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The NEBLINE

May 2009

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

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—see pages 9 & 11

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Lincoln, Nebraska 68528-1507

Bed Bugs

Come Back with a Vengeance

*Controlling Them Quickly is Key
to Slowing Their Spread*

Barb Ogg
UNL Extension Educator

For 40 years, bed bugs seemed to be nearly extinct, but in the last decade, this blood-sucking pest has rebounded with a vengeance. Bed bugs are infesting hotels, motels, apartments, dormitories, nursing and retirement homes and single-family homes. The traditional thinking is bed bugs move from place to place in luggage of travelers, in used furniture or with overnight visitors. But, bed bugs are taking advantage of our mass transit systems and have been found on buses, subways, trains and planes. To my knowledge, this hasn't yet happened in Nebraska, but has happened elsewhere.

In some parts of the U.S., bed bug infestations and complaints have doubled each year since 2003. Unfortunately, there doesn't seem to be a "silver bullet" on the horizon which will slow the spread of these insects.

Bed bugs are non-discriminatory and will feed on anyone, but people in high-density housing are more likely to be infested. This is simply because more people move in and out of hotels/motels, apartment buildings, dormitories and condominiums; more visitors; more people traveling. It is a matter of chance.

Bed bugs have very flat bodies and can squeeze behind baseboards or electrical outlets and move to the next bedroom or apartment unit to find a new food source. Left unchecked, eventually all bedrooms or apartment units will be infested.

Landlords who ignore a bed bug infestation early on will end up with a much larger problem which is more expensive to treat.

For about half the victims, bed bug bites are very itchy. Bed bugs do not seem to transmit diseases...at least it has never been scientifically documented. I confess, I am not a mental health expert, but I think many people who live with bed bugs will experience anxiety, stress and insomnia, knowing when they sleep, small insects will be coming out of cracks and crevices to feed on them.

Control Problems

Purdue University researchers showed even when the best methods were used, it took two or three treatments to eliminate bed bugs from apartments. This study also found bed bugs were still present in some apartments even after four treatments.

They concluded some of their treatment difficulties were due to extreme clutter, which provides many hiding places for bed bugs.

The clutter problem is just one impediment to eradicating bed bugs.

To achieve control most quickly, cooperation is needed between the home inhabitant and the pest control professional. To make insecticide applications more effective, actions are needed the pest control professional can't or won't do. Actions needed by the home inhabitant include:

- laundering bedding (or putting non-washable objects in a hot dryer for 20 minutes).
- vacuuming bed bugs (and freezing or throwing away the vacuum bag).
- purchasing and using specially-made bed bug resistant encasements on mattress and box springs
- throwing heavily-infested furniture away, especially overstuffed sofas and chairs.

Another reason bed bugs are so hard to control is because most bed bug populations are resistant to pyrethroid insecticides. Today, most products labeled for use inside the home are pyrethroids, including products sold to professionals or over-the-counter. Two professional-use products used widely for bed bugs include Demand® (lambda-cyhalothrin) or Suspend® (deltamethrin). University of Kentucky researchers showed bed bugs have some resistance to these pyrethroid products.

Even though there is bed bug resistance to pyrethroids, these insecticides are still better than other products on the market. To kill bed bugs, insecticides must be applied so they "contact" the bed bug. In other words, inspecting and finding all bed bug hiding places and treating bed bugs directly is the key to achieving control.

Economic Issues

Because killing bed bugs takes considerable time and effort, companies which do bed bug control are pricing their services accordingly. Most will charge each time they do a treatment and are unlikely to give warranties. Some will not treat places where there is excessive clutter. At \$75–\$100 or more per visit, many low-income families just can't afford to hire a pest management professional to do the work.

Many people feel there is a negative stigma attached to having bed bugs. Even though bed bug infestations aren't necessarily related to "dirty" houses, some families don't want anyone else to know. They won't tell their landlord.

Not controlling bed bug infestations in a timely manner is the number one reason why bed bugs are spreading so quickly. The longer bed bugs are ignored, the greater the likelihood they will spread to other places. Bed bugs travel in back packs, purses and on clothing as people go about their daily activities. Bed bugs can be taken to



Above — highly magnified view
At right — actual size (3/8"–1/4")



Bed bugs live in groups on porous surfaces like wood or fabric.



Bed bug spots under fabric stapled to the framing of box springs.



Bed bugs in seam of sofa.

daycare centers, schools, doctor's offices and clinics, hospitals, movie theaters and even workplaces.

Treatment Dilemma

So how do we advise low-income families who cannot afford professional treatment to deal with bed bugs? This is a dilemma.

There are over-the-counter (OTC) products which can be purchased by the general public. These products contain the same active ingredients as professional-use products labeled for bed bug control. Unfortunately, these OTC products are not labeled for bed bug control. Some may be labeled for indoor use, on baseboards, carpets, but not on beds. Because it is a federal offense to use pesticides in a manner inconsistent with directions on the label, it would be unthinkable to recommend off-label use of pesticides. It also might pose a health risk for the person using the products and his family, especially when he/she has had no training in controlling bed bugs.

Clearly, using insecticides in bedrooms
see BED BUGS on next page

Bed Bug Workshop for Landlords and Property Managers, May 21

In the last five years, bed bug infestations have increased in Nebraska. They are especially problematic in multiple-family housing units. Once established, bed bugs can be hard to eradicate. If you are a landlord or property manager, you need to know how to deal with this important pest problem.

UNL Extension and the Lincoln-Lancaster County Health Department (LLCHD) will present a workshop, “Bed Bugs: What You Need to Know” on Thursday, May 21 from 6:30–9:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Topics will include bed bug identification, biology and behavior and how to inspect a home or apartment for bed bugs. Presenters will also discuss bed bug management using chemical and non-chemical actions and review LLCHD regulations regarding bed bug and other insect infestations in rental properties.

Registration fee for this program is \$20. No preregistration is required. Presenters include:

- Annette Bredthauer, Nebraska Department of Health and Human Services
- Barb Ogg, UNL Extension Educator-Lancaster County
- Jim Bare, Lincoln-Lancaster County Health Department
- Clyde Ogg, UNL Pesticide Safety Education Program

This workshop is geared toward educating landlords and property managers about bed bugs, but anyone interested in this topic will find it educational. For more information about this workshop, contact Barb Ogg, 441-7180. A brochure detailing this program can be found at <http://lancaster.unl.edu/pest/news.shtml>

Bed Bugs

continued from page 1

where people sleep is a job best left to professionals, who have been trained in the safe use of pesticides and who will use products labeled for bed bug control in a manner given on the label.

What Can People Do If They Can’t Afford a Professional?

All bedrooms need your focused attention given in the following steps. Bed bugs will also feed on pets, so areas where pets sleep or spend time need attention. *The key to getting rid of bed bugs is to be persistent.* Get rid of clutter. Continue to inspect, vacuum and launder. You can get rid of bed bugs, but it is tough. This is why people hire a professional to help them.

1. Inspect thoroughly for bed bugs. One study showed 85% of bed bugs are within 15 feet of the bed. Because bed bugs feed on sleeping people, usually at night; they will also infest futons, sofas, over-stuffed chairs, especially if people sleep there. Bed bugs leave black spots or smears where they spend time. Look for these spots. Bed bugs will also be found behind pictures, on curtains, in curtain frames and other locations.
2. Use a vacuum cleaner to suck up all the bed bugs you find. Throw the vacuum cleaner bag away or freeze the bag overnight. Make sure you vacuum where carpet meets the wall.
3. Encase your mattress and box springs. This will prevent bed bugs from feeding on you. The Protect-A-Bed encasement has been shown to work best. These mattress encasements are expensive, costing about \$100 for both mattress and box springs, but still less than buying a new mattress/box springs. Most mattresses today don’t have many places for bed bugs to hide, but box springs are likely to contain large numbers of bed bugs. If you decide to buy a new mattress set, encase both mattress and box springs immediately.

4. Launder all your bedding and dry in a hot dryer. Items which cannot be laundered, can be dried in a hot dryer. Don’t forget pillows.
5. If you have a headboard or other structure the bed sits on, these will almost certainly be infested with bed bugs. They will need to be treated in some way or discarded. To facilitate control efforts, remove them from the home and sleep on your encased mattress/box springs on a basic metal frame.
6. These actions will help from being bitten, but there will still be bed bugs living away from the bed. The next step is to move the bed away from the wall and other furniture so bed bugs can’t crawl up the wall onto the mattress.
7. The final thing needed is to keep bed bugs from crawling up the legs of the bed. If you have skirting around the bed, remove it. Place the bed legs in containers and pour an inch of antifreeze in the bottom of the can. One researcher who did this, glued fabric to the outside of the paint can to make it easier for the bed bugs to climb the outside of the can. Bed bugs will fall into the antifreeze and drown.
8. Finally, you may wish to use an insecticidal product labeled for indoor use. Use it in areas away from the bed. Only treat locations listed on the label directions, including baseboards and the area where wall-to-wall carpet meets the wall or baseboard. Some sprays may stain or remove finish from furniture so be careful treating these areas. Don’t worry about your mattress and box springs — you have already taken care of this by using the mattress encasements. Dusts can also be used to control bed bugs. Consider Eaton’s® Bed Bug and Crawling Insect Dust, which is diatomaceous earth and safe to use. It works by desiccating insects (drying them out). It can be applied to cracks and crevices and void areas where bed bugs might be hiding. Note: It is important to read and follow label directions while using any pesticidal products.

Bird Watching

A Little Backyard Therapy

Soni Cochran
UNL Extension Associate

Are you looking for a little solace? Time to slow down and reflect. Take a step outside, stand still, close your eyes and listen. You’ll hear them; wild birds. It doesn’t matter where you live — in the middle of the city, the suburbs or in the country, birds are everywhere. In fact, it would be hard to imagine a world without birds.

Bird watching continues to be one of the fastest growing forms of outdoor recreation. Millions of people discover bird watching for the first time every year. Birds are fun and interesting to watch. They can be enjoyed by everyone. The pleasure of bird watching isn’t limited by a person’s age, physical and/or mental capabilities or economic situation. And, it is something you can start today.

Spring is a fascinating time to watch birds. Birds are migrating through this area. They may not stick around, but if you are lucky, you may catch a glimpse at some beautiful little warblers or a flock of Cedar Waxwings.

For beginning bird watchers, if you buy anything, start with a good field guide. Field guides are small, sturdy books designed to be carried with you. The Peterson Field guides, National Audubon Society and National Geographic Field Guides are examples. Go to your local library and browse the guides — it may help you decide which book you’d like to buy. Make sure you choose a book featuring birds found in your area. Keep an eye open at garage sales — you may find a used field guide at a very reasonable price.

Bird watchers quickly learn to hear birds before seeing them. You’ll enjoy more birds if you can identify them by song or sound. You can purchase a bird songs on CD or use resources on the internet. The Cornell Lab of Ornithology has a nice collection of bird identification resources, including their songs. Visit and use the site for free at <http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/>

At some point, you may decide binoculars will help you spot birds at a distance. When buying binoculars, cheaper is not necessarily better. Don’t waste your money on the cheapest pair of binoculars. If you want to buy binoculars, do some research. Take your time and save for the best binoculars you can afford.

Start bird watching right around your

own home. Encourage a large variety of birds in your backyard by offering food, water, a place to build a nest and the right kinds of landscape plants.

Learn what native plants can be added to your landscape to help attract wildlife. Native plants provide protection, nesting sites and a food source for the birds. For help and ideas, check out the following NebGuides from University of Nebraska–Lincoln Extension:

- NebGuide 1572, “Landscape Plants for Wildlife.” A list of plants that benefit songbirds and other wildlife in Nebraska. It includes photos, information about plants, their wildlife benefits and where they grow best.
- NebGuide 1571, “Backyard Wildlife Planting for Habitat: Planning and planting wildlife habitat in the backyard”

Water is always an important feature if you want to attract a variety of birds. You can purchase bird baths or make your own out of recycled materials around your home.

Bird houses and shelves should be placed outdoors by now, but it’s not too late if you still have a bird house you want to use. Wrens and other birds are still picking out their nesting sites.

FOR MORE INFORMATION

The free NebGuides described above are available at the extension office and online at <http://lancaster.unl.edu/pest/birds.shtml> — the Web site also features additional information on attracting birds, bird identification links and much more.

Bird Watching Trips

You don’t have to go far to find bird watching sites right here in Nebraska. There are dozens of locations right around Lancaster County. Make bird watching part of your family’s summer vacation plans. Take a trip through Nebraska and check out the diversity of birds in this state. Encourage your children to keep a log, draw birds they see or take photos for the family to enjoy later. For bird watching trails and locations in Nebraska, go to <http://www.nebraskabirdingtrails.com>

And remember, we can bird watch as we walk to our cars, schools or scurry about our daily lives. Every day, just take a moment...listen and enjoy!

Watch for Hummingbirds

The ruby-throat hummingbird migration in Nebraska peaks about May 5–17 and Sept. 2–18. Their northward migration may occur from April to June and then southward, from August to early October. Some lucky Lancaster County bird watchers enjoy hummingbirds at their feeders all summer.

Early in the season, these feisty little birds are very territorial. They won’t share a large feeder. If you want to feed hummingbirds, put out several small feeders for the little birds.

Spread the feeders throughout your yard to reduce competition. You can always put out a larger feeder depending on how quickly the birds empty a small feeder.



Make Your Own Hummingbird Nectar for Your Feeders

Recipe: Mix one part granulated white sugar (common table variety) with four parts water. For example, mix 1/4 cup sugar with one cup water. Boil the water, dissolve the sugar and allow to cool before filling feeders. You don’t need to add red food dye to the water.

Keep leftover “nectar” refrigerated. Change the mix in your feeders every few days, more often in hot weather. Be sure to clean the feeder each time before refilling to prevent harmful molds.

May is Time to Control Leafy Spurge

Tom Dorn
UNL Extension Educator

In my travels around the county, I have seen many patches of leafy spurge. Leafy spurge is a noxious weed according to the Nebraska Seed Law and the Nebraska Noxious Weed Law. Leafy spurge is found primarily on untilled land such as pastures, range, roadsides, woodlands and farmsteads. It is mildly poisonous to cattle and can effectively ruin the carrying capacity of patches where it is growing because cattle soon learn to avoid grazing near it.

Identification

Leafy spurge is a persistent, deep-rooted perennial which

reproduces by seeds and roots. Leafy spurge has a somewhat woody crown below the soil surface. Each crown area produces several upright stems giving the plant a clump-like appearance. In addition, new stems arise from buds on lateral, secondary roots. Stem growth starts in April, making leafy spurge an early, vigorous competitor with forage and pasture plants.

The plant bears numerous linear-shaped leaves with smooth margins. See Figure 1. Leaves have a bluish-green color but turn yellowish or reddish-orange in late-summer. If you are not certain whether the weed you are looking at with long narrow leaves is leafy spurge, Marestalk or some other weed, pull a leaf off of

Spring applied herbicides are more effective when applied on plants with developing true flowers.

the plant or break the stem. If a very white sap oozes from the wound, it is leafy spurge.

Leafy spurge produces a flat-topped cluster of yellowish-green, petal-like structures called bracts, which bear the true spurge flowers. The showy, yellow bracts appear in May and gives the plant a “blooming” appearance. The true spurge flowers, however, develop about 10 days later and have small, green bracts. See Figure 2. The distinction between yellow bract appearance and true flowering is important for timing herbicide applications. Spring applied herbicides are more effective when applied on plants with developing true flowers.

Seeds are borne in pods which contain three gray-brown, sometimes speckled, oblong, smooth seeds. At maturity, the pods pop open,



Figure 2 — Leafy spurge bracket and flowers
(To see photos in color, go to <http://lancaster.unl.edu/neblines/2009/apr09>)

throwing seeds up to 15 feet from the parent plant. About 140 seeds are produced per stem and seeds may remain viable in the soil for up to eight years. Leafy spurge peak germination time is late-April to early-May. New seedlings develop throughout the summer but usually do not flower during the first year. Leafy spurge seedlings can vegetatively reproduce from root buds within 7–10 weeks after germination.

Control

Chemical control recommendations listed in the UNL Extension publication 2009 *Guide for Weed Management* (EC 09-130) include:

- 2,4-D (4L) at 2 quarts per acre at flower bud stage (for suppression of seed production — annual treatments necessary).
- Grazon P+D at 2 quarts per acre at flower bud stage (for suppression of seed production and gradual stand reduction over several years).
- Tordon 22K at 1-2 quarts per acre (retreatment necessary for several years).
- Overdrive 4 ounces + Tordon + 16 ounces per acre.

Spot treatment of seedlings and shoots emerging from deep root buds will be necessary for many years after a stand appears to be controlled. Always follow label directions.



Figure 1 — Leafy spurge leaves and milky sap

Photos by Tom Dorn, UNL Extension in Lancaster County

Recognize/Control Phragmites

Tom Dorn
UNL Extension Educator

Phragmites (also known as common reed) has recently been added to the Nebraska Noxious Weed list. It is an aggressive invader of areas with saturated soil, including ponds, road ditches, terrace channels and along streams and rivers. Phragmites plants range from 6–15 feet in height, yet 80 percent of the plant is contained below ground in a dense mass of roots and rhizomes penetrating the soil to a depth greater than six feet.

In the summer months, Phragmites’ flat, gray-green leaves are 2–2.5 inches wide and 8–15 inches long and alternate side to side along the stem. The seed head is a purplish-brown color when it emerges in late-July. The feathery seed heads are soft and almost silky to the touch in the summer months. The heads are generally 6–20 inches long and up to eight inches wide with many branches (see figure 1).

In the fall, the plant turns a tan color and most of the leaves drop off, leaving only the stalk and plume-topped shoot commonly seen throughout winter (see Figure 2). Each mature plant can produce as many as 2,000 seeds annually. New stands of Phragmites develop from seed which is spread by water movement or wind. Once established in a



Overwintered phragmites in May — height ranges 6–15 feet

good location for growth, the greatest expansion of new plants are from new shoots coming from the extensive network of rhizomes.

The Lancaster County Noxious Weed Control Authority has plotted over 70 locations with Phragmites infestation in the county and more locations are being added to the map as they are discovered. The county weed control began an aggressive control program in 2008 using Habitat or aquatic glyphosate products.

FOR MORE INFORMATION

Contact the Weed Control Authority at 441-7817 or stop in the extension office, 444 Cherrycreek Road, and ask for the *Landowners Guide For Controlling Phragmites*.



Phragmites seed heads

Photos by Tom Dorn, UNL Extension in Lancaster County

Getting the Most Out of CRP

USDA regulations now allow you to use some CRP fields as pasture or hay periodically. To make the most of this opportunity, Dr. Bruce Anderson, UNL extension forage specialist, gave the following advice on his Forage Minute radio spot.

“For years, the only time you could use CRP was in an emergency, and then it often was so late you got little good from it. Times have changed, though, so many of you can actually plan on using the forage grown on CRP fields.

Look at what kind of feed currently is available from most fields. Then imagine what it will be like after July 15, when use can begin. In most cases, much old dead trash exists so yield of new green growth will be low and weeds may be a problem.

One of the best ways to improve yield and quality of CRP forage is a prescribed burn in the spring. This removes old, dead trash, promotes new, green growth and controls some weeds and trees. Be sure you can burn both safely and legally, though, before you try it.

Weed control options will vary based on the weed problems in your CRP. Thistles and broad-leaves often are controlled best using herbicides like Grazon and Milestone. For specific recommendations, visit your local extension office or review options in our new weed management guide.

Most CRP fields have had no fertilizer for many years, so yields often increase nicely when nitrogen, and sometimes phosphorus fertilizers are applied. I wouldn’t spend money on fertilizer, though, until you have removed the old, dead growth and have controlled most of the weeds.

Think ahead. Can hay or pasture from your CRP fields improve your livestock program? Take care of it so it can work for you.”



By Alice Henneman and Jenny Rees, UNL Extension Educators

The following recipes have been created so they are suitable for someone with celiac disease or who is eating a gluten-free diet.

Sorghum Bread

This recipe was developed by Bette Hagman for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills, LLC (www.twinvalleymills.com). Additional recipes using sorghum flour may be found in Bette's book, *The Gluten-Free Gourmet Bakes Bread*.

- 1 cup sorghum flour
- 2/3 cup tapioca flour
- 2/3 cup cornstarch
- 1-1/2 teaspoons xanthan gum
- 1/3 cup dry milk powder or nondairy substitute*
- 1/2 teaspoon salt
- 1 teaspoon unflavored gelatin
- 1 teaspoon baking powder
- 3 tablespoons sugar
- 2-1/4 teaspoons dry yeast granules
- 2 eggs
- 1/2 teaspoon dough enhancer or vinegar
- 3 tablespoons vegetable oil
- 1 cup lukewarm water (more or less)

- 1) Grease an 8-1/2" by 4-1/2" loaf pan and dust with rice flour.
- 2) Combine the dry ingredients in a medium bowl. (Jenny's note: I do not add xanthan gum here. I add it near the end of a 3-1/2 minute beating of all ingredients as my dough is too sticky to beat with the mixer if I add it here. Just remember to add it!)
- 3) In the mixing bowl of a heavy duty mixer, whisk the eggs, dough enhancer and oil. Add most of the water, holding back about 3 tablespoons to add as needed. Turn mixer to low and add the flour mixture a little at a time. The mixture should be the consistency of cake batter. Add the remaining water a little at a time to achieve this texture. Turn mixer to high and beat for 3-1/2 minutes. Spoon into the prepared pan, cover and let rise in a warm place about 35 minutes for rapid rising yeast; 60 or so minutes for regular yeast or until dough reaches the top of the pan.
- 4) Bake 50 to 55 minutes in a 400° F oven, covering after 10 minutes with aluminum foil. (Jenny's note: I bake in a 350° F oven for about 50 minutes or until done and do not cover with aluminum foil. The crust gets dark — not burnt — but rubbing it immediately with butter or margarine after it's done keeps the crust soft as Bette suggests below.)
- 5) Turn out immediately to cool. For a softer crust, rub immediately with butter or margarine. Cool before slicing.

(Jenny's note: Gluten-free breads need to be frozen if not eaten within a day to avoid microbial growth. Slice bread and store sliced loaf in a freezer bag in the freezer. A handy way to freeze the bread is to wrap serving size portions of bread — usually one or two slices — in plastic wrap or zip top sandwich bags and then place in a freezer bag. This makes it easy to remove a few slices at a time and if desired, carry them along with you if you cannot eat the bread offered somewhere away from home.)

*Bette states, "I used the adult drink powder Ensure as my nondairy substitute and it turned out very well. The extra flavor and vanilla in the powder made the best tasting bread."



Pancakes

This recipe was adapted by Mary Schluckebier, Home Economist, for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills (www.twinvalleymills.com).

- 2 cups sorghum flour
- 3 tablespoons baking powder
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/2 cup non-fat dry powered milk (or powdered buttermilk)*
- 1 tablespoon corn oil
- 3 eggs
- 1-1/2 cups water

Combine dry ingredients. Stir in eggs, oil and water; mix well. Drop by spoonfuls onto a hot, 375° F griddle until golden brown, turning once. Makes about 20 4-inch pancakes. Hints: If you like thinner pancakes, add more water or add some applesauce.

*Mary states, "They are just fine leaving out the milk and not substituting anything in its place. It may mean adjusting the amount of water to provide the thickness of batter for thick or thin pancakes."



Gluten-Free Sorghum Recipes

Jenny Rees and
Alice Henneman
UNL Extension Educators

Celiac disease (CD) is triggered by ingesting certain proteins, commonly referred to as "gluten," which are naturally present in some cereal grains. While CD can't be cured, its symptoms can be controlled through diet.

One of the grains people with celiac disease can eat is flour processed from food sorghum varieties. According to Barbara Kliment, executive director of Nebraska Grain Sorghum Board, "Whole grain sorghum flour is a wholesome, hearty grain that provides important fiber and has a mild flavor that won't compete with the delicate flavors of other food ingredients."

CD is a genetic disorder and may occur in children as well as adults. Approximately one in 133 people may have CD; the majority of these individuals have not been diagnosed.

When someone with CD eats gluten, an autoimmune response that damages the small intestine is set off. In turn, the small intestine loses its ability to absorb the nutrients in food, leading to malnutrition and other complications. The symptoms vary widely among people. An extensive list of symptoms is given on the Celiac Sprue Association (CSA)

Web site at <http://csaceliacs.org>

Though gluten is commonly associated with wheat, foods made with barley and rye must also be avoided. The use of oats is questionable at this time. For a comprehensive list of all the grains and flours *currently* considered consistent, questionable or not consistent with a gluten-free diet, check on the CSA Web site at <http://csaceliacs.org>

In substituting sorghum flour for wheat flour in recipes, a combination of flours often is used. It is possible to purchase already-mixed all-purpose gluten-free baking flours. Or you can mix your own — following are three substitution possibilities which include sorghum flour.

Because sorghum does not contain gluten, a "binder" such as xanthan gum, must be added when gluten is needed to create a successful product. Add 1/2 teaspoon xanthan gum per cup of sorghum flour for cookies and cakes or one teaspoon per cup of flour for breads. Other ingredients used as binders in some recipes include egg whites, unflavored gelatin, cornstarch and guar gum.

Store sorghum flour in moisture-vapor-proof, air-tight glass or metal containers or plastic freezer bags. Keep in a cool, dry, dark place if it will be used within a few months; store in a refrigerator or freezer for longer storage.



Photo Courtesy of Nebraska Grain Sorghum Board

Cookie Mix (makes 2 cups)
by Mary Schluckebier

- 1/4 cup chickpea flour
- 1-3/4 cup sorghum flour
- 1/4 cup sweet rice flour

Source: CSA Web site at <http://csaceliacs.org>

Four Flour Bean General Baking Mix (makes 3 cups)
by Bette Hagman

- 2/3 cup garfava bean flour
- 1/3 cup sorghum flour
- 1 cup cornstarch
- 1 cup tapioca starch/flour

Source: CSA Web site at <http://csaceliacs.org>

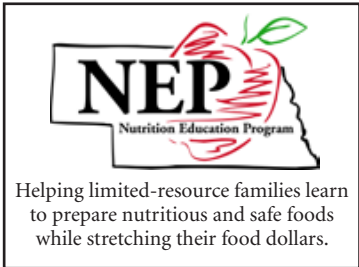
Carol's Sorghum Blend
Reprinted with permission from 1,000
Gluten-Free Recipes by Carol Fenster,
(Wiley, 2008)

- 1-1/2 cups sorghum flour
- 1-1/2 cups potato starch or cornstarch
- 1 cup tapioca flour

Whisk together and store, tightly covered, in a dark, dry place.

NOTE: If a recipe wasn't specifically developed to be gluten-free, additional adjustments beyond changing the types of flours may be needed. Learn more about gluten-free diets at the CSA Web site at <http://csaceliacs.org>

Eat a Variety of Vegetables



Julie Rasmussen
UNL Extension Associate &
Hannah Nelson
UNL Dietetic Intern

Everyone knows getting enough vegetables in your diet is good for your health, but how can you make it more interesting and nutritious? The key is **variety**. Vegetables themselves are separated into five subgroups according to nutrient content. The five subgroups are:

- dark green
- orange
- dry beans and peas
- starchy
- other vegetables

Getting a variety of vegetables from each subgroup weekly means you are also getting a variety of nutrients and phytochemicals.

Try new recipes that include several different types of vegetables, varying in texture and color. For example, add a mixture of vegetables like mushrooms, broccoli, green peppers and onions to an ordinary meat and cheese pizza. Think unconventional with your use of vegetables. Have you ever tried adding chopped or shredded carrots to marinara sauce? Add broccoli, asparagus and/or tomatoes to your scrambled eggs or omelet. There are several ways to incorporate new uses of vegetables in classic dishes, it just takes some creativity.

Be brave and try something new. When grocery shopping, make it an adventure to find a vegetable you haven't tried or look for new frozen vegetable combinations. At home prepare vegetables differently to experience different tastes, such as crunchy or steamed.

DARK GREEN

- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Spinach



More gluten-free sorghum recipes are on the extension web site at <http://lancaster.unl.edu/food/gluten-free-sorghum-recipes.shtml>

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Bonnie’s Bits

Bonnie Krueger
FCE Council Chair



May Day — May Day!
The month of spring and holidays is here. Seems we are so busy with our daily routine, we don’t take time to visit or get acquainted with our next door neighbors. Maybe we could use the old tradition of May baskets to renew old friendships and create new ones. So gather some spring flowers, fill a basket, tie a bow and leave it at the home of a neighbor to

celebrate friendship and May Day.
May 10 is Mother’s Day. A special holiday celebrated all over the world, it is a tribute to all mothers to thank them for their love and support.
On May 20, 1950, President Harry Truman proclaimed the first Armed Forces Day. It is a salute to men and women in the service who protect each one of us, our Country and our freedom.
May is also a month



filled with high school and college graduations. Congratulations and best wishes to all graduates who are now moving on to new challenges and careers.
The big observance is Memorial Day, also known as Decoration Day. This United States Federal holiday, observed on May 25, originated as a remembrance of those who died in our nation’s service. Over the years, it has become a time to remember those who have passed on whether in war or otherwise.

FCE News & Events

FCE Scholarship Applications Due May 1

A \$400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This

is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2009 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

Sizzling Summer Sampler, July 9

Mark your calendar for Thursday, July 9 for our

Sizzling Summer Sampler. A light supper (for approximately \$10) will begin at 6 p.m. followed by a program. This FCE sponsored event is open to the public.
FCE clubs are asked to make baskets which will be raffled off with proceeds going to the FCE Scholarship Fund.
Watch the June THE NEBLINE for details.

May is Clean Air Month
Important Asthma Triggers

If family members have asthma or allergies it is important to be aware of the important asthma triggers in the home and surrounding areas. The CDC (Center for Disease Control) identifies these triggers as important ones to watch out for and prevent in homes.

Environmental Tobacco Smoke — Environmental tobacco smoke is often called “secondhand smoke” because it is smoke that is breathed in not by a smoker but by a second person nearby. Parents, friends and relatives of children with asthma should try to stop smoking and should never smoke around a person with asthma. They should only smoke outdoors and not in the family home or car. They should not allow others to smoke in the home, and they should make sure their child’s school is smoke-free.

Dust Mites — Dust mites are in almost everybody’s home, but they don’t cause everybody to have asthma attacks. If you have asthma, dust mites may be a trigger for an attack. To help prevent asthma attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don’t use down-filled

pillows, quilts or comforters. Remove stuffed animals and clutter from your bedroom.
Outdoor Air Pollution — Pollution caused by industrial emissions and automobile exhaust can cause an asthma attack. Pay attention to air quality forecasts on radio and television and plan your activities for when air pollution levels will be low if air pollution aggravates your asthma.

Cockroach Allergen — Cockroaches and their droppings may trigger an asthma attack. Get rid of cockroaches in your home and keep them from coming back by taking away their food and water. Cockroaches are usually found where food is eaten and crumbs are left behind. Remove as many water and food sources as you can because cockroaches need food and water to survive. Vacuum or sweep areas that might attract cockroaches

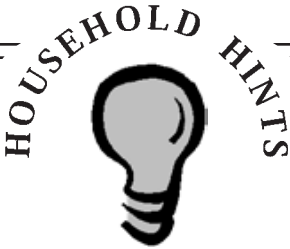
at least every 2 or 3 days. You can also use roach traps or gels to decrease the number of cockroaches in your home.

Pets — Furry pets may trigger an asthma attack. When a furry pet is suspected of causing asthma attacks, the simplest solution is to find the pet another home. If pet owners are too attached to their pets or are unable to locate a safe, new home for the pet, they

should keep the pet out of the bedroom of the person with asthma. Pets should be bathed weekly and kept outside as much as possible. People with asthma are not allergic to their pet’s fur, so trimming your pet’s fur will not help your asthma. If you have a furry pet, vacuum often to clean up anything causing an asthma attack. If your floors have a hard surface, such as wood or tile, and are not carpeted, damp mop them every week.

Mold — When mold is inhaled or breathed in, it can cause an asthma attack. Get rid of mold in all parts of your home to help control your asthma attacks. Keep the humidity level in your home between 35% and 50%. In hot, humid climates, you may need to use an air conditioner or a dehumidifier or both. Fix water leaks, which allow mold to grow behind walls and under floors.

Other Triggers — Strenuous physical exercise; some medicines; bad weather such as thunderstorms, high humidity, or freezing temperatures; and some foods and food additives can trigger an asthma attack. Strong emotional states can also lead to hyperventilation and an asthma attack.
Learn what triggers your attacks so you can avoid the triggers whenever possible and be alert for a possible attack when the triggers cannot be avoided.



by Lorene Bartos, UNL Extension Educator

Removing Pollen Stains

Resist the urge to brush the pollen off with your hands. Not only do you run the risk of rubbing the pollen into the fabric, but there’s also the chance oil from your hands may set the stain. Instead, gently shake or vacuum the fabric to remove as much pollen as possible. Use the sticky side of a piece of tape to carefully lift off any remaining loose particles. Pre-treat with a pre-wash stain remover and launder in the hottest water safe for the fabric. If the stain remains, launder again, using chlorine bleach, if safe for the fabric, or oxygen bleach.

Encourage Communication Within the Family

Gail Brand
UNL Extension Educator

One of the most important things to do in a family is communicate. People get so busy they have a tendency just to worry about present concerns. They forget families should take time to talk about their lives and ask questions of each other. It takes commitment to get the time.

One solution is to encourage mealtime together. Find time, because it is a relaxed time that allows family members to talk about what is going on in their lives.

Many parents get so involved in everyday activities they forget to talk with children. Many of their statements to children often focus on their kids’ grades. It’s better to make positive comments than negative ones to build self-esteem.

Research has shown 58% of what a child understands

from a parent’s communication is based on the tone of his or her voice. Thirty-five percent of that understanding is based on body movements and facial expressions. Only 7% of understanding is based on what is actually being said. Some teenage children don’t even hear words.

That’s why it’s important to speak in a relaxed setting allowing a family to have a conversation. When a family is laughing together or sitting around talking together, it’s a good sign communication exists within a family. Families should feel they have a connector, and members should feel they can talk to each other and not feel put down.

In the long run, family communication is important because successful communication will prevent children from engaging in risky behaviors. They will know they have a support system in place.

Household Hazardous Waste Collections

No latex paint will be accepted at these household hazardous waste collections. These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections. For more information, call the Lincoln-Lancaster County Health Department at 441-8040.

Saturday, May 16 • 9 a.m.–1 p.m.
Pfizer, Inc., 601 West Cornhusker Highway

Friday, June 12 • 9 a.m.–1 p.m.
Union College, 52 & Cooper Streets

Saturday, June 13 • 9 a.m.–1 p.m.
Wal-Mart South, 8700 Andermatt Drive

GRX E-Waste Collection

Bring old electronics to the electronics waste collection. GRX (Guaranteed Recycling Xperts) of Omaha will coordinate the collection, which is sponsored in part by Archer Daniels Midland. There will be a \$12 charge for TV’s, a \$7 charge for monitors, but other electronic waste will be accepted for recycling free of charge.

Saturday, May 2 • 9 a.m.–1 p.m.
Northeast Wal-Mart, 3400 North 85 Street

Usable Latex Paint Exchange

Only full or nearly full cans of good usable latex paint will be accepted. Paint is free — anyone is welcome to come and take paint!

Friday, May 15 • 3–7 p.m.
EcoStores Nebraska, 530 West P Street



Highly magnified view of a dust mite



Hand Picking Bagworms an Effective Control

If you have noticed small bagworms infestations in your landscape, hand picking can be an effective control measure.


Take a walk through your landscape and check all your landscape plants, especially spruce and junipers. You have just a few weeks left to hand pick bagworms from your plant material. Bagworm caterpillars will start emerging from the bags the end of May through early June.

After picking the bagworms from your plant material, 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.

If you would like more information on bagworms, go to <http://lanaster.unl.edu/hort/bagworms.shtml> to view a YouTube video or pick up a brochure at the extension office.

— Mary Jane Frogge, UNL Extension Associate





Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Cabbage loopers and imported cabbage worms are green worms. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with Bt (*Bacillus thuringiensis*), a natural, non-toxic preparation available by various trade names.

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Grow your own dried flowers. Raise statice, globe amaranth, straw flowers and other everlasting to provide flowers for this year=s arrangements.

Plant gladioli bulbs in late May.

Set out marigold, petunia, ageratum and fibrous begonia transplants. All are good border plants.

To grow annuals in containers on the patio, use a light weight soil mixture. Keep the plants well watered, because the soil dries out fast. Apply a water soluble fertilizer according to package directions every two weeks.

Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately three inches in height. Mow frequently, removing no more than one third of the blade at each cutting.

Make successive plantings of beans and sweet corn to extend the harvest season.

Harvest rhubarb by cutting or by grasping the stalk and pulling up and gently to one side.

Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.

Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.

Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.

When you visit botanical gardens and arboretums, take your camera and notepad with you. Plan now for changes you will make in your landscape.

For maximum landscape interest in a small, vertical space, try annual vines. They can disguise ugly walls and fences. When trellised, they can create shade and privacy while hiding undesirable views. Try morning glory, nasturtium vine and scarlet runner bean.

Stay out of the garden when the vegetable plant leaves are wet. Walking through a wet garden spreads disease from one plant to another.

Four or five layers of newspaper will serve as an effective mulch in the garden. Cover it with grass clippings or straw to prevent it from blowing away.

ReTree Nebraska

Important to Diversify When Replanting

ReTree Nebraska is a 10 year cooperative initiative to raise public awareness of the value of trees, reverse the decline of Nebraska's tree and forest resources and improve the health and sustainability of trees and forests across our state for future generations. The primary goal of ReTree Nebraska is to work in partnership with people across Nebraska to foster the proper planting and maintenance of one million new trees by 2017.

As residents of the Arbor Day state, Nebraskans recognize the value of trees. Forests foster economic development by supporting businesses, creating jobs and generating rural and urban income. Trees clean the air, extend the life of roads, save tax dollars by reducing the need for expensive "hard" infrastructure and reduce heating and cooling costs. In fact, properly placed trees can reduce cooling costs by up to 25 percent. Trees preserve "The Good Life" in Nebraska by creating more livable communities situated in a predominantly agricultural landscape.

Nebraska's community tree resources have steadily declined in recent decades. A combination of severe weather events like the 1991 freeze, 1997 snowstorm, 2007 ice storm, tornadoes and high winds, chronic drought, poor planting practices, poor species selection, poor pruning practices, the rapid spread of pine wilt and a preponderance of older trees nearing or past their average life span have severely reduced the number of trees in our communities across

the state. Trends gleaned from more than 200 community tree inventories conducted by the Nebraska Forest Service since 1977 show that the state has lost approximately one half of its community tree resource since the late 1970s. Fewer community trees mean fewer benefits and a reduced quality of life in our towns and cities.

In addition to recent tree losses, an invasive pest called emerald ash borer (EAB) has the very real potential to kill most of the state's ash trees, resulting in a potential loss of 25 percent, or more, of the existing community forest resource in many communities. This canopy loss equates to approximately 2.2 million ash trees with an estimated value of \$120.8 million annually. Ultimately, the total costs for removing and replacing urban ash trees killed by (EBA) in Nebraska could reach \$1.65 billion. Most experts agree that it is not a matter of if EAB will arrive in Nebraska, but rather when. When it arrives, the state will endure catastrophic losses not only in our community forests, but in conservation plantings and native forests as well.

When replanting trees, it is important to diversify. Nine trees being promoted for 2009 — see pictures.

To receive updates about ReTree Nebraska, as well as tree tips, sign up for a free electronic list serve. To join, e-mail reterebraska@unl.edu with your e-mail address and first and last name.

Source: Nebraska Forest Service



Concolor fir — *Abies concolor*



Shantung maple — *Acer truncatum*



Miyabe maple — *Acer miyabei*



Baldcypress — *Taxodium distichum* (fall color)



Chinkapin oak — *Quercus muehlenbergii*



Kentucky coffeetree — *Gymnocladus dioicus* (fall color)



Northern catalpa — *Catalpa speciosa* (in bloom)



Elm hybrids — *Ulmus* cultivars: Accolade™ Cathedral, Frontier, New Horizon, Pioneer, Triumph™, Vanguard™



Bur oak — *Quercus macrocarpa*

Photos courtesy of ReTree Nebraska

Managing Aquatic Plant Life



Filamentous algae, *Chladophora sp.*



Common name "Muskgrass," *Chara sp.*

Tadd Barrow
UNL Extension Educator

Aquatic plant growth in and around ponds plays an important role in providing quality habitat for fish and wildlife, increasing aesthetic and recreational benefits. Unfortunately, dense plants and growth can interfere with swimming, boating, aesthetics and fishing. Removal and/or management of some plant species may be necessary to maintain a quality habitat.

Selecting the best treatment or combination of treatments depends on the water plant species, the extent of the problem, economic considerations and pond uses.

First, be certain the pond has an aquatic plant problem. Some plant growth is natural and temporary and does not require treatment. As a general rule of thumb, if the growth is more than 25 percent of the surface area, then treatment may be necessary.

Next, for the most effective control, properly identify and understand the plant species to be treated because each plant type requires a different treatment. For a free of charge identification of aquatic plants and algae, contact the University of Nebraska's Water Quality Extension program at 472-7783.

Once an aquatic plant has been deemed a nuisance, there are some effective and commonly used removal techniques.

Harvesting methods, such as hand pulling and cutting, are the most economical and can be very effective for smaller acreage ponds. Harvesting efforts can be undertaken anytime throughout the growing season, but the success of harvesting depends on the immediate and complete removal of all cut plants. Partial removal of cut plants can increase the problem, since each plant fragment within the pond has the potential to form a new plant. Harvesting is considered a short term solution, as plant growth will continue to come back throughout the growing season.

Although, it is a more expensive treatment option, many acreage owners rely on herbicide applications for pond management. Herbicides are easy to use and, in some cases, the only practical method of control. Timing is important when using herbicides. It is best to treat in the spring season with the first signs of plant growth because there are fewer weeds present to decompose and cause oxygen depletion.

In the summer months, once aquatic weeds become well established, control still can be successful. However, much more effort is required to avoid oxygen depletion. Most fish kills that occur after herbicide treatment are not from the chemical, but are a result of suffocation due to the overabundance of decomposing plant biomass that utilizes oxygen.

Some herbicides require restric-

tions from drinking, livestock watering, swimming, fish consumption and irrigation for a period of time until the active ingredient in the chemical has reached a safe level. Many states require permits to apply aquatic herbicides. In Nebraska, permits are required if working with a restricted use product, such as Magnacide H, a herbicide commonly used in irrigation canals.

Herbicides are classified as either systemic or contact. Systemic products are absorbed by the plants, move throughout the plant and kill the plant from the roots up. A full kill with systemic herbicides generally takes five to 10 weeks. However, the results are long lasting; many times only one treatment per season is required. Contact herbicides only kill the portion of the plant they come in contact with. Contact herbicides show visible results within days and a full kill in one to two weeks. However, multiple treatments may be required throughout the season.

The length of control with herbicides depends on the product used, clarity of the water and the type of plant targeted. Most products to not provide any residual control, so chemical treatment must be completed each year control is desired.

Apply the right herbicide at the correct time, rate and in accordance with label instructions. Not properly following directions can lead to fish kills and damage aquatic life.

Using Animal Manure in the Garden

Animal manure is a secret ingredient which many home gardeners overlook. Manure offers many benefits, the most notable being increased available soil phosphorus and enhanced water infiltration rates. When manure decays, organic phosphates are released and the total phosphorus level available to plants increases. Organic phosphates may persist for many years after manure applications have stopped.

Manure application also increases water infiltration dramatically compared to non-manured plots. In fact, studies indicate manured plots can be properly irrigated five times faster than non-manured plots. Manure also keeps soils from sealing tightly while crops are growing.

There are three problems which can cause manure to be more of a problem than an asset.

First, manures must be handled carefully so potential E. coli bacteria or other pathogens are not applied or splashed onto edible portions of plants, nor food contaminated from unwashed hands that touched manure or tools. The best practice is to plow manure into the soil a season or two before planting

food, or to compost it thoroughly before use. Purchased, bagged manure is composted and often tested for viable weeds and excess salt.

Second, one must consider the source of the manure because undigested weed seeds, and weed seeds from hay or straw bedding, cause problems in a garden. Also, large amounts of salts in the manure can kill garden plants if large quantities are used. Saline plant toxicity can also be a problem when using feedlot manure, if cattle are fed high salt rations.

Third, how much manure should be added to a garden? Bag instructions recommend 40 pounds per 100 square feet of garden area. That is a good, safe recommendation; however, some very successful gardeners apply the manure at 80 pounds per 100 square feet (8 pounds per tomato plant located 3 feet apart). Actually, the type of manure determines the rate which can be safely used.

Manure containing bedding such as sawdust or straw can be used in greater quantities because it does not contain as much ammonia. Vapors of ammonia in fresh manure, especially rabbit or



Aged horse manure

poultry manure, can severely damage plants. Thoroughly incorporate all fresh manure into the soil several weeks before planting.

Certain tomato varieties, such as Merced and Surefire, and most peppers respond well to heavy manure applications. However, adding excessive amounts of manure on a yearly basis is not encouraged since nutrient release occurs over a period of time and nutrient toxicity could eventually occur.

Control Garden Insects in a Variety of Ways

Sarah Browning
UNL Extension Educator

One of the most troublesome problems faced by organic gardeners is insect control. Deciding how much damage can be tolerated will help to pinpoint when control measures are needed.

When insect numbers are high, injury may be reduced but is seldom eliminated by non-chemical methods. Physical barriers, such as collars placed around young plants, will help protect against cutworms.

Trapping methods, such as the use of flat boards or shingles placed on the ground near plants, will attract pests such as slugs, snails and squash bugs in search of darkness, moisture and protection. The pests can then be collected and destroyed.

Reduce spidermite populations on some plants by hosing down the plant with a strong force of water.

Natural populations of predators and parasites are valuable for reducing infestations of garden pests. However, usually some level of pest infestation must be tolerated to attract and maintain natural enemy populations. Should pest control be necessary, select a management strategy that will conserve or minimize injury to beneficial insects, while attaining satisfactory control of the target pest.

Several species of mass-reared beneficial insects can be purchased from commercial suppliers for use in home gardens. However, the artificial introduction of natural enemies usually does little good in the home garden because the insects often die or disperse into areas outside the garden. It usually is more productive to provide good conditions for natural beneficial insect populations to increase than to introduce exotics.

There are a few products that have insecticidal properties that may be acceptable to organic gardeners since they are not synthetically derived. However, most of these materials will kill beneficial insects as well as the target pest.

- *Bacillus thuringiensis*, also known as B.T., is marketed under the trade names Dipel, Thuricide and others. It consists of spores from soil-inhabiting bacteria that kills the larvae of moths and butterflies.
- Rotenone is a non-synthetic insecticide. It is the most effective of the non-synthetic insecticides, but residual activity is very short.
- Finely ground sulfur can be used either as a dust or spray to control spidermites. However, the chemical may burn tender foliage if air temperature is 85 degrees or higher.
- Insecticidal soaps are effective at controlling some soft-bodied insects, such as aphids, mites, leafhoppers and plant bugs. It requires thorough plant coverage and multiple applications. Use soaps with caution, as leaf injury is possible with certain plants.



May

Elaine Simpson

Lancaster County 4-H is proud to announce Elaine Simpson as winner of May's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Five years ago, Elaine helped start the All American Kids 4-H Club (her two children are members) and was a project leader. Two years ago, she became organizational leader for the club. The club has been recognized as a Nebraska 4-H Club of Excellence the past four years.

"I enjoy challenging children to learn new things and have new experiences," says Elaine. "Watching children grow and learn is very rewarding for me. My favorite experience as a 4-H volunteer has been supporting children as they conduct service projects and help others in the community."

In addition to volunteering for 4-H, Elaine volunteers at church, her children's school and "Cookie Mom" for Girl Scouts.

Congratulations to Elaine. 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.



Quality Assurance Training for Market Animals, 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.

Pre-Fair 4-H Leader Training, June 4

New leaders, experienced leaders, 4-H members and parents are invited to this leader training on Thursday, June 4, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center. Come and receive information on how to fill out the entry tags, the in and out's of interview judging, Life Challenge, presentations contest and other important county fair information. MUST preregister by June 2 by calling 441-7180.

4-H Bicycle Safety Contest, June 27

This year's 4-H Bicycle Safety Contest will be held BEFORE the county fair on Saturday, June 27, 9 a.m. at the Lancaster Extension Education Center. MUST preregister by June 23 by calling 441-7180 (there is no entry form). Late registrations not accepted. See Fair Book p. 34.

Life Challenge Contests County-Level Senior, May 30

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H'ers, need not be enrolled in a specific project. Contact Jami at 441-7180 for more information.

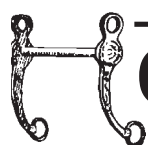
County-level Senior Life Challenge (for ages 12 and up) is scheduled for Saturday, May 30, 9:30 a.m. at the Lancaster Extension Education Center. Preregister by May 28 by calling 441-7180. Contest questions will be based on the following 4-H manuals: Fast Foods, You're the Chef, Foodworks, Youth in Motion, Design Decisions, Furnishings on a Shoestring, Shopping in Style, Attention Shoppers, ESI 1, 2 and 3. They may be checked out prior to the contest for studying.

Statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 29 and Tuesday, June 30 on UNL East Campus. To participate, please contact Jami at 441-7180 by June 8. Information is on line at <http://4h.unl.edu/programs>

County-level Junior Life Challenge (for ages 8–11) will be held Saturday, July 11 at 9:30 a.m. at the Lancaster Extension Education Center. Preregister by July 9 by calling 441-7180. Contact Jami for study packet.

Wildlife Habitat Evaluation Program

The Wildlife Habitat Evaluation Program is a fun and challenging outdoor adventure where youth, age 8–18, learn about wildlife, conservation and management. Junior (age 12–13) and senior (age 14–18) division teams (individual participation possible) compete at the state contest held June 5–6 at the Eastern Nebraska 4-H Center near Gretna. The novice group (ages 8–11) does not compete at the state contest, but learns about wildlife through fun educational activities and games. Early bird registration is due May 1. For more information, go to <http://4h.unl.edu/whpep> or contact Tracy at 441-7180.



HORSE BITS

4-H Hunter Horse Clinic, May 19

Lancaster County 4-H is switching from a Jumper Show to a Hunter Show at the 2009 Lancaster County Fair. Hunter is the term used for the controlled, balanced, rhythmic manner in which the horse completes the course of jumps. The hunter round is judged on the horse's movement and the rider's ability to safely maneuver the course in a consistent manner. Equitation is judged on the rider's position in the tack and accuracy of the course ridden.

A free clinic will be held Tuesday, May 19, 6:30 p.m. at the Lancaster Event Center, Amy

Countryman Arena. Clinicians Kala Ball and Ryan Bourek will cover fundamental skills.

Lancaster County 4-H'ers interested in attending this clinic, must sign up by calling Marty at 441-7180 or e-mailing mcruickshank2@unl.edu. Please indicate whether you will be bringing a horse or are just coming to watch. You must be 8 years old as of January 1 to bring a horse. Deadline for signing up is May 5, however, please sign up as soon as possible — number participating will make a difference as to how the clinic will be formatted.

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

To help prepare for districts and state, the Lancaster County Horse VIPs is hosting a special pre-districts show/clinic/fundraiser on Saturday, June 6, 9 a.m. at the Lancaster County Event Center - Pavilion 3. All counties are welcome. The show will follow the district format and all age groups — elementary, junior and senior — can participate in the English Pleasure and Equitation, the Western Pleasure and Horsemanship. All age groups can compete for prizes in a Hippology Contest.

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. Reining, poles and barrels are also included in the show but are available to junior and seniors only.

We are using this as a fundraiser, so there will be a one time charge of \$5 and a \$3 charge per class. Preregistration is not required. Riders must be in 4-H attire. Concessions will be available on-site.

Show flyer is available at <http://lancaster.unl.edu/4h> and the extension office. For more information, call Marty at 441-7180 or e-mail mcruickshank2@unl.edu

4-H Riding Skills Level Testings, May 5 and June 23

A group level testing for 4-H Horse Advancement Levels will be held on Tuesday, May 5, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Anyone wishing to be tested must sign up by April 28 by calling Marty at 441-7180 or e-mailing mcruickshank2@unl.edu

Another testing will be Tuesday, June 23, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Deadline to sign up for this testing is June 16.

District and State Entries Due May 8

4-H 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 to 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>

Horse Identifications Due June 1

For County Fair, 4-H Horse Identification Sheets are due to extension by June 1. Sketch markings showing both sides and face on the form are preferred instead of photos.

Clover College

Tue., June 16–Fri., June 19

Lancaster Extension Education Center, 444 Cherrycreek Rd
Open to youth ages 6–19

Four days of “hands-on” workshops full of fun and learning!
Youth may attend as many workshops as they wish. Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description). If you have questions, contact Tracy Kulm at 441-7180.



WORKSHOP DESCRIPTIONS

4-Day Workshops

#1 Clover Kids 4-day Day Camp

Clover Kids will participate in several hands-on activities while learning about animals, food fun, science, the outdoors and more. Refreshments provided for this workshop.
TUE-FRI, JUNE 16-19, 8AM-12:15PM
AGES 6 & 7 • FEE \$25

#2 Rockets...Countdown to Family Fun

3...2...1...blast off! Have you ever wanted to build a rocket and launch it? Come to this workshop and build a rocket from a kit plus receive one engine.
TUE-FRI, JUNE 16-19, 8-10AM
AGES 8-12 • FEE \$10
INSTRUCTOR: Ron Suing, 4-H volunteer

3-Day Workshop

#3 Insect Collecting for Beginners

Learn the most common insect orders and make your own starter collection. You will collect aquatic insects so come dressed to enjoy the outdoors.
TUE-THU, JUNE 16-18, 12:45-2:45PM
AGES 10 & up • FEE \$15
INSTRUCTOR: Barb Ogg, Extension Educator

2-Day Workshops

#4 Checkmate 1

Beginning chess players learn rules and values of the pieces. Build skills and play complete games in stages.
TUES & WED, JUNE 16-17, 10:15AM-12:15PM
AGES 8 & up • FEE \$5
INSTRUCTOR: James Walla, 4-H volunteer

#5 Checkmate 2

Intermediate players learn chess tactics, strategies, notation and rules of tournament play.
THU & FRI, JUNE 18-19, 10:15AM-12:15PM
AGES 8 & up • FEE \$5
INSTRUCTOR: James Walla, 4-H volunteer

1-Day Workshops

#6 Chicken Scratch?!

Learn how to Chicken Scratch and make a sampler square. This needlepoint method is interesting and fun!
TUE, JUNE 16, 8-10AM
AGES 8 & up, FEE \$4
INSTRUCTOR: Diane Spomer, 4-H Volunteer

#7 Fox Walking & Stalking

Learn primitive walking techniques. Learn how to fox walk and the stalking steps needed for quiet, undetectable movement in the wilderness. Dress for the weather and bring a blindfold.
TUE, JUNE 16, 8-10AM
AGES 8 & up • FEE \$3
INSTRUCTOR: BJ Spring, owner of Nyakuwalk, Primitive Survival Skills

#8 Horse of Course

An introduction to horse terms and breeds, grooming, tack and safety around a horse. A gentle horse will help teach. Must wear closed-toed shoes. Long-sleeved shirt, long pants, hat and sun-screen use suggested.
TUE, JUNE 16, 10:15AM-12:15PM
AGES: 8 & up • FEE: \$4
INSTRUCTOR: Marty Cruickshank, Extension Associate

#9 Outdoor Cooking

Everything tastes better when cooked outside! Join us for some cooking fun. First-timers get first priority in this class.
TUE, JUNE 16, 10:15AM-12:15PM
AGES 10 & up • FEE \$8
INSTRUCTOR: Soni Cochran, Extension Associate

#10 Horse of Course

Same description as #8 Horse of Course.
TUE, JUNE 16, 12:45-2:45PM
AGES: 8 & up • FEE: \$4
INSTRUCTOR: Marty Cruickshank, Extension Associate

#11 Basketball Basics

Learn the basic skills needed to be a successful basketball player. Basketball included to take home.
TUE, JUNE 16, 12:45-2:45PM
AGES 8 & up • FEE \$10
INSTRUCTOR: Evan Kucera, All-State Basketball Player

#12 Anyone Can Act

Learn the basics to become an award winning actor. Learn realistic stage stunts that you can take home and entertain your friends. Stunt prop included to keep.
TUE, JUNE 16, 12:45-2:45PM
AGES 9 & up • FEE \$10
INSTRUCTOR: Christian Kucera, Drama State Finalist

#13 Here's Henna!

This temporary tattoo is made with all natural ingredients, is safe & will last 1-2 weeks.
TUE, JUNE 16, 3-5PM
AGES 10 & up • FEE \$10
INSTRUCTOR: Jhoni Kucera, 4-H volunteer

#14 Photography - Unit I

We will do many activities from the new Unit I 4-H Photography manual, “Focus on Photography.” Bring a camera, if you have one.
TUE, JUNE 16, 3-5PM
AGES 8 & up • FEE \$5
INSTRUCTOR: Vicki Jedlicka, Extension Assistant & Sheila Day, 4-H volunteer

#15 Tea Party

Make party mints, finger cookies and enjoy your own tea party.
TUE, JUNE 16, 3-5PM
AGES: 8 & up • FEE: \$4
INSTRUCTOR: Karol Swotek, 4-H volunteer

#16 Creative Crafts

Celebrate crafts as you create your masterpiece in this fun hands-on workshop.
TUE, JUNE 16, 3-5PM
AGES: 8 & up • FEE: \$5
INSTRUCTOR: Jami Rutt, Extension Intern

#17 Cartooning Fun

Learn how to draw cartoons through these fun, easy methods.
WED, JUNE 17, 8-10AM
AGES 8 & up • FEE \$3
INSTRUCTOR: Teri Hlava, Extension Assistant

#18 Savvy Shoppers

Get great hints for shopping smart, from creating a look for less to displaying what you learn. Especially designed for 4-H'ers enrolled in Attention Shoppers.
WED, JUNE 17, 8-10AM
AGES: 8 & up • FEE: \$5
INSTRUCTOR: Jennifer Smith, 4-H volunteer

#19 Fishing Fun

Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. Class is for youth who have not previously taken “Fishing Fun.”
WED, JUN 17, 10:15AM-12:15PM
AGES 9 & up • FEE \$5
INSTRUCTORS: David Smith, Extension Technologist & Soni Cochran, Extension Associate

#20 GPS Basics

Learn basics of Global Positioning System (GPS), how to use a GPS unit and find caches.
WED, JUNE 17, 10:15AM-12:15PM
AGES 8 & up • FEE \$5
INSTRUCTOR: Marcia Claesson, 4-H volunteer

#21 Glitz Galore

Learn how to apply beads and sequins to fabric to create new looks with simple hand sewing.
WED, JUNE 17, 10:15AM-12:15PM
AGES 8 & up • FEE \$5
INSTRUCTOR: Jennifer Smith, 4-H volunteer

#22 Advanced Basketball

Learn higher level skills to outplay your competition and impress your friends. See instructor's famous dunks or other smart moves. T-shirt included.
WED, JUNE 17, 12:45-2:45PM
AGES 10 & up • FEE \$10
INSTRUCTOR: Evan Kucera, All-State Basketball Player

#23 Nail Art

Have fun learning how to create different designs on your nails using decals, rhinestones, striping tape and beautiful nail paints. Please come with clean finger and toe nails.
WED, JUNE 17, 12:45-2:45PM
AGES 9 & up • FEE \$10
INSTRUCTOR: Jhoni Kucera, 4-H volunteer

#24 Decoupage Details

Decorate your own storage box by recycling magazines. Bring old magazines and your imagination!
WED, JUNE 17, 12:45-2:45PM
AGES 9 & up • FEE \$2
INSTRUCTOR: Extension Staff

#25 Fabulous Face Painting

Learn how to paint awesome designs on faces, arms and legs.
WED, JUNE 17, 3-5PM
AGES 10 & up • FEE \$10
INSTRUCTOR: Jhoni Kucera, Paradise Face and Body Painter

#26 Super Sandwiches

Create super sandwiches using your favorites and trying new ones.
WED, JUNE 17, 3-5PM
AGES: 8 & up • FEE: \$5
INSTRUCTOR: Karol Swotek, 4-H volunteer

#27 Marvelous Mats

Using recycled products, create your own personalized, marvelous floor mat or wall hanging.
WED, JUNE 17, 3-5PM
AGES 8 & up • FEE \$2
INSTRUCTOR: Glenna Graupmann, 4-H volunteer

#28 Hooded Towels

Create a hooded towel for a baby or toddler. These homemade towels are great baby gifts. Fee includes towel and thread. Bring scissors, sewing pins, ruler and sewing machine (if available).
THU, JUNE 18, 8-10AM
AGES 11 & up • FEE \$10
INSTRUCTOR: Maureen Burson, Extension Educator

#29 Can I Use My Fingers?

Which fork do I use? Where do I place my napkin? How do I fold napkins? Attend this “party” and find out!
THU, JUNE 18, 8-10AM
AGES 8 & up • FEE \$4
INSTRUCTOR: Judy Roubal, 4-H volunteer

#30 Amazing Aprons

Learn how to cut out a pattern, sew and finish a simple apron. Bring one yard mid-weight cotton, matching thread, basic sewing supplies, fabric scissors, pins and a sewing machine (if you have one).
THU, JUNE 18, 10:15AM-12:15PM
AGES 8 & up • FEE \$3
INSTRUCTOR: Kathy Hansen, 4-H volunteer

#31 Nature Mobiles

Make a cool hanging mobile using natural wonders like pinecones, milkweed pods, bagworms, rose hips, shells and more.
THU, JUNE 18, 10:15AM-12:15PM
AGES 8 & up • FEE \$5
INSTRUCTOR: Soni Cochran, Extension Associate & Vicki Jedlicka, Extension Assistant

#32 Scrapbooking

Bring several photographs to create a personalized small photo album.
THU, JUNE 18, 12:45-2:45PM
AGES 8 & up • FEE \$10
INSTRUCTOR: Cindy Andersen, Creative Memories

#33 Can't Resist Fabric

Bring white pre-washed tank top or T-shirt and create your own unique design using a resist method. Finished projects not available until Fri., June 19.
THU, JUNE 18, 12:45-2:45PM
AGES 8 & up • FEE \$6
INSTRUCTORS: Jessica and Jaime Stephenson, 4-H volunteers

#34 Money, Money, Money

Learn the basics of banking and how to spend and save wisely.
THU, JUNE 18, 12:45-2:45PM
AGES 10 & up • FEE None
INSTRUCTOR: TierOne Bank, Clocktower Branch

#35 Stunning Stamping

Learn to stamp, emboss and layer several handmade cards created by you!
THU, JUNE 18, 3-5PM
AGES 8 & up • FEE \$5
INSTRUCTOR: Janet Anderson, 4-H volunteer

#36 Scarecrows!

Make your own scarecrow! Bring outfit for scarecrow, old pillowcase, hat, gloves and accessories.
THU, JUNE 18, 3-5PM
AGES: 10 & up • FEE: \$5
INSTRUCTOR: Karol Swotek, 4-H volunteer

#37 A Fishy Topic

Create a beta fish bowl and learn about fish and plants. Take home a live beta fish with the bowl.
THU, JUNE 18, 3-5PM
AGES 8 & up • FEE \$12
INSTRUCTORS: Deanna Karmazin, Extension Associate & Jessalyn Schrock, Extension Intern

#38 Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys.
THU, JUNE 18, 3-5PM
AGES 10 & up • FEE \$5
INSTRUCTOR: Lorene Bartos, Extension Educator

#39 Paper Piecing

Make a paper piecing for your scrapbook from coloring books, patterns, etc.
FRI, JUNE 19, 8-10AM
AGES 8 & up • FEE \$5
INSTRUCTOR: Karen Wedding, Extension staff

#40 Terrific Tie Dye

Learn how to create your own tie dye masterpiece. Bring a white T-shirt, tank top, pillowcase, etc. May bring more than one item. Wear painting clothes.
FRI, JUNE 19, 8-10AM
AGES 8 & up • FEE \$5
INSTRUCTORS: Kristy Hattan, Tammy and Brandy Wollen, 4-H volunteers

#41 Aquarius Beads

Learn the basics of making beaded jewelry! Make more than one necklace.
FRI, JUNE 19, 10:15AM-12:15PM
AGES: 8 & up • FEE: \$10
INSTRUCTOR: Wendy O'Brien, Aquarius Beads & Gifts, Inc

#42 Gratifying Graffiti

Use gel pens and crayons to legally graffiti up some personal articles to showcase your creative, artistic side.
FRI, JUNE 19, 10:15AM-12:15PM
AGES 8 & up • FEE \$6
INSTRUCTORS: Deanna Karmazin, Extension Associate & Jessalyn Schrock, Extension Intern

#43 Magic Trick Secrets

Learn great magic tricks and how to perform the timeless cups and balls routine. Take home a professional quality chrome platted cups and balls set, and a real magician's magic wand.
FRI, JUNE 19, 12:45-2:45PM
AGES 8 & up • FEE \$10
INSTRUCTORS: Ron Stephenson, 4-H volunteer

#44 Style Revue

Style Revue at county fair will be here soon! Come to this workshop and learn new styling procedures and practice your modeling.
FRI, JUNE 19, 12:45-2:45PM
AGES 8 & up • FEE None

#45 Sensational Summertime Crafts

Create your own sensational summertime arts & crafts in this hands-on workshop.
FRI, JUNE 19, 12:45-2:45PM
AGES 8 & up • FEE \$5
INSTRUCTOR: Extension Staff

#46 Terrific Table Setting

Create an awesome centerpiece and learn all you need to know to participate in the table setting contest.
FRI, JUNE 19, 12:45-2:45PM
AGES 8 & up • FEE \$3
INSTRUCTOR: Jami Rutt, Extension Intern

#47 Perfect Purses

Sew your own perfect purse. Bring 1½ yd fabric (no stripes or matching plaids), 5/8 yd coordinating lining fabric, matching thread, basic sewing supplies and sewing machine.
FRI, JUNE 19, 3-5PM
AGES 10 & up • FEE \$3
INSTRUCTOR: Jami Rutt, Extension Intern

#48 Delightful Decorating

Wonder how the bakery makes their cakes and cookies look so inviting? Learn the techniques to decorate like a professional.
FRI, JUNE 19, 3-5 PM
AGES 10 & up • FEE \$5
INSTRUCTOR: Lorene Bartos, Extension Educator

#49 Canvas Creations

Learn several painting techniques and how to enhance art using several mediums. Create your own canvas painting. Wear painting clothes!
FRI, JUNE 19, 3-5PM
AGES 8 & up • FEE \$8
INSTRUCTORS: Deanna Karmazin, Extension Associate & Jessalyn Schrock, Extension Intern

Registration opens April 23 for currently enrolled 4-H members.

Registration opens April 30 for non-4-H members.

To register, use form on page 11 of this issue!

Early registrations will NOT be accepted! Telephone registration not accepted.
For current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>

Two Outdoor Adventures Lead to Fun, Healthier Lifestyles!

Lincoln Safari — Find 30 Sites in Lincoln

Lincoln Safari will get families and other groups of people off the couch and into unstructured corners and hidden places within Lincoln thus encouraging a sense of exploration and discovery. The goal is to have fun!

For 2009, there are 30 safari sites in parks and outside spaces all around Lincoln. The challenge is to visit all 30 sites throughout the year and collect rubbings from all of them!

There is no cost to participate — the Safari is free! When a family or group registers, they will receive a FREE safari satchel which contains a map and a guidebook. The official Safari Map has all the safari locations marked and, in addition, the Safari Guidebook lists the sites and has clues to help you find the rubbing post at each site.

Many sites are accessible by city bus with a minimum of walking. Some are accessible from the hiker biker trails; some are right on our city streets. Groups are encouraged to walk, skip, bike, roller skate and skateboard to these locations.

Some sites will offer a surprise souvenir. The directions for collecting the souvenir, if there is one, are on the post. One souvenir will be given per family.

University of Nebraska—Lincoln Extension, UNL Institute of Agriculture and Natural Resources, and ten other community partners sponsor Lincoln Safari.

To Register

Anybody can register — families, one person, grandparents and grandchildren, scout troops, maybe a group from your school or office.

Registration for the 2009 Lincoln Safari has begun. You may register until Nov. 1; but, if you wait, you'll miss lots of fun events during the year. Lincoln Safari officially ends Dec. 1.

You may register online at <http://lincolnsafari.org> or at any Lincoln City Library or Pioneers Park Nature Center. Just fill out the information and answer survey questions. You will then receive an official number for your "group" and a Safari satchel. If you register online, pick up your satchel at one of the following locations:

- Bennett Martin Public Library, 136 S. 14 St.
- Victor E. Anderson Branch, 3635 Touzalin Ave.
- Arnold Heights Branch, 3815 NW 54 St.
- Bethany Branch, 1810 N Cotner Blvd.
- Loren Corey Eiseley Branch, 1530 Superior
- Charles H. Gere Branch, 2400 S 56 St.
- South Branch, 2675 South St
- Bess Dodson Walt Branch, 6701 S 14 St.
- Bookmobile
- Pioneers Park Nature Center, located at the west end of Pioneers Park
- Lincoln Children's Zoo, 1222 S 27 St.

Groups which participated in the 2008 safari only need to take their book to the library to get their new kit — they will use their same number.

For more information, go to <http://lincolnsafari.org>, call 475-6741 or email info@lincolnsafari.org



The Great Park Pursuit — Find 15 Sites Throughout Nebraska

After a successful inaugural year in 2008, the Great Park Pursuit will return with more sites and outdoor adventures in May 2009. The Nebraska Recreation and Park Association along with the Nebraska Game and Parks Commission partnered to develop the program with the goal of encouraging a healthier lifestyle for participants while increasing awareness of Nebraska's nature rich outdoor recreation opportunities. This year's program will be sponsored in part by the Department of Health and Human Services.

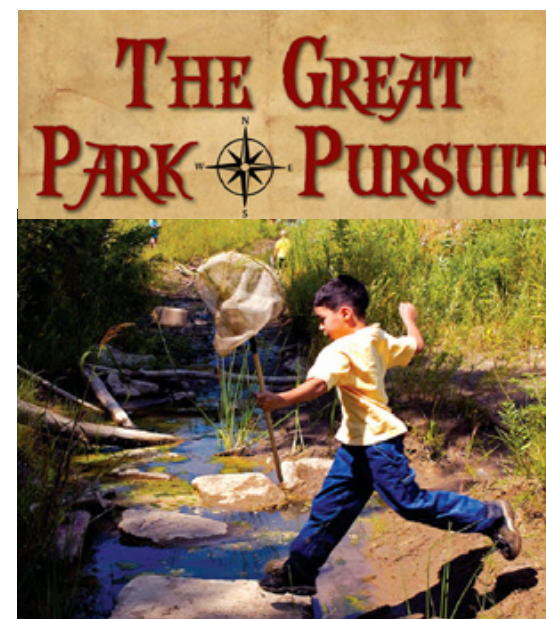
The program is adopted from a similar outdoor initiative started by the Connecticut Department of Environmental Protection.

Nature impressions are located on 15 Great Park Pursuit posts in parks throughout Nebraska. The challenge is to visit as many of the selected park sites as you can between May 1 and Sept. 8, 2009. Follow clues to find the posts and collect rubbings from the nature impressions.

Prizes and entry into drawings are based on the number of tracings collected. While participants become registered for a free two-night cabin stay at a Nebraska State Park of their choice with just one visit, the more sites participants visit the more opportunities they have to win.

In 2008, the Tesarek family of Plattsmouth was one of 34 teams to visit all 10 selected parks. Participation in the Great Park Pursuit was a highlight of the family's vacation. Karen Tesarek explained, "When we got back to the van, our 13-year-old, Andrea, said 'Finding the places was the most fun part of the whole vacation.' I thought that was really something because, in addition to doing the Great Park Pursuit, we had also taken them to the Black Hills, Wind Cave and Mount Rushmore, but she liked the Pursuit the best."

Engaging youth in the natural world outside their door is an important component of the program. Of the 1,854 participants from last summer, 900 were children with an average age of eight. Since today's recreation time is too often spent in front of a screen, The



Great Park Pursuit provides an opportunity which allows participants to feel comfortable in natural environments.

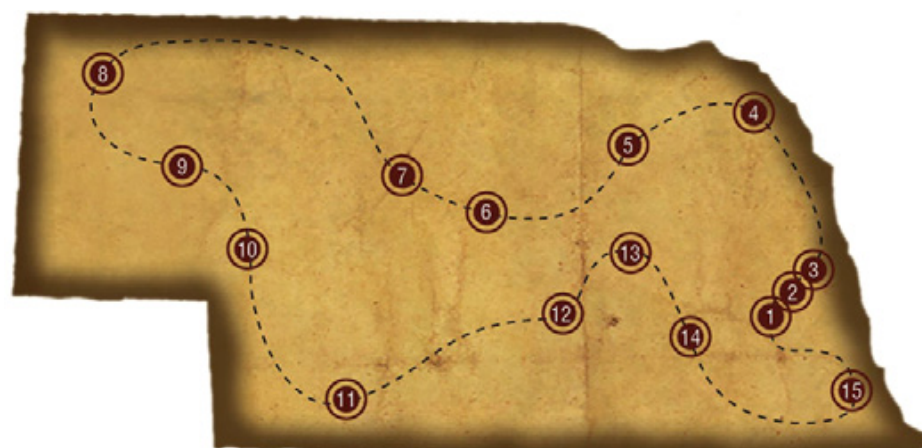
To build on the success of the 464 teams registered last year, which represented 122 Nebraska communities and eight states, the 2009 Great Park Pursuit will offer more opportunities to participate. Expanding to 15 park sites across Nebraska for this year's program provides more close-to-home opportunities. In addition, this year's sites include a mix of local, state and federal parkland. The variety of sites selected highlights the great natural resources of Nebraska while raising awareness of locations that offer educational, historical and entertainment opportunities.

To Register

Anyone can participate. Groups can be made up of individuals, families, friends, coworkers, youth organizations or any other group you belong to. There are four ways to register:

- on the Web at www.negpp.org
- at a kickoff/special event — a special event will be held at Pioneers Park in Lincoln on June 20
- call 471-5424 and request a packet and registration form
- request in writing to Nebraska Game and Parks Commission, ATTN: Tim Montgomery, 2200 N. 33rd Street, Lincoln, NE 68503

"Start your Journey today — Explore Nebraska Parks!" For more information, go to www.negpp.org or call 471-5424.



The Great Park Pursuit 2009 locations:

1. Platte River State Park
2. Walnut Creek Lake and Recreation Area - Papillion
3. Lewis and Clark Landing - Omaha
4. Scenic Park in South Sioux City
5. Cowboy Trail (near Norfolk)
6. Calamus State Recreation Area
7. Bessey Ranger District of the Nebraska National Forest near Halsey
8. Fort Robinson State Park
9. Central Park in Alliance
10. Ash Hollow State Historic Park
11. Kelley Park in McCook
12. Stolley Park - Grand Island
13. Pawnee Park - Columbus
14. Pioneers Park - Lincoln
15. Indian Cave State Park

EXTENSION CALENDAR

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

April

- 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.

May

- 1 **4-H Camp Scholarship Entries Due to Extension**
5 **4-H Council Meeting** 7 p.m.
5 **4-H Horse Level Testing**, Lancaster Event Center, Pavilion 3 6:30 p.m.
7 **4-H/FFA Quality Assurance Training** 6:30 p.m.
8 **Extension Board Meeting** 8 a.m.
8 **County Deadline for 4-H District/State Horse Show Entries**,
ID's, Level Tests
12 **4-H 2010 Citizenship Washington Focus (CWF) Meeting** . . 6:30 p.m.
14 **Parents Forever/Kids Talk About Divorce** 5:30–9:30 p.m.
16 **Composting Demonstration**, Pioneers Park Nature Center's
backyard composting demonstration area 10 a.m.
19 **Guardian/Conservator Training** 1:30–4:30 p.m.
19 **4-H Hunter Horse Clinic**, Lancaster Event Center -
Amy Countryman Arena 6:30 p.m.
21 **4-H/FFA Sheep Weigh-In**, Lancaster Event Center - Pavilion 2 . . 6–8 p.m.
21 **Bed Bugs: What You Need to Know** 6:30–9:30 p.m.
28 **4-H District Speech Contest**, East Campus Union 1–7 p.m.
30 **4-H Life Challenge Contest - County-Level Senior Division.** . 9:30 a.m.

4-H Spring Rabbit Show Recap

Nearly 35 4-H'ers exhibited approximately 150 total rabbits at the March 4-H Rabbit Show sponsored by the Lancaster County 4-H Rabbit VIPS Committee and UNL Extension in Lancaster County. This was a good chance for youth to practice showing their rabbits. Showmanship winners were: Junior — Ivy Dearmont
Intermediate — Kaiya Green
Senior — Erin Dresser
More photos are online at <http://lancaster.unl.edu/4h>



4-H'ers Learn Beginning Sewing Skills

Fourteen 4-H members participated in the recent 4-H Jammie Jamboree. At this workshop, 4-H'ers learned beginning sewing skills as they completed a 4-H Clothing Level 1 project. As a bonus, they went home with pajama bottoms they sewed! More photos are online at <http://lancaster.unl.edu/4h>



CLOVER COLLEGE REGISTRATION FORM

SEE PAGE 9 FOR CLOVER COLLEGE WORKSHOP INFORMATION

For current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>

Classes fill up quickly — early registration is recommended!

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 12. Registrations are handled on a "first come" basis and will only be accepted upon receipt of fees.

Telephone registration not accepted. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed.

Assume your registration is confirmed unless we contact you about filled classes.

Registration opens April 23 for currently enrolled 4-H members.
Registration opens April 30 for non-4-H members.

Is youth currently enrolled in 4-H? ☐ yes ☐ no

Name _____ Age _____

Parents Name(s) _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ E-mail _____

Special Needs (allergies, etc.) _____

Workshop(s) # _____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

Use additional sheet of paper if needed Total _____

I give permission to use my child's image in photographs taken at Clover College in publications, news articles, advertisements or Web sites pertaining to 4-H. ☐ yes ☐ no

Parent/Guardian Signature: _____ Date: _____

Mail or bring registration form and payment to:
UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507
EARLY REGISTRATION NOT ACCEPTED!



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.

**University of Nebraska–Lincoln Extension
in Lancaster County**

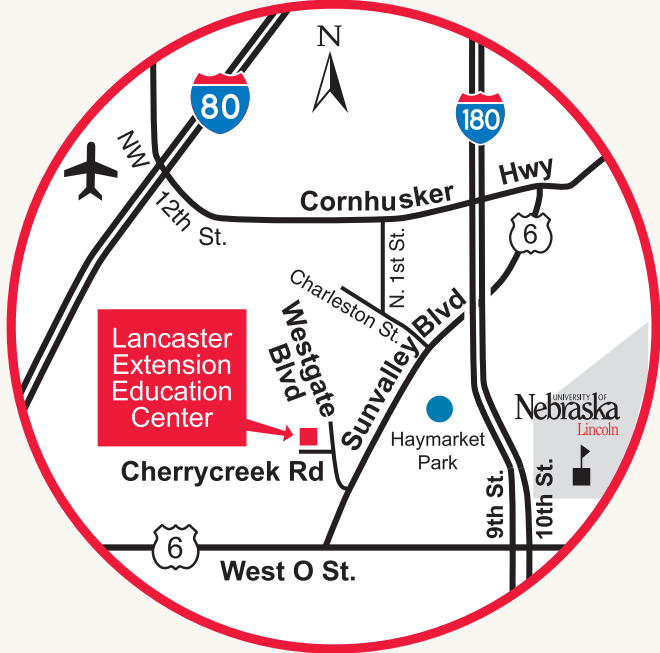
**444 Cherrycreek Road, Suite A
Lincoln, NE 68528-1507**

(402) 441-7180

<http://lancaster.unl.edu>

E-mail: lancaster@unl.edu • Fax: 441-7148

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
Lorene Bartos
Maureen Burson
Tom Dorn
Alice Henneman
Don Janssen
Barb Ogg
Karen Wobig

Extension Technologist
David Smith

Extension Assistants
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THE NEBLINE

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444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

4-H Horse Stampede Results

The 4-H Horse Stampede was held March 14 at the Animal Science Building on UNL East Campus. The stampede consists of the statewide 4-H art, public speaking, demonstration and horse bowl competitions. Congratulations to ALL Lancaster County 4-H'ers who participated! Top winners are listed below. Complete county results (as well as additional photos) are online at <http://lanaster.unl.edu/4h>

- Art Contest Senior Division - Ashley Weigand, Champion
- Art Contest Junior Division - Ivy Dearmont, Reserve Champion
- Demonstration Junior Division Team - Hannah Ronnau and Elli Dearmont, Champion



Ag Awareness Festival Teaches 4th Graders About Agriculture

Nearly 400 fourth graders from Lincoln area schools attended the Ag Awareness Festival held on April 8 and 9 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students 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.

The Ag Awareness Coalition, led by University of Nebraska–Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations and food industry companies. This is the ninth year the festival has been held in Lincoln.

(Above right) Youth get a close look at a dairy calf in the Dairy Calves session and at a tractor in Farming Technology (right).



3,000 5th Graders Attend 15th Annual earth wellness festival

Approximately 3,000 Lancaster County fifth graders from 42 schools attended the 15th anniversary **earth wellness festival** on March 30 and 31 at Southeast Community College. Students discovered and explored the relationships and interdependency of land, water, air and living resources through hands-on activities.

The festival is organized by 10 local agencies, including University of Nebraska–Lincoln Extension in Lancaster County. Classrooms attending the festival received pre-festival learning kits in October. A YouTube photo slideshow showing more scenes from this year's festival is online at <http://lanaster.unl.edu/ewf>

(Above right) "The Raptors" presentation by the World Bird Sanctuary included a bald eagle. (At right) UNL Extension Educator Barb Ogg and City of Lincoln wastewater treatment plant operator Tim Gulbrandson explain the biosolids recycling process.



Can You Guess It?

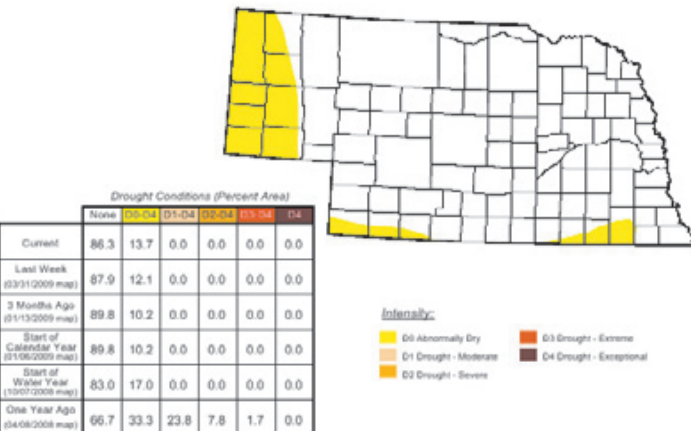


Did you guess it? Find out at <http://lanaster.unl.edu>

Did you guess it from the April NEBLINE?
Children looking at the mechanics of a combine at Ag Awareness Festival.

U.S. Drought Monitor Map

As of April 7, 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.

