size of one football field.
- ♦ One acre of wheat can produce enough flour to furnish a family of four with bread for nearly ten years.

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Lancaster County 4-H Council
University of Nebraska–Lincoln
Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1507

Estate Planning Workshop, March 26

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

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

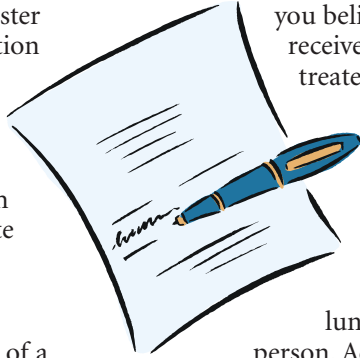
- Will the farm business will be sold, which presumably will result in leaving a personal estate or will the farm or business be passed on to the next generation before your death or upon your death.

- Do you have an up-to-date will?
- Probate—what you and your heirs need to know.
- The impact of state inheritance tax and federal estate and gift tax.
- How will the property and other assets be divided—do you believe every heir must receive an equal share to be treated fairly or is there a difference between equality and fairness?

The workshop will address these topics and more.

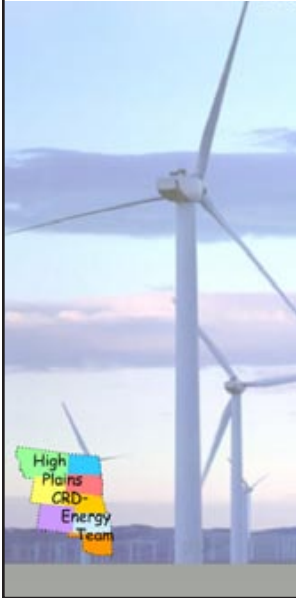
Cost (includes lunch) is \$25 for the first person. Additional persons from the same family or business may attend for an additional \$15 each without handouts or \$20 with their own set of handouts.

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



Wind Energy Seminars Archived on the Web

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



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

—Tom Dorn, UNL Extension Educator

Master Conservationist Entries Due April 1

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



Renting Livestock Facilities

Tom Dorn
Extension Educator

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

For both the owner and tenant, determining a fair rental price for livestock facilities such as hog barns or feedlots should include consideration of alternatives available. For example, the owner should consider whether the facility will be in use or sit idle if not

rented. If the owner had planned to use the facility for his or her own operation, annual rent equal to 18 percent of the current asset value is considered a good rule of thumb. This amount should cover depreciation, interest, normal repairs, taxes and insurance. On the other hand, if the facility will remain idle if not rented, annual rent equal to 10 percent of value may be satisfactory. This generally will cover cash expenses such as repairs, taxes and insurance and the loss of value due to use or depreciation. For example: Using these guidelines, a hog barn valued at \$25,000 would have the rent set between \$2,500 to \$4,500 per year.

The prospective tenant, meanwhile, should consider other alternatives for

renting or building facilities. For example, would the building cost (amortized over the useful life of the facility), plus ownership costs (repairs, taxes and insurance) of constructing a similar facility, be more or less expensive than the rental price? The answers to such questions will help determine if the asking price is reasonable.

Probably the hardest thing to do when using this method, is setting a fair market value on the facility in question. Normally, you would expect the value of partially- or fully-depreciated facilities to be somewhat less than the replacement value. One good approach is to estimate how much the facility would add to the value of the property, if the property was sold.

Is Sainfoin Right For You?



Sainfoin



Alfalfa

Bruce Anderson
UNL Forage Specialist

Maybe you’ve seen or heard the claims—Sainfoin is better than alfalfa, a 200 relative feed value (RFV) from bud to bloom, easy to establish, more palatable. These characteristics, and more, are being claimed in advertisements by marketers of a legume called sainfoin. Sounds great, doesn’t it, but what’s the rest of the story.

Sainfoin, which has been nicknamed “the poor man’s alfalfa,” has several good characteristics. Its main advantage is its bloat-free characteristic, making it grazing-friendly. It also

tolerates low phosphorus and high pH soils well, but it hates acid, wet or salty soils. (Editor’s note: moderately-acid soils are fairly common in Lancaster County and some of our soils are salty, especially in the Salt Creek flood plain.) Sainfoin produces very palatable hay or grazing, and compared to alfalfa, forage quality declines less rapidly as the plant matures.

However, in almost all areas where alfalfa is well-adapted, sainfoin does not yield as well. It does begin spring growth very fast, frequently out-yielding alfalfa at first harvest, but sainfoin regrows very slowly. Nitrogen fixation also

can be a major problem for sainfoin, even when properly inoculated with the right kind of bacteria. As a result, nitrogen fertilizer often is needed to maintain productivity. Even then, sainfoin is susceptible to root and crown rot diseases that can quickly shorten stand life.

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

Pioneer Farm Family Awards Due May 1

For the 54th year, the Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the “Nebraska Pioneer Farm Award,” the program requires the land of a family must have been owned by some member of the family for a century or more. Pioneer Farm

Families are recognized at their local county fair and receive a beautiful engraved plaque and a gatepost marker from the Foundation.

Families with farm land in Lancaster County for more than 100 years will be recognized at the Lancaster County Fair on Friday, Aug. 7 at 5:30 p.m. during the Family Barbeque.

Applications can be obtained by contacting Sue Bulling at the Lancaster

Event Center at 441-6545 or Deanna Karmazin at the extension office at 441-7180. The deadline for submitting nominations is May 1. Families with land in other counties should contact their County Fair office.

Please be sure the forms are filled out in full with all of the necessary signatures (the owner(s) signature verifies the historical information as well as the engraving request) before mailing.

Upcoming Composting Workshops and Demonstrations



Pioneers Park Nature Center’s backyard composting demonstration area

Each spring and fall as you clean-up your yards and gardens, there is always a large pile of leaves, grass clippings and other duff material to be removed. Instead of throwing it away, recycle it. One of the key components of good composting is brown or dried organic matter as well as green grass clippings. So, now is the time to utilize these materials in a compost pile.

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

Composting Workshops are held at various Lincoln locations:

- April 14, Lancaster Extension Education Center, 444 Cherrycreek Road, 6:30 p.m.
- April 15, Eiseley Library, 1530 Superior Street, 6:30 p.m.
- Oct. 6, Gere Library, 2400 S. 56 Street, 6:30 p.m.
- Oct. 7, Eiseley Library, 1530 Superior Street, 6:30 p.m.
- Oct. 8, Anderson Library, 3635 Touzalin Avenue, 6:30 p.m.

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

Backyard Organic Gardens Need Work but Have Increased Benefits

Sarah Browning
UNL Extension Educator

Organic products are becoming more available in supermarkets, but that’s no reason gardeners can’t grow their own organic food. Organic food is popular because it is grown using a sustainable land management system that improves the surrounding environment. Using organic inputs without insecticides, herbicides or commercial fertilizers, organic production reduces pesticide exposure to humans, groundwater and the environment.

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

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

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

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



Row covers can protect plants, such as lettuce, from insect damage.

potatoes. Only the leaves or roots of these plants are harvested.

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

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

For more information about the standards for organically grown foods, visit the National Organic Program Web site at <http://www.ams.usda.gov/nop/indexIE.htm>.

Pre-emergent Herbicide Application Time

For annual grass control, apply pre-emergence herbicides prior to germination. The soil temperatures necessary for weed germination vary by species. For example, crabgrass germinates when soil temperatures are greater than 55 degrees F to 60 degrees F from 7 to 10 consecutive days and continues to germinate in soil temperatures to 95 degrees F. Goosegrass begins germination when soil temperatures are above 65 degrees F for several weeks and yellow foxtail germinates at soil temperatures

of 68 degrees F to 92 degrees F. Barnyardgrass germinates at soil temperatures between 72 degrees F and 90 degrees F. The optimum soil temperature for fall panicum germination is 80 degrees F.

Monitor soil temperature and apply a pre-emergence herbicide prior to reaching the weed germination temperature. This insures the herbicide will be in place before weeds begin to germinate.

—Don Janssen, UNL Extension Educator

Act Early to Control Musk Thistles

Musk thistles are a pesky problem in many pastures. Farmers who had musk thistle infestations last year will soon be able to walk out in their fields and see the healthy thistle plants with their robust circular rosettes growing. Thistles can be especially troublesome after a drought.

The young, rosette stage of growth that comes before the plant flowers is an ideal stage for controlling the plants. Herbicides should be sprayed while the thistles are still in the rosette form. If sprayed early, very few plants will develop flowering stalks later in the season.

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



Musk thistle rosette stage

recommended a smaller amount be used and a small amount of Banvel should be added to the mix.

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

—Bruce Anderson, UNL Forage Specialist

Study Shows Transplanted Trees Grow Better Without Grass Nearby

Research from K-State’s John C. Pair Horticultural Center has quantified the effect of controlling grasses around newly planted trees. Jason Griffin, William Reid and Dale Bremer conducted a study to investigate the inhibition of growth of transplanted, seedling trees when lawn grasses were allowed to grow up to the trunk. There were five treatments including three with different species of grass. Those treatments were:

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

All treatments were applied to Eastern redbud seedlings as well as to pecan seedlings. All trees were fertilized according to recommendations and watered during the growing season with up to one inch of water if rainfall was deficient. At the end of two years, trees were measured and harvested. Data was taken on caliper (diameter) 6 inches above the ground, weight of above ground portions of the tree, leaf area and leaf weight.

There were no differences

in any measure between the mulched treatment and the bare soil treatment for either tree species. However, all measures showed very significant growth increases if lawn grasses were controlled around the tree. Specific results were:

- Caliper: Caliper measures 6 inches above the soil surface were twice as large for plots without grass than those with either fescue or bluegrass but was only 50% larger when compared to the bermudagrass plots.
- Top growth weight: Redbuds showed a 300% weight advantage for plots with grasses controlled than those without. Pecans showed a still very significant 200% increase.
- Leaf area and leaf weight: Leaf area was 200% larger in plots without grass competition and leaf weight showed a 300% increase.

The obvious conclusion one should draw from this study is, **grasses must be controlled under a newly transplanted tree if you wish to get the best possible growth.** How far from the trunk should the grasses be controlled? Try a minimum of 3 feet.

—Ward Upham, Kansas State University Extension Associate



By Alice Henneman, MS, RD, UNL Extension Educator

Enjoy this recipe from Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division for an egg salad sandwich packed with veggies! For more free egg recipes, egg decorating tips, or information related to eggs and food safety, please contact Mary Torell at mtorell2@unl.edu or log onto the Web site at www.nebraskapoultry.org or call 472-0752.

Confetti Egg Salad Sandwiches

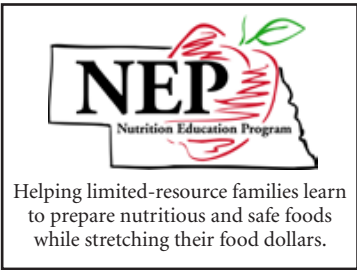
(Serves 6)

6 hard-cooked eggs, chopped
1 cup shredded carrots
1 cup chopped celery
1/2 cup chopped green onions with tops
1/3 cup reduced-fat creamy French dressing
6 Kaiser or hard rolls
6 thin slices tomato
12 thin slices cucumber
lettuce leaves



In a medium bowl, stir together eggs, carrots, celery, onions and dressing until well combined. Cover and chill to blend flavors. With a fork, hollow out the centers of the bottom halves of rolls, leaving a 1/2-inch shell all around. Reserve crumbs for another use. When ready to serve, spoon about 1/2 cup egg salad mixture onto each roll's bottom half. Top each with 1 tomato slice, 2 cucumber slices and lettuce leaves. Close sandwiches with top halves of rolls.

APPROXIMATE NUTRIENT for 1/6 recipe using Kaiser rolls: 285 calories; 13 gm protein; 9 gm fat; 37 gm carbohydrates; 189 mg calcium.
Recipe Source: American Egg Board



Dana Willeford
UNL Extension Assistant

Beep, beep, beep... Rise and Shine! It's time to get out of bed and get going. As you begin your morning routine... packing lunches and getting yourself and your kids out the door, be sure to make breakfast a priority. Nutritional studies suggest breakfast is the most important meal of the day. It gets the body fueled for the day.

Breakfast skippers have their reasons for skipping breakfast. However, they may pay a price for skipping breakfast. The results of skipping breakfast can cause irritability, lower metabolism, increase snacking and pre-afternoon sluggishness.

Food and some friendly

words can make a great difference in the way your day begins. On the positive side there are many reasons to eat breakfast:

1. Studies show kids who regularly eat breakfast tend to perform better in school, score higher on tests, attend school more frequently and make fewer trips to the school nurse complaining of tummy aches. They often behave better, too.
2. Adults who eat breakfast have better work performance, ability to concentrate and solve problems.
3. People who eat breakfast snack less and get more nutrients than those who don't eat breakfast.
4. People who eat breakfast can be more successful at maintaining a healthy weight.

One of the biggest challenges is to stop letting time take control of you. What can you do? Simple is better, breakfast doesn't have to be hard and something is better

- than nothing. Here are some quick ideas:
- Instant oatmeal served with milk and dried fruit.
 - A cup of yogurt mixed with whole grain cereal.
 - Eggs served in a veggie omelet or a hard-cooked egg for on the run.
 - Serve non-traditional items such as leftover pizza, tortillas with filling (your choice).
 - Make your own trail mix, put in a bag to go (cereal, raisins, nuts, dried fruit).
 - To save even more time, make French toast, waffles, pancakes and sausage in large quantities and freeze in individual portions. They can be quickly reheated in the microwave.

Take control of time, sit down, relax and eat breakfast (even for just a few minutes). People who eat breakfast are more likely to have a successful day, and your body will thank you for it, too!



New at <http://lanaster.unl.edu/food/slideshows.shtml>

View several new slide shows on the UNL Extension in Lancaster County food web site:

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

Easter Egg Tips

Mary Torell
Public Information Officer,
Nebraska Department of
Agriculture, Poultry & Egg
Division

After the long, cold winter, spring is a time of warmth and awakening as the earth comes to life again. And with spring, comes Easter. With its flowers, colorful eggs and bunnies, religious services and family gatherings, Easter is a joyful celebration of new life. The egg has always been a symbol of new life, and people have believed eggs given at this season would bring good luck.

Easter Eggs

Eggs were colored, blessed, exchanged and eaten as part of the rites of spring long before Christian times. Even the earliest civilizations held springtime festivals to welcome the sun's rising from its long winter sleep. They thought of the sun's return from darkness as an annual miracle and regarded the egg as a natural wonder and a proof of the renewal of life. As Christianity spread, the egg was adopted as a symbol of Christ's Resurrection from the tomb.

Decorating Easter Eggs

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

Egg Handling and Safety Tips

There are some important safe handling methods to remember this time of year when you're decorating, cooking or hiding those



eggs since eggs are handled a great deal more than usual around Easter. Remember to:

- Wash your hands thoroughly with warm, soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them.
- Inspect the eggs before purchasing, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store uncooked eggs in their original cartons in the refrigerator.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat. Do not eat eggs that have been out of refrigeration more than two hours.
- If you are planning to use colored eggs as decorations, (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several days, discard them after they have served their decorative purpose.

Easter Egg Hunt

Consider hiding places carefully when hiding eggs. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn

chemicals. Refrigerate your eggs again after they've been hidden and found. Discard any cracked eggs. Make sure you find all the eggs you've hidden to eliminate the chances of animals eating spoiled eggs.

Egg Salad Week

After you've gathered the eggs at the Easter Egg Hunts, remember the week after Easter is **Egg Salad Week**. It is a week dedicated to the dozens of delicious ways to serve hard-cooked eggs. Try some easy and elegant salads, deviled eggs or egg salad sandwiches. Take advantage of the extra hard-cooked eggs the Easter bunny brought. When left in their shells and refrigerated, hard-cooked eggs will remain edible for one week. Enjoy the delicious and easy-to-make recipe in this month's NEBLINE for Confetti Egg Salad Sandwiches, using leftover hard-cooked eggs.

The Perfect Hard-Cooked Egg

The FRESHER the egg, the HARDER it is to peel, so you'll want to buy your eggs a week or two in advance. Whether hard- or soft-cooked, this method is incorrectly called boiled eggs. Although the cooking water must come to a boil, eggs

should not be boiled because high temperatures make them tough and rubbery. Place eggs in a single layer in a saucepan. Add enough water to come at least one-inch above the eggs. Cover and quickly bring just to a boil. Remove pan from heat and let eggs stand 15 minutes. Immediately run cold water over the eggs until cool.

A greenish-gray ring may appear around a hard-cooked egg yolk. It's unsightly, but harmless. The ring is caused by a chemical reaction involving sulfur (from the egg white) and iron (from the egg yolk), which naturally react to form ferrous sulfide at the surface of the yolk. The reaction is usually caused by overcooking, but can also be caused by a high amount of iron in the cooking water.

Eliminate the ring by avoiding overcooking and by cooling the eggs quickly after cooking. Run cold water over the just-cooked eggs or place them in ice water (not standing in water for long period) until they have completely cooled. Then refrigerate the eggs in their shells until you're ready to use them. Hard-cooked eggs in the shell can be refrigerated up to one week.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View—Bonnie’s Bits

Bonnie Krueger
FCE Council Chair



Sorry, no Bonnie’s Bits... April Fools! April Fools Day or All Fools Day accrues annually on April 1. The day is generally observed by playing jokes on a victim who soon becomes

known as an April Fool. This custom is thought to have started in France during the 16th Century, but the British are credited with bringing it to the United States.

Spring is the end of winter and the culmination

of lengthening days. The Christian season of birth and renewal has Easter at this time. Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. Of course spring brings us unstable weather, which we really don’t like to think about, but should prepare for.



FCE News & Events

FCE Council Meeting, March 23

Hope you have your calendar marked for the Monday, March 23, 1 p.m. FCE Council meeting. We will be meeting at Valentino’s, 70th and Van Dorn Streets for lunch and business meeting. All FCE members are welcome to attend the Council meetings. Pre-register by calling Pam at 441-7180.

Leader Training, March 24

The next FCE & Community Leader Training will be held Tuesday, March 24, 1 p.m. at the Lancaster Extension Education Center. The program “Make Sure It’s Done the Way You Want: Advanced Directives,” will be presented by Extension Educator Lorene Bartos. This program explains requirements and limitations of advance directives according to Nebraska law, discusses

forms for the Nebraska Power of Attorney for Health Care and a Nebraska Living Will Declaration, includes a brief glossary of terms related to advance directives and identifies resources for more information. Non-FCE members should call Pam at 441-7180, so materials can be prepared.

Southeast District FCE Meeting, March 27

Lancaster County is hosting the Southeast District FCE meeting on Friday, March 27 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration will begin at 10:30 a.m. Janet Broer, Southeast District Director and Lancaster County FCE member is organizing the event.

Extension Educator Alice Henneman will present the program “Freezing Foods for Future Meals.”

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

Scholarship Applications Due May 1

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



by Lorene Bartos, UNL Extension Educator

Housekeeping Organization

Make the most of limited housekeeping time by doing necessary tasks first. Assemble needed cleaning supplies in each area of the home and each floor of a two-story or multi-level home.

Make a list of things that should be cleaned regularly to prevent soil build-up requiring time consuming effort to remove. Include such items as cleaning the oven and cleaning tile around the bathtub. Organize a schedule of maintenance that will keep things reasonably clean at all times. To be successful, any schedule should be flexible enough to allow for the unexpected.

Boost Your Child’s Brain Power

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

1. **Interaction.** Your consistent, long-term attention actually increases your child’s capacity to learn.
2. **Loving Touch.** Holding and cuddling does more than just comfort your baby—it aids brain growth.
3. **Stability.** Stable relationships with parents and other caregivers decrease harmful stress.
4. **Safety.** Safe, healthy environments are free of lead, loud noises, sharp objects and other hazards.

5. **Self-Esteem.** Respect, encouragement and positive role models grow self-esteem from the beginning.
6. **Quality Child Care.** Trained teachers and family child care providers can make a positive difference.
7. **Play.** It helps your child explore the senses and discover how the world works.
8. **Communication.** Talking with your baby builds verbal skills needed to succeed in school and later life.
9. **Music.** It expands your child’s world, teaches new skills and offers a fun way to be with you.
10. **Reading to your child.** Show how important reading is and create a life long love of books by reading to your child from the beginning.

Children and Advertising

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

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

- What did the ad really tell you about the product?
- How much of the ad was general information that

- could easily apply to other products?
 - What emotions did the ad arouse?
 - Is the ad related to something else, such as a television program or a set of toys?
- Point out ways ads are deceptive or misleading, even though they do not make false statements. Parents who resist consumerism for themselves are the ones who teach their children to resist it. Teach children to be doers and creators rather than shoppers and buyers.

Source: LaDonna Werth, UNL Extension Educator

Wring Out the Old; Bring in the New
Debunking Some Common Cleaning Practices

This is a good time to put to rest some cleaning practices that have seen their day. Here is the lowdown on some old (and not-so-old) cleaning myths.

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

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

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

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

The Old: Club soda is a good stain remover.

The True: There’s no scientific basis for the claim club soda removes stains. Its success is probably due to the fact it’s usually close at hand so the stain is treated promptly. Tap water is cheaper and works

just as well. Be aware water treatment may only dilute, but not remove, the stain. Stain sticks, stain wipes and prewash stain removers are usually better remedies to avoid stains.

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

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

The Old: Sponges can be sanitized in the microwave.

The True: Using the microwave can be risky. Unless the sponge is soaking wet, there is the possibility of starting a fire. In addition, the size of the sponge and the amount of power in the microwave are variables that influence how long you would need to zap it to kill germs. A better way is to soak the sponge for five minutes in a solution of one quart water to three tablespoons of chlorine bleach.

Let the sponge air-dry. Replace your sponges every two to eight weeks, depending on how frequently and roughly they’re used. Use paper towels instead of sponges to mop up food spills.

The Old: Silverware should always be washed by hand.

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

The Old: Silver items should be polished regularly.

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

Source: The Soap and Detergent Association

National Small Food Manufacturer Conference in Lincoln, April 23–24

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

The conference includes current topics and industry recognized national speakers which will educate and motivate participants. Attendees will:

- Learn how to expand and grow their businesses
- Participate in interactive sessions
- Explore new opportunities
- Network with peers and industry experts

For more information or to register for the conference, go to www.fpc.unl.edu/nsfmc or contact Jill Gifford at 472-2819.



Left photo: Mary Jane Frogge • Right photo: Soni Cochran



Bagworm Management


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

- a color brochure available at the extension office
- a YouTube video available online at <http://lancaster.unl.edu/hort>

Please take a walk through your landscape and check all your plant material, especially spruce and junipers. During the months of April and early May, the only means of control is hand picking the bags from your plants. Place them in a bag and put the sealed bag in the trash. If you have large trees or too many bagworms to effectively pick off your plants, chemical control will be needed after they hatch in June.

—Mary Jane Frogge, UNL Extension Associate





Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

The last Friday in April is National Arbor Day. Plant a tree or support an organization which plants trees.

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Prune spring blooming shrubs such as forsythia and spirea after they have completed flowering.

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn-care equipment in preparation for the coming season.

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

Seed bare spots in your fescue or bluegrass lawn.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12 to 15 inches apart.

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.

Consider planting flowers which may be dried for winter arrangements. Some of the best are strawflower, statice, celosia and globe amaranth.

Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and after planting will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

To extend the blooming period of gladiolus, plant early, middle and late-season selections each week until the middle of June. Choose a sunny location and plant the corms four to six inches deep and six to eight inches apart.

2009 Nebraska Garden Trends

Spring is here and with it is the emerging garden trends: landscape sustainability, native plants in home landscapes, container gardening and increased interest in vegetable gardening.

Vegetable Gardening

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

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

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

In the last few years, interest in heirloom vegetables and flowers also is on the upswing. Old-fashioned flowers, such as hollyhocks, are receiving more attention because they do not require much water. Heirloom vegetables, particularly tomatoes, are grown for their flavor, Lindgren said.

Blended Gardens

Another trend is blended gardens, which include both edible ornamental vegetables and flowering plants. Vegetables such as colorful peppers and

eggplant can provide visual pleasure as well as food. This can be a good option if garden space is limited, he said.

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

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

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

Container Gardening

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

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

Other Trends

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

Another trend is the **comeback of coleus**. This started a few years ago but is continuing with new varieties that include new leaf shapes and colors. Many of the new

varieties tolerate a lot more sun than the traditional shade-loving varieties, Browning said.

Interest in **ornamental grasses** continues. ‘Shenandoah’, a new switchgrass, has a compact shape and stays more upright than some other varieties. The leaves are green in spring, tipped dark red by mid-summer and entirely red and orange in fall.

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

New Plants

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

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

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

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

Source: University of Nebraska–Lincoln Extension



Pharoah Hound

Hybrid coleus of the ‘Wizard’ series



Champlain shrub rose



Endless Summer®

“Endless Summer: Twist and Shout” hydrangea



Denise Werner, College of Agriculture and Life Sciences at North Carolina State University

“Blue Chip” Butterfly Bush



Dale Lindgren, UNL Extension

‘Sweet Joanne’ penstemon

Tiny Moths Indoors Are Not Uncommon

Barb Ogg
UNL Extension Educator

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

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

The female moth lays eggs on or near foodstuff. Eggs hatch into light-colored larvae feeding inside a tunnel-like case of frass and silk they web together. When they have finished feeding, mature larvae move away from the food. They eventually spin a silken cocoon in a crack or secluded place where they pupate. After a week or more, new adult moths emerge.

The worm or larval stage of this



Vicki Jedlicka, UNL Extension in Lancaster County

Adult Indianmeal moths are nearly 1/2-inch long and have distinctive wing markings (magnified view above; actual size at right)



insect can feed on many different stored foods in kitchen cupboards and other places where you store seeds, flour, processed grains, dried nuts or fruit. They can even infest chocolate.

There is a seasonality to Indianmeal moth infestations. They are more common in warmer

months, but we get calls about Indianmeal moths every month of the year, because these insects breed year-round inside our warm homes.

Getting rid of Indianmeal moths means finding the source and throwing it away. Look through all grain-based foodstuff, even unopened boxes. Some overlooked foodstuff include nuts, birdseed, dried pet food and treats.

Salvage infested food by freezing it for one week or heating it in a 140 degrees F oven for 15 minutes. Store non-infested foods in the freezer or refrigerator.

Empty cupboards and vacuum thoroughly shelves holding infested items, especially cracks and crevices. Empty the vacuum bag to prevent reinfestation.

To help reduce the number of moths or to monitor your situation, it may be helpful to set out a phero-mone trap, found at many hardware stores. These traps catch male moths with a synthetic sex pheromone lure.

Protect Your Pets: Prevent Fleas and Heartworms

Barb Ogg
UNL Extension Educator

Make a point in April to get your pet treated with flea and heartworm preventative medications. Fleas cause dermatitis in both cats and dogs. Heartworms can be life threatening. Both can easily be prevented.

Fleas Are Making a Comeback

Flea control was made much easier for pet owners after veterinarian-prescribed animal flea treatments became available in the late 1990s. Most of these were topical applications that killed adult fleas within 24 hours. In fact, these treatments were so effective, when used correctly, environmental sprays for flea larvae were not even needed.

But, last summer the extension office had more calls from people with flea infestations. This is not just a local phenomenon. University entomologists across the U.S. have noticed the same increase. Why more fleas? Some experts believe fleas have developed resistance to products used on animals for flea control. When one chemical treatment is used exclusively, a tiny fraction of fleas are able to detoxify the treatment and survive. If the flea’s ability to detoxify the chemical is genetic, its offspring are also able to detoxify the treatment. Whether fleas have become resistant to these products has not been determined.



A flea on cat

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

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

product to prevent resistance from developing.

Because fleas bite quickly after jumping on the animal, there is a window when a female flea may lay some viable eggs, so some experts recommend treating the pet’s environment (carpet, bedding areas) with an insect growth regulator, like methoprene (Precor, Siphotrol) or pyriproxifen (Nylar, Archer) at the time the animal is treated. Products containing methoprene or pyriproxifen may be found at pet supply stores or veterinarian’s offices. Pest control professionals also use these products.

Heartworms Spread by Mosquitoes

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

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

PRODUCT (ACTIVE INGREDIENT)	METHOD	RESEARCH RESULTS/COMMENTS
Frontline™ (fipronil)	topical	Death of fleas and ticks usually within 24 hours. Monthly application killed 97% of fleas on pet and 98% reduction of off-host life stages. May be obtained at pet supply stores.
Advantage™ (imidacloprid)	topical	Single topical application provided 95% control of fleas on cats and dogs. There was also a 98% reduction of off-host life cycle stages. May be obtained at pet supply stores.
Revolution™ (selemectin)	topical	Synthetic ivermectin. Selemectin killed 98% of fleas on dogs (36-hr) and cats (24-hr). Protected dogs for 21 days and bathing animals did not affect its effectiveness. Revolution is the only one of these medications that also prevents dog heartworms, ticks, ear mites and sarcoptic mange. It is more expensive than other treatments.
Capstar™ (nitenpyram)	oral	Same chemical class as imidacloprid (Advantage). Nitenpyram starts working within 15 minutes. Within 30 minutes, adult fleas are dislodged. All the fleas were killed within eight hours.
Program™ (lufenuron)	oral	Female fleas treated with lufenuron produce non-viable eggs. But, lufenuron does not kill adult fleas or prevent adult fleas from jumping on or biting a treated pet.

What Are Zoonoses and Why Are They Important?

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

You have probably heard about the animal connection between hantavirus (deer mice), West Nile virus (birds) and rabies (bats, raccoons, skunks). But, you may not know the most common communicable diseases also originated in animals, including influenza A (wild birds), measles (cattle), tuberculosis (ruminants) and hepatitis (apes).

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

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

Avian Influenza

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

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

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

So What Does All This Mean to You?

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

There are vaccines for many of the commu-nicable diseases which originated from animals, including measles, mumps, chickenpox, pertussis (whooping cough) and influenza. The Centers for Disease Control (CDC) recommends vacci-nations to prevent these diseases.

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

Sources: Origins of Major Human Infectious Diseases. Nature. Vol. 447. 17 May 2007, CDC Web site: http://www.cdc.gov/flu/avian/outbreaks/current.htm



April

Carin Sandman

Lancaster County 4-H is proud to announce Carin Sandman as winner of April's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Carin has been a Lancaster County 4-H volunteer for five years and a Dodge County volunteer for 10 years. In Lancaster County, she is organizational leader of The Wild Green Clovers 4-H club and has volunteered at 4-H Clover College for three years. In Dodge County, she is project leader for the City Slickers 4-H club and attended 4-H camp with local youth. She has served on the state 4-H livestock Advisory Council as the southeast district volunteer and has volunteered at the statewide Unicameral Youth Conference.

"I like being a 4-H volunteer because you have the opportunity to see youth grow and succeed in each of their talents," says Carin. "My favorite experience as a 4-H volunteer was attending Unicameral Youth Conference and staying in Burr Hall. The 2003 UYC was a great experience when we went to the basement for a long night of storm warnings and restless youth. We all had a great time getting to know each other and built friendships that are still present."

Congratulations to Carin. Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu> or at the extension office. Nominations of co-volunteers welcome.



Jammie Jamboree, March 28

Join us at the Jammie Jamboree and make jammie bottoms on Saturday, March 28, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Bring your own pull-on pajama bottom pattern, prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a sack lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by March 27 by calling 441-7180. Jammie bottoms may be entered at the county fair and styled in the 4-H Style Revue under Clothing Level 1.

4-H Clover Challenge, April 13

A fun Clover Challenge aimed at 4-H'ers ages 10-18 interested in family & consumer sciences will be held Monday, April 13, 1 p.m. at the Lancaster Extension Education Center. Similar to a quiz bowl, Clover Challenge consists of a series of multiple choice and true/false questions based on family finance, health, foods, clothing and home environment. Teams of two, three or four youth participate against each other in randomly chosen tournament-like brackets. This is a good opportunity to practice for Life Challenge contests! Preregister by April 9 by calling Tracy at 441-7180.

Spring Rabbit Show Saturday, March 28, 9 a.m.

Lancaster Event Center, Exhibit Hall
84th & Havelock, Lincoln,
Registrations 7:30-9:00 a.m.

Open to all youth 8-18

Awards will be given!

CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class. **REGISTRATION FEES:** \$2.50 per rabbit or cavy, \$1 fur class, \$1 Showmanship. **FREE CONTEST:** Rabbit Quiz

RAFFLE FOR MANY PRIZES! TICKETS 3 FOR \$1. Please bring an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.

Opportunity to learn and practice your showmanship!

All rabbits must be tattooed in the left ear (available at the show). All rabbits must be brought in solid bottom cages which are leak-proof with a CLOSED, solid bottom.

For more information, call Rodney at 782-2186 or Marty at 441-7180

Sponsored by Lancaster County 4-H Rabbit VIPs Committee and UNL Extension in Lancaster County

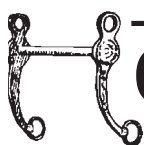
Exhibit space courtesy of the Lancaster Event Center.

Quality Assurance Training, May 7

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

4-H/FFA Sheep Weigh-In, May 21

4-H/FFA members planning to exhibit market lambs at the Lancaster County Fair in the Sheep Performance contest will need to have their lambs officially tagged and weighed on Thursday, May 21, 6-8 p.m. at the Lancaster Event Center - Pavilion 2. Due to time constraints and budget, Deanna will no longer be able to come to each farm individually.



HORSE BITS

4-H'ers Learn the Ropes at Roping Clinics

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



Riding Skills Level Testings, April 21 and May 8

The first 2009 group level testing for 4-H Horse Advancement Levels will be held on Tuesday, April 21, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Anyone wishing to be tested must sign up by April 14 by calling Marty at 441-7180 or e-mailing mcruckshank2@unl.edu

A second testing will be Tuesday, May 5, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Deadline to sign up for this testing is April 28.

District and State Entries Due May 8

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

Lancaster County Horse VIPs to Host Pre-Districts Show, June 6

The Lancaster County Horse VIPs will host a pre-districts show/fundraiser on Saturday, June 6, 9 a.m. at the Lancaster Event Center - Pavilion 3.

The show will follow the district format and all age groups—elementary, junior and senior—can participate. All counties are welcome. This will be an excellent opportunity for all 4-H riders to practice for districts. It will also be a great opportunity for elementary age riders to experience the district format even if they aren't yet old enough for state. Depending on size of the classes and show, if the judge has time he will do some teaching/comments at the end of the class.

We are also using this as a fundraiser, so there will be a one time office charge of \$5 and a \$3 charge per class. Pre-registration is not required. Riders must be in 4-H attire.

If you have any questions or would like a show flyer, call Marty at 441-7180 or e-mail mcruckshank2@unl.edu



4-H Pillow Party Sewing Fun!

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



Kiwanis Karnival, April 18

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 18, 6–7:30 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln
(note: time has changed from what was previously published)

4-H members & their families and Elliott school students & their families are invited to share the fun!

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at 441-7180.

Clover College Instructors and Volunteers Needed

4-H Clover College will be held June 16–19 at the Lancaster Extension Education Center. Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up. If you have workshop topic ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 441-7180. All help is very much appreciated!

See photos of last year's workshops online at <http://lancaster.unl.edu/4h>

4-H Speech Contest

The 2009 4-H Speech Contest will be held Sunday, April 19 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Speech Contest provides 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 13 by calling 441-7180 or e-mailing dkarmazin2@unl.edu with name, speech title and age division.

Contest divisions and requirements:

- **Clover Kid:** 5-7 years old, read or recite any short story, nursery rhyme, poem, pledge, etc..
- **Novice:** 8-9 years old, 2 minutes in length, any topic related to 4-H.
- **Junior:** 10-11 years old, 2-3 minutes in length, any topic about a 4-H experience.
- **Intermediate:** 12-13 years old, 3-5 minutes in length, encouraged to talk about a 4-H project you would like others to enroll in.
- **Senior:** 14-19, 5-8 minutes in length, a timely topic related to 4-H.

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

4-H PSA Contest Guidelines

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

4-H COUNTY FAIR NEWS

2009

LANCASTER COUNTY FAIR AUGUST 5–9

Fair Books Have Been Mailed, Available Online

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

New in 4-H at County Fair

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

Creating Posters on Computer

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

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

ENTOMOLOGY

Superintendents: Pat Wiseman & Kim Wiseman

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

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

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

Premiums: Purple \$4: Blue \$3: Red \$2: White \$0

Class #	Class Description
H800001	Entomology display, first year project —collection to consist of one box of 25 or more different kinds (species) of insects in at least six orders.
H800002	Entomology display, second year project —collection to consist of a minimum of 50 kinds (species) of insects in at least eight orders. Replace damaged or poorly mounted specimens. About 25 species should be from after July 1 of previous year. Limit 2 boxes.
H800003	Entomology display, third year or more project —collection to consist of a minimum of 75 kinds (species) of insects representing at least ten orders. Replace damaged or poorly mounted specimens. About 25 species should be from after July 1 of previous year. Limit of three boxes.
H800004	Special interest display —educational display developed according to individual interests and abilities. Examples include a collection from a specific insect group (e.g. butterflies, grasshoppers) or by subject (e.g. insect pests of corn, aquatic insects, insect mimicry, etc.), a research project, special report, poster display, insect scrapbook, artwork, etc. Poster displays should be no larger than 22" x 28". Other displays are restricted to a base area no larger than 22" x 28" Nor should height be over 24". Research projects should include a report about methods and results, as well as a brief discussion about what was learned. Artwork should include brief information about the work. Each display should be self-explanatory so that the audience can understand it without help.
H800910	My favorite insect (county only)—mounted for display, use creativity.
H800911	Poster (county only)—14" x 22" (see pg. 38)

Lincoln Council on Alcoholism and Drugs, Inc.

Promoting Healthy Lifestyles Free From the Abuse of Alcohol, Tobacco and Other Drugs

Maureen Burson
UNL Extension Educator

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

Since 1962, the Lincoln Council on Alcoholism and Drugs (LCAD) has been the link to alcohol, tobacco and other drug prevention, intervention and treatment resources in Lincoln and Lancaster County.

In recent years, as prevention has evolved, LCAD has provided leadership

to the coalition and community groups working on prevention efforts in Lincoln and Lancaster County, collected data, identifying strategies and working to change the environment surrounding alcohol use and abuse in our neighborhoods and in the community at large, where there is a great deal of work still to be done.

LCAD's 2006 parent surveys have shown 93% of surveyed parents do not support underage drinking, yet, 81.5% of Region V youth 18-years-old and younger have used alcohol. This highlights an area of need in mobilizing adults to be accountable for what they believe. Also, more than 2/3 of people who are addicted to drugs are working full-time, and more than 13 million Americans are active alcoholics, so while substance abuse is a family matter, it touches workplaces, schools and communities as a whole, costing us billions of dollars each year.

In addition to community coalition work, LCAD provides training, facilitation and technical assistance for several programs, many of them nationally known science-based



model programs. LCAD is a Region V Systems agency approved to provide adult substance abuse evaluations. They also provide the following educational programming:

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

Community Groups

In January of 2006, the Lincoln Council on Alcoholism and Drugs began a series of community groups in Lincoln and Lancaster County with the specific purpose of addressing underage drinking and other substance abuse issues throughout the community. The goal was to establish groups based on each of the high school districts in Lancaster County. Although the focus was NOT necessarily to make it a school-based group, but to include neighborhood residents, faith partners, businesses, parents of incoming middle school students and parents of elementary students.

There are currently five urban groups, four rural groups



and one community-wide youth group. While the overall focus is to “create a positive community response to underage drinking and other substance abuse issues,” their mission and projects reflect the needs of their neighborhood giving each group their own distinct personality.

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

- EAST COMMUNITY GROUP**
Julie Anderson • 483-4841
- LINCOLN HIGH/NEAR-SOUTH COMMUNITY GROUP**
Vicky Fasnacht • 489-2681
- MALCOLM PREVENTION COALITION**
Sue Vanderkolk • 796-2145
- NORRIS C.A.R.E.S.**
Lisa Loeske • 450-6648
- NORTHEAST PARENT ACTION COMMITTEE**
Meg Johnson • 464-5067
- PIUS PARENT GROUP**
Rhonda Litt • 489-3819
- RAYMOND CENTRAL PREVENTION COALITION**
Dan Ingwersen • 665-3651
- SOUTHEAST COMMUNITY GROUP**
Cindy Potthoff • 499-6565
- SOUTHWEST COMMUNITY GROUP**
Teri Effle • 475-2694
- DISTRICT 145 COMMUNITY PREVENTION COALITION**
Shannon Berry • 786-2765
- COMMUNITY YOUTH GROUP**
Susanne Cramer • 475-2694

FOR MORE INFORMATION

Lincoln Council on Alcoholism and Drugs, Inc. is located at 914 L Street (intersection of 9th and Capital Parkway) and is on the web at www.lcad.org. Subscribe to their e-bulletin by e-mailing terivosicky@yahoo.com. Phone number is 475-2694.

Source: Lincoln Council on Alcoholism & Drugs

Encourage Teens to Celebrate Clean and Sober During Prom

You've told them they look great, you've snapped their picture, met their date and seen them off to prom. Lancaster County community groups are encouraging parents of prom goers to send one more message to their teen—a reminder to stay alcohol-free on prom night!

Send a text message to your kids on prom night and remind them to celebrate safely & stay drug and alcohol free.

Examples:

- Have fun 2nite. Stay safe Don't drink. Luv U.
- Have fun 2nite. Celebrate Sober. We want U back.

If you don't know how to text, you can send a text message using e-mail—for detailed instructions, go to <http://www.lcad.org/resources/ENews11/Teleflip.pdf>



Teens – check out www.thecoolspot.gov

EXTENSION NEWS

Alice Henneman Named 2008 Communicator of the Year

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

The Nebraska ACE Communicator of the Year award recognizes Institute of Agriculture and Natural Resources faculty or staff who communicate clearly and display exceptional expertise and professionalism in promotion, publications, news and technology.

The award is sponsored by the Nebraska chapter of ACE,

an international association of communicators and information technologists.

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

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

healthier.

Henneman is known nationally for her work. Her articles are referred to and quoted frequently on the Internet.

Henneman also works well with the media — both broadcast and print — and is known to reporters as someone who can be relied on to return calls and provide helpful, relevant information.

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

Congratulations to Alice for the award!



Extension Educator Alice Henneman (left) is presented the Communicator of the Year award by Rebecca Erdkamp (right).

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

March

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

April

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

National Youth Horse Symposium in Lincoln, March 27–29

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

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

Applications and additional brochures can be found at <http://www.animalscience.unl.edu/extension/equine.html>. More information on the symposium can be found at www.ayhc.com/symposium.htm

4-H Camp Scholarships

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

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

Joyce Vahle Memorial Scholarship—\$100 scholarship is awarded to a 4-H'er between the ages of 8-14 to be used towards attending 4-H camp. Applicants should be currently, or have had at some point been, enrolled in at least one sewing project.

4-H Fast Foods Manual Now Has Supplemental CD

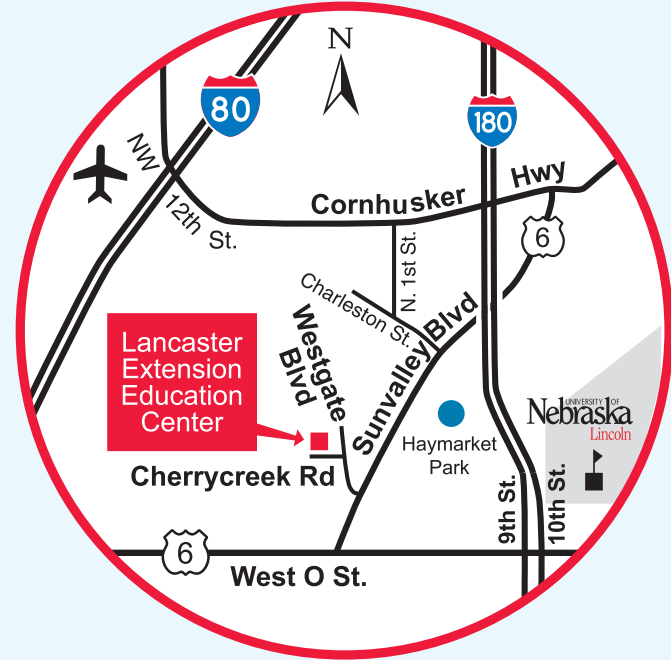
The popular 4-H Fast Foods manual which helps youth ages 11–14 develop basic cooking skills now has a supplemental CD-ROM with additional hands-on activities. Whether you are trying to make substitutions, want to learn what cooking terms mean, or are seeking additional educator resources to use in conjunction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



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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Lancaster Extension Education Center
Conference Facilities
444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

Extension Educator & Unit Leader Gary C. Bergman

Extension Educators
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Maureen Burson
Tom Dorn
Alice Henneman
Don Janssen
Barb Ogg
Karen Wobig

Extension Technologist
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THE NEBLINE

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

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Nebraska Preview JUNIOR OPEN HOUSE



Nebraska Preview is an opportunity for high school juniors and their families to preview exciting opportunities for success at the University of Nebraska–Lincoln. From 9 a.m. to 3 p.m., you will get an inside look at what to expect during your senior year college search — plus you will meet with current students, tour campus, eat lunch in a dining hall, explore academic choices and more! Fee to attend NEBRASKA Preview is \$10 per person.

Preview Dates:
April 3, April 13, April 17 & April 24

For more information or to register, see <http://admissions.unl.edu>



The University of Nebraska–Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.

Teen Council 4-H'ers Learn Leadership While Having Fun



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

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

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



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



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

Can You Guess It?

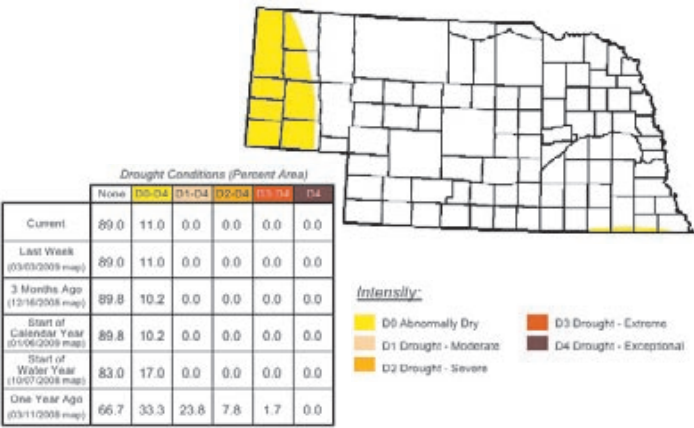


Did you guess it? Find out at
<http://lanaster.unl.edu>

Did you guess it from the March NEBLINE?
The answer was the mummified remains of a female bagworm with eggs

U.S. Drought Monitor Map

As of March 10, Lancaster County was not in drought conditions.



For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska - Lincoln

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

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

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

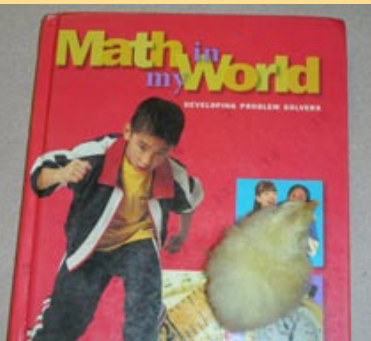


Baby Chicks Model for School Yearbook

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



Principal Dennis Martin had a talk with one chick.



One chick got a leg up on its math homework.



This chick stumbled into the music room.