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The NEBLINE, June 2009

University of Nebraska–Lincoln Extension in Lancaster County

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The NEBLINE

June 2009

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In This Issue

4-H SUMMER CAMPS

There is still time to sign up for 4-H Summer Camps and Big Red Academic Camps !

—see pages 10 & 11

Proper Timing Crucial for Bagworm Control

Mary Jane Frogge
UNL Extension Associate

See p. 6 for photos of bagworms on a variety of plants.

Take a drive through Lincoln from West Fletcher Road to South 27th Street and you will see tiny brown bagworm bags dangling on nearly dead spruce trees and juniper shrubs. The bags are brown, one to two inches long, covered with dead plant material and tightly attached to twigs. These bags overwintered from last years' bagworms and the female bags contain as many as 300 to 1,000 eggs each!

Bagworms have become an increasing problem in Lancaster county and surrounding areas. Last year, Lancaster County horticulture extension staff and Master Gardeners received hundreds of calls on bagworms whereas previously there were few calls. There is potential for a similar outbreak this year if populations go untreated.

Damage to Plants

Bagworms can severely defoliate and kill evergreens such as spruce and junipers. Once the eggs hatch approximately in early June, large bagworm populations can completely defoliate and kill evergreens during the summer.

Bagworms may also feed on shade and ornamental trees, fruit trees, ornamental shrubs and perennial flowers. Since deciduous plants grow new leaves each year, the defoliation caused by the feeding usually does not kill them.

Lifecycle

Bagworm eggs hatch in late May and early June. Young bagworms are as small as one-eighth inch long and can be difficult to see. After hatching, the larvae emerge from a hole at the base of the bag and spin down a strand of silk. The tiny insect is often caught by the wind and ballooned to nearby plants.

Once a host is found, larvae begin to form a new bag around their body. The larva is a brown or tan caterpillar with black markings. Larvae remain in their protective bag, sticking their head out to feed.

Bagworm larvae feed up until late August. The mature larvae then attach their bag to a branch with a strong band of silk and begin to pupate. Adult males emerge in September. They are small, furry gray moths with clear wings. The adult female does not have wings and never leaves the bag. After mating, the male moth dies. The female lays eggs in the bag. The female dies in the bag, mummified around the egg mass that overwinters until the following June.

Inspect Your Landscape

Removing bagworms from your landscape plants before mid May was an effective control measure. Now bagworm larvae will be emerging from the bags through early June. If you notice bagworms at this time, chemical control may be necessary.

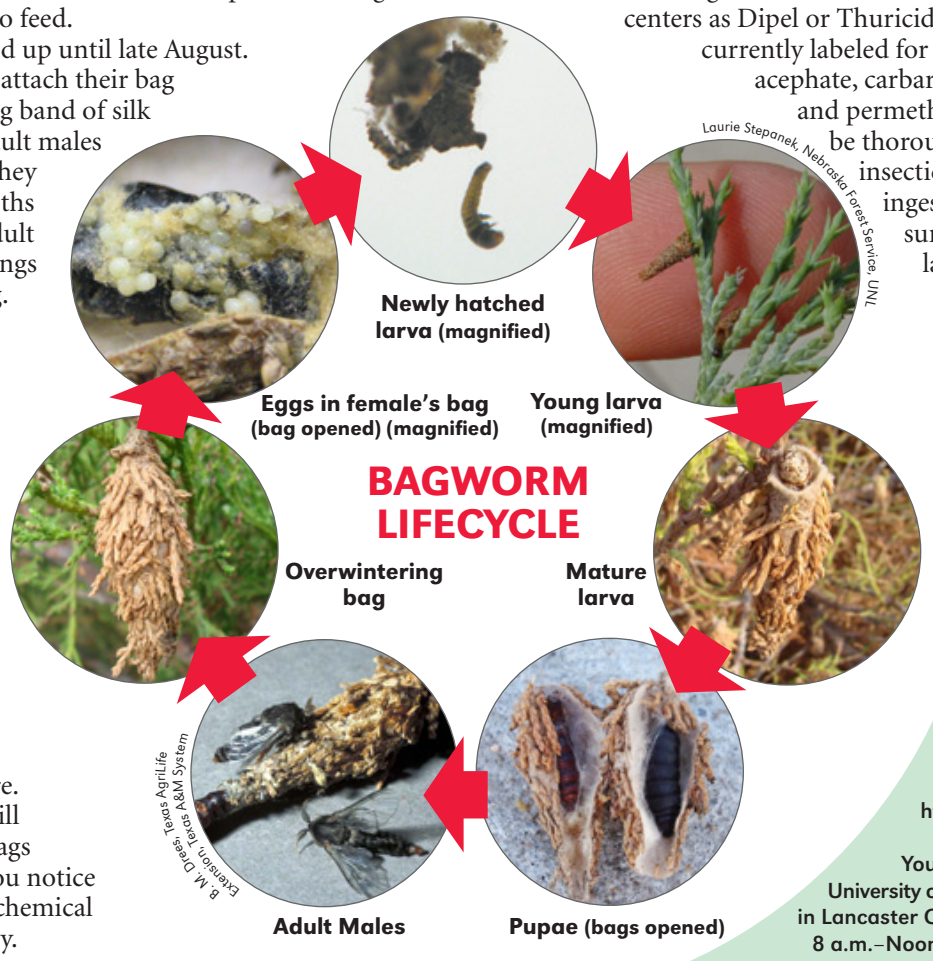
Large bagworm populations can kill evergreens. The spruce trees above are in Lincoln's Highlands neighborhood. The globe spruce at left is near downtown Lincoln.

Chemical Control Needs to be Applied Mid to Late June

Insecticide control needs to be aimed at young larvae in June to be effective. To get the best control for wind breaks or large stands of trees, late June is the best time to apply insecticides for bagworm control. Spraying trees and shrubs can be expensive. To get the best control, wait until the bagworms have completely hatched out and are done ballooning to other plants. Late June would be the best time to apply chemical control if you can only do one chemical application.

Bacillus thuringiensis is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide in June so the insects ingest it as they are feeding. Be sure to read and follow all label directions.

Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late summer and fall is not effective. By that time your valuable landscape plants are already severely damaged by the maturing bagworms.



FOR MORE INFORMATION

If you would like more information about bagworms, go to http://lancaster.unl.edu/hort/bagworms.shtml to view a YouTube video. You can contact University of Nebraska–Lincoln Extension in Lancaster County at 441-7180, Mon–Fri, 8 a.m.–Noon with horticulture questions.

Photos (unless otherwise credited) by Mary Jane Frogge, Soni Cochran and Vicki Jedlicka, University of Nebraska–Lincoln Extension in Lancaster County

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

By Alice Henneman and Jenny Rees, UNL Extension Educators

Enjoy fresh ingredients from the Farmers' Market with this recipe for spinach salad from Dr. Georgia Jones, UNL Extension Food Specialist.

Effortless Spinach Salad with Raspberry Dressing

(Serves 6)

6 cups spinach (washed and dried)
1/2 of a small red onion
2 cups fresh strawberries, sliced
1/2 cup dried apricots
1/4 cup chopped pecans, toasted
Raspberry Dressing (recipe below)

Place spinach in a large bowl. Top with red onion, sliced strawberries, dried apricots and pecans.

Raspberry Dressing

(Makes about 1/3 cup)

2 tablespoons seedless raspberry jam
2 tablespoons balsamic vinegar
1-1/2 tablespoon extra virgin olive oil
1/4 teaspoon salt

Combine jam, vinegar, oil and salt. Stir until smooth. Serve with desired salad.

Drink Your "D" with Dairy

NEP Nutrition Education Program

Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Rebekah Menter
UNL Dietetic Intern

When we think bone health, we almost instinctively think "calcium." We know we need to consume plenty of calcium in order to have strong bones. But did you know in order to receive the bone health benefits of the calcium you consume, you also need vitamin D?

We remember vitamin D as the "sunshine vitamin" because our bodies can synthesize vitamin D in response to sunlight. But the synthesis of vitamin D is dependent on sun exposure — which means people with limited sun exposure, such as those who work indoors, are at risk for deficiency. Additionally, the angle of the sun that reaches Nebraska is insufficient to produce vitamin D during the winter months. In order to promote bone health, Nebraskans need to make sure they're getting enough calcium AND vitamin D from food sources.

Others at an increased risk for vitamin D deficiency:

- Obese individuals
- Individuals with darker skin
- Homebound individuals
- Older adults

Thankfully, our best food source of calcium also happens to be one of the best food sources of vitamin D. Fluid milk is fortified with vitamin D to provide 100 IU per cup — 25% of the daily value for vitamin D. Certain brands of yogurt may also be fortified with vitamin D. By choosing vitamin D fortified milk and yogurt to fulfill the recommended three cups of milk a day, we can ensure we are getting at least 75% of our daily vitamin D needs. So choose some low-fat vitamin D fortified dairy and start drinking your "D" today!

The following chocolatey-banana milkshake makes for a great snack — and is a good source of bone-building vitamin D and calcium.

Choco-nana Milk Blast

(Serves 2)

1 ripe medium banana
1 cup lowfat chocolate milk
1 cup lowfat frozen yogurt

Peel banana; break into chunks and place in blender container. Add milk and yogurt. Cover and blend until smooth. Pour into two glasses and enjoy!

Source: Dietary Supplement Fact Sheet: Vitamin D. National Institutes of Health Office of Dietary Supplements. http://ods.od.nih.gov/factsheets/VitaminD_pf.asp Accessed April 1, 2009. (Last updated 12/11/2008)

Enjoy Eating Locally Grown Foods!




Alice Henneman, MS, RD,
UNL Extension Educator

Perhaps you'd like to eat more locally grown foods; however, your opportunities for gardening are limited. Check out these other possibilities in our area for purchasing locally grown produce.

But, first, why buy locally produced foods? Including some foods grown locally in meals:

- helps you enjoy foods at the peak of freshness
- helps our local economy
- helps the environment

Plus, you may discover many delicious varieties of unique local foods. Produce shipped thousands of miles may have to be bred and picked for a longer transport and storage time. Locally grown foods can focus on flavor and freshness.

Here are some ways to enjoy locally grown foods beyond starting a garden in your back yard:

Farmers' Markets

Here's a schedule of 2009 farmers' markets in the Lancaster County area:

Centennial Mall Garden Market
Wednesdays, July 1–September 30
Noon–4 p.m.
301 Centennial Mall South, 14th & M Streets

Community CROPS Farmers' Market
Thursdays, June–September
4:30–7:30 p.m.
Pentzer Park, North 27th & Potter Street

Haymarket Farmers' Market
Saturdays, May 3–October 11
8 a.m.–noon
7th Street between P & Q Street

Havelock Farmers' Market
Wednesdays, May 6–October 28
3–6:30 p.m.
North parking lot behind the businesses between 62nd/63rd and Havelock Avenue

Jazz in June Market
Tuesdays during June, held in conjunction with Lincoln's Jazz in June concerts

Old Cheney Road Farmers' Market
Sundays, April 26–November 1
10 a.m.–2 p.m.
55th and Old Cheney Road (Old Cheney Center behind the Lincoln Racquet Club)

Piedmont Shops Farmers' Market
Saturdays, May–September
8 a.m.–noon
Piedmond Shopping Center parking lot, 1265 South Cotner Blvd

St. Paul United Church of Christ Farmers' Market
Tuesdays, June 9–September 8
4:30–7:30 p.m.
1144 M Street

Community Supported Agriculture (CSA)

Community Supported Agriculture (CSA) offers consumers the opportunity to buy local, seasonal foods directly from a farmer. The farmer offers a number of "shares" to the public in advance of the growing season. In turn, each week throughout the growing season, the consumer receives fresh produce from the farmer. Terms, regarding cost, amount of food, delivery will vary according to farmer.

Consumers share in the bounty of the harvest and also the risks of natural disasters that may affect the crops. The types of food you receive will depend on what the farm is producing. For a list of CSA's in the Lancaster County area, check the Nebraska Buy Fresh Buy Local Web site at http://buylocalnebraska.org

Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) helps families grow food for themselves and the community. Community CROPS was started with one community garden in 2003, and has grown over the years to become a successful organization. CROPS now has 14 community garden sites, a training farm, a successful Community Supported Agriculture program, its own Community CROPS Farmers' Market and a regular stand at the Old Cheney Road Farmers' Market and more.

CROPS also offers the opportunity to purchase locally grown produce through Community Supported Agriculture. Learn more at http://communitycrops.org or by calling 474-9802.

Buy Fresh Buy Local Nebraska (BFBLN)

Mission: "Buy Fresh Buy Local Nebraska encourages the purchase and enjoyment of locally grown food."

BFBLN is a program that promotes local markets for local growers, helps consumers find fresh local products, educates the community about the economic and environmental benefits of local food and helps keep family farms financially viable.

With its partners — University of Nebraska-Lincoln Nebraska Cooperative Development Center, Nebraska Sustainable Agriculture Society, Nebraska Great Plains RC&D, South Central Nebraska RC&D, Loup Basin and Prairieland RC&Ds and its national partner FoodRoutes Network — BFBLN is currently expanding the program's reach into the central part of our state. Thirty three counties, including Lancaster County, are now actively involved in the promotion of local food and bringing our food closer to our forks.

Members are engaged in the production, distribution and retail sales of local food products and also include partner organizations, agencies and individuals that support the development of a community-based food system.

BFBLN prints a yearly Local Food Guide to inform consumers where they can buy local foods, what is available during the growing season and information about our local producers.

For more information about Buy Fresh Buy Local Nebraska or to become a member, contact Billene Nemec at bnemec2@unl.edu or 472-5273.

FOR MORE INFO

For information about using produce purchased at a Farmers' Market, go to http://lancaster.unl.edu/food/farmers-markets.shtml

For information about buying local foods, including from community supported agricultures in Nebraska, go to http://buylocalnebraska.org

Resurgence in Farmers' Markets is Good News

Jennifer Abel, *Master's Degree Candidate*
Joan Thomson, *Associate Professor*
Audrey Maretzki, *Professor*
The Pennsylvania State University


Don Janssen, UNL Extension in Lancaster County

On any given summer Saturday, a visitor to a farmers' market in Ithaca, New York; Madison, Wisconsin; Lawrence, Kansas; Knoxville, Tennessee; Cochise County, Arizona; or any one of the 2,476 markets throughout the country will be greeted with mounds of fresh-picked produce and, in a lot of places, fresh baked goods, meat, cheese and eggs. The U.S. Department of Agriculture reports two decades ago, less than 100 farmers' markets operated in the nation. The first directory, published in 1994, listed 1,755 markets.

Farmers' markets and other direct-marketing venues were the norm during the 19th century, but lost popularity when refrigeration and improved transportation systems made it possible to ship produce long distances. Recent decades have seen a revival in farmers' markets as health-conscious consumers demonstrated a desire to get the freshest produce possible.

In surveys conducted throughout the country, consumers rank freshness as the number one reason for buying produce from farmers' markets, and as the main factor they consider when buying produce anywhere. These surveys also indicate consumers perceive the freshest produce to be available at direct markets like farmers' markets.

The resurgence in farmers' markets is good news for consumers, communities and farmers. Outlets for locally-produced foods provide more than just the freshest possible food. They help establish connections between consumers and food producers, provide an additional income source for farmers, and in general, serve as a tool for community development. However, starting them and keeping them in operation demand a great deal of attention to consumer, vendor and community needs.

Follow Guidelines when Selling Crops Directly to Consumers

Dale T. Lindgren
UNL Horticulture Specialist
Laurie Hodges
UNL Vegetable Specialist

Growers raising horticultural crops in Nebraska sell part of their crop through direct marketing outlets, such as pick-your-own farms, roadside stands and farmers' markets. Produce sold through these marketing outlets usually is sold by number or count, such as a single tomato or fruit or a dozen ears of sweet corn; weight, such as one pound of snap beans; or volume, such as bushel, lug, carton, crate or quart.

Although many sell fresh produce using a unit count, growers are encouraged to sell by legal net weight since this is most accurate for both the consumer and the grower. Produce sold by weight can be weighed, packaged and then label the package with net weight at home or sold by weight at the time of sale using a state-certified scale.

Here are some guidelines for selling horticultural crops for direct marketing to consumers:

- **Asparagus**, sold in one-half to 2-pound bunches, 45-pound bushel, 10-pound 3-quart basket or 32-pound crate.
- **Snap, green and wax beans**, by pound; 1 bushel is 28 to 30 pounds.
- **Dry edible bean**s, by pound; 1 bushel is 60 pounds.
- **Beets** without tops, in 2-pound bunches; with tops 50- to 56-pounds per bushel.
- **Broccoli** by head or bunch, a 23- to 25-pound crate or bushel.
- **Brussel sprouts** by quart or weight (approximately 1.5-pounds per quart).
- **Cabbage**, often sold by the head, 50-pound crate.
- **Carrots** without tops, by pound, or a 50-pound bushel.
- **Cauliflower,** sold as a head, 50-pound bushel.
- **Swiss chard**, sold in a bunch or by weight.
- **Cucumbers**, by pound or count; 48- to 50-pounds per bushel.
- **Eggplant**, sold by count; 33- to 35-pounds per bushel.
- **Garlic**, sold in bunches or pounds.
- **Gourds**, sold by count.
- **Horseradish**, sold in 2- to 4-pound bags or in a 50-pound bushel.
- **Kale**, sold in 1- to 1.5-pound bunches or 18-pounds per bushel.
- **Lettuce**, sold by bunch or head or in a carton of 2 dozen.
- **Muskmelon**, sold by count or in a 48-pound bushel.
- **Okra**, sold by pound or in a 26- to 30-pound bushel.
- **Onions**, dry bulb types, often sold by count or in bags of 5, 10 or 50-pounds.
- **Parsnips**, sold by pound or in 48-pound bushel.
- **Peas in edible pods**, sold per pound or in a 8- to 10-pound peck.
- **Sweet bell peppers**, sold by count or in 25- to 30-pound bushel.
- **Potatoes**, sold in 5- to 10-pound bags or in a 50-pound bushel.
- **Shallots,** sold in bunches of 12 or in a 25-pound bushel containing 5 dozen bunches of 12.
- **Spinach**, sold in 1 to 1.5 pound bunches or in a 18-pound bushel.
- **Sweet corn**, by the dozen or in a 35- to 40-pound bushel or a crate of 5 dozen.
- **Sweet potatoes**, sold by pound in a 48- to 50-pound bushel.
- **Watermelon**, sold by pound or by individual count or in a 70- to 90-pound crate.
- **Apricots**, sold by pound or by bushels that weigh 50 pounds.
- **Blackberries**, sold in quarts that weigh 1.5 pounds.
- **Cherries**, sold in quarts that weigh between 1 and 1.75 pounds, bushels that weigh 56 pounds or lugs that weigh 15 to 16 pounds.
- **Peaches**, sold by pound or in a 50-pound bushel.
- **Raspberries**, sold in a one and one-half quart.
- **Strawberries**, sold by the quart that weighs 1.5 pounds.

Because of the variation in produce and containers, some of the unit weights are average and all are *approximations only*. State regulations regarding the sale of products by weight and scale inspections are available through the Division of Weights and Measures, Nebraska Department of Agriculture, P.O. Box 94757, 301 Centennial Mall South, Lincoln, NE 68509-4757.

FOR MORE INFO
NebGuide G1640 "Weights and Measures for Horticultural Crops" is available at the extension office and online at http://www.ianrpubs.unl.edu/sendIt/g1640.pdf


University of Nebraska Institute of Agriculture and Natural Resources

Ten Lawn Irrigation Tips

John C. Fech
UNL Extension Educator

1. **Measure the amount of water applied in a 15-minute period using collection devices** such as tuna or coffee cans. Adjust the runtime to deliver the required amount.
2. **Kentucky bluegrass lawns, in general, require** 1 inch per week in April and May, 1-1/4-inch per week in June, 1-1/2 in July and August, 1-1/4 in September and 1 inch in October.
3. **Use a screwdriver or soil probe to measure moisture** (rainfall + irrigation water) penetration into the lawn.
4. **Water to the bottom of the roots.** Use a small shovel to determine how deep the roots are. Actually the soil should be kept moist to about half an inch deeper than the deepest roots to encourage downward growth. Roots are shallow in summer and deeper in spring/fall.
5. **When watering on a slope, use "delayed starts."** Run your sprinklers until you notice runoff, then stop. Wait 3 hours, then resume. Aerate to increase infiltration.
6. **Water in the early morning** (4 a.m. to 10 a.m.). This allows the grass blades to dry, making them less susceptible to foliar diseases. Watering is more efficient in morning due to less evaporation and wind speed. Change the time your system runs monthly, or at least seasonally. Contact a lawn sprinkler professional if you need help.
7. **Observe your sprinkler system once per month.** Look for heads that don't turn, heads that spray into the street or onto a sidewalk, bent or damaged heads, clogged or worn nozzles or orifices, turf growth around heads that impede water delivery, puddling and runoff.
8. **Adjust sprinkler heads** as landscape plants grow larger and begin to block the spray pattern. New installations of benches, decks, etc. can also decrease irrigation efficiency.
9. **On days when temperatures are above 90°F, run your sprinklers 5–10 minutes** per zone in the afternoon to cool the turf and reduce stress. This is called "spritzing," and it reduces the symptoms of summer patch disease.
10. **Create water zones** by putting plants together that have similar water needs. Each turf species has a different water requirement which is also distinct from ornamentals. Ornamental plants should be grouped into low-, moderate- and high-water users. Each zone of plants should be irrigated according to its needs.


Example watering zone
University of Nebraska Institute of Agriculture and Natural Resources

Determining and Sharing Irrigation Costs

Tom Dorn
UNL Extension Educator

I get calls each year regarding a quarter section which is split into two 80 acre parcels each owned by a different party. One of the owners has installed a center pivot sprinkler with the pivot point nearly on the boundary between the two parcels with the intention of irrigating a half circle covering about 62.5 acres. The party without irrigation has asked what the pivot owner would charge to run a full circle instead of running their pivot in a "windshield wiper" fashion. The basic question the caller wants guidance on is, what is a "fair" price to have the irrigation system irrigate the neighbor's field?

Many times, the original thought is the two parties would spilt the energy (fuel) cost, since each has essentially the same number of acres irrigated by the pivot. I remind the caller energy cost is not the only cost of owning and operating an irrigation system. A large share of the total cost of irrigation results from ownership costs. A large percentage of these costs are not annual out-of-pocket costs, but rather are sunk costs. Examples of sunk costs include, a fair return on capital investment and depreciation costs. Taxes and insurance are out-of-pocket, annual ownership costs.

One factor shouldn't be overlooked in this situation. Ownership costs are largely the result of sunk costs and are essentially the same regardless if the pivot makes a full circle or a half circle. This means the annual ownership cost component of the total cost, expressed on a dollar per acre basis, will be double if the pivot only irrigates a half circle. Therefore, if the neighbor is willing to pay his/her full share of all the operating costs plus a full share of the ownership costs, the owner will definitely reduce his total cost per acre and per acre-inch of water applied as compared to using the system on only a half circle. In fact, as long as the neighbor pays their full share of the operating cost plus any portion of the ownership costs, the owner is better off from a total annual cost per acre basis as compared to irrigating a half circle.

I developed a computerized worksheet that can assist with estimating the costs of owning and operating an irrigation system. It provides an estimate of the energy cost based on the work done to pump the acre inches of water delivered, the height the water must be lifted to reach the surface (lift) and the system pressure measured at the pump discharge. It also provides estimates of the average annual repair and labor costs for operation and management. The worksheet is accessible FREE on the Web at **http://lancaster.unl.edu/ag/crops/irrigate.shtml** under the heading "Annualized Cost of an Irrigation System."

The worksheet (irrigcost.xls) is presented in Microsoft Excel™ (.xls) format. The notebook presents eight scenarios, each on a separate tab. Four scenarios assume the irrigation system is a center pivot powered by one of four energy sources (diesel, natural gas [either $/mcf or $/therm], propane or electricity). The other four scenarios use a gated pipe irrigation system with the same four energy choices. The underlying programming is actually the same on every worksheet. Different scenarios are presented on different tabs to facilitate comparisons between alternatives.

To prevent corruption of the programming code, the entire workbook has been protected except for the cells requiring user input (blue font).

If none of the scenarios fit the situation, alternate irrigation system types and alternate energy sources may be selected from drop down menus. The workbook can be used as an interactive Web page or can be downloaded at no cost from the Web site to a folder on your computer. You should be able to open your Excel program, browse to the file and open it.

Figure 1 is the example presented on the Web site on the tab labeled Diesel Pivot. If you change the "Acres Irrigated" from 125 to 62.5 you have Figure 2.

Figure 1. Irricost sample spreadsheet for 125 Acres
In this example, ownership costs = $11.54/acre inch AND operating costs = $8.46/acre inch; total costs = $20.01/acre inch

Annualized Cost of Owning and Operating an Irrigation System

Center Pivot with Diesel Engine — Written by: Tom Dorn, Extension Educator UNL-IANR Lancaster County, NE revised 02/02/2009

Select Distribution System	Pivot	Note: Users are encouraged to replace all values in blue font with values that represent their unique situation.
Acres Irrigated	125	
Pumping water level, ft.	140	
System Pressure, PSI	45	
Gross Depth applied, Inches	8	Select Distribution system and energy source for the pump motor from pull down menus.
Select Power Unit Type	Diesel	
$/Gallon	$2.500	
Labor Chrg, $/hour	$16.00	
Irrigation District, $/ac-ft	0	
Return on Invest. (R.O.I), %	5	
Drip Oil, $/gal	$20.00	
Increase in Property Tax Due to Irrig.Development, $/ac	$20.00	

Component				Ownership Costs			Operating Costs				
	Initial Cost	Life	Salvage[4]	R.O.I.	Insurance + tax	Depr	Repairs[2]	Oper. labor	Diesel	Energy $[1]	Total Costs
Irrigation Well	$16,500	25	($825)	$409	$165	$693	$138	$16	Gallons		$1,421
Irrigation Pump	$11,163	18	$558	$308	$112	$589	$457	$64			$1,529
Gear Head	$2,800	15	$140	$78	$28	$177	$23	$16			$323
Pump Base, etc.	$1,100	25	$55	$30	$11	$42	$11	$16			$110
Diesel Engine & Tank	$11,500	12	$575	$325	$230	$910	$507	$240	2,218	$5,544	$7,757
Center Pivot System	$52,000	20	$2,600	$1,427	$1,040	$2,470	$1,300	$0		$132	$6,369
			$0	$0	$0	$0	$0	$0		$0	$0
											$0
Add'l Property Tax					$2,500						$2,500
Totals	$95,063		$3,103	$2,576	$1,586	$4,882	$2,436	$352		$5,676	$20,007

		Ownership Costs	Operating Costs	Total Costs
	Total annual $	$11,544	$8,464	$20,007
	Annual $/ Acre	$92.35	$67.71	$160.06
	$/ac-in	$11.54	$8.46	$20.01

1 Energy Cost assumes operating at 100% of the NPC. Hookup charge added for Electric Units.
2 Drip oil added to repair costs. For internal combustion engines, 5% of energy costs added to repair costs for oil, filters, and lube.
3 Energy Cost for Center Pivot assumes 7/8 hp-h per acre inch of water delivered. Other systems require no additional energy for distribution
4 End of life salvage value 5% of purchase price except for well.
End of life cost for well = 5% to plug the well.

Figure 2. Irricost sample spreadsheet for 62.5 Acres
In this example, ownership costs = $20.59/acre inch AND operating costs = $8.46/acre inch; total costs - $29.05/acre inch

Annualized Cost of Owning and Operating an Irrigation System

Center Pivot with Diesel Engine — Written by: Tom Dorn, Extension Educator UNL-IANR Lancaster County, NE revised 02/02/2009

Select Distribution System	Pivot	Note: Users are encouraged to replace all values in blue font with values that represent their unique situation.
Acres Irrigated	62.5	
Pumping water level, ft.	140	
System Pressure, PSI	45	
Gross Depth applied, inches	8	Select Distribution system and energy source for the pump motor from pull down menus.
Select Power Unit Type	Diesel	
$/Gallon	$2.500	
Labor Chrg, $/hour	$16.00	
Irrigation District, $/ac-ft	0	
Return on Invest. (R.O.I), %	5	
Drip Oil, $/gal	$20.00	
Increase in Property Tax Due to Irrig.Development, $/ac	$20.00	

Component				Ownership Costs			Operating Costs				
	Initial Cost	Life	Salvage[4]	R.O.I.	Insurance + tax	Depr	Repairs[2]	Oper. labor	Diesel	Energy $[1]	Total Costs
Irrigation Well	$16,500	25	($825)	$409	$165	$693	$69	$8	Gallons		$1,344
Irrigation Pump	$11,163	18	$558	$308	$112	$589	$228	$32			$1,269
Gear Head	$2,800	15	$140	$78	$28	$177	$12	$8			$303
Pump Base, etc.	$1,100	25	$55	$30	$11	$42	$6	$8			$96
Diesel Engine & Tank	$11,500	12	$575	$325	$230	$910	$254	$120	1,109	$2,772	$4,611
Center Pivot System	$52,000	20	$2,600	$1,427	$1,040	$2,470	$650	$0		$66	$5,653
			$0	$0	$0	$0	$0	$0		$0	$0
											$0
Add'l Property Tax					$1,250						$1,250
Totals	$95,063		$3,103	$2,576	$1,586	$4,882	$1,218	$176		$2,838	$14,525

		Ownership Costs	Operating Costs	Total Costs
	Total annual $	$10,294	$4,232	$14,525
	Annual $/ Acre	$164.70	$67.71	$232.41
	$/ac-in	$20.59	$8.46	$29.05

1 Energy Cost assumes operating at 100% of the NPC. Hookup charge added for Electric Units.
2 Drip oil added to repair costs. For internal combustion engines, 5% of energy costs added to repair costs for oil, filters, and lube.
3 Energy Cost for Center Pivot assumes 7/8 hp-h per acre inch of water delivered. Other systems require no additional energy for distribution
4 End of life salvage value 5% of purchase price except for well.
End of life cost for well = 5% to plug the well.

When to Harvest Bromegrass Hay

Many people cut bromegrass hay in mid- to late-summer—July, August, even September. The question to ask yourself is: Do people cut their brome hay at this time because it makes the best hay or because it is when they have seen other people cutting their hay?

Cutting bromegrass in mid- to late-summer can have its advantages. Weather damage is less likely because mature hay has lower moisture content when cut and we usually get less rain in July and August than in June. But what does waiting do to the quality of the hay?

Bromegrass cut in early June, soon after heads appear, will have a crude protein content of around 10 or 11 percent and TDN (a measure of energy) of 55 to 60 percent (on a dry-matter basis). According to UNL Extension Forage Specialist Bruce Anderson, that's plenty adequate for wintering most beef cows or for most pleasure horses without adding additional energy or protein. However when cut in late summer, crude protein might be only 6 percent with TDN below 50. Anderson says all species of livestock need some supplements if fed this kind of hay.

Another advantage to cutting bromegrass hay earlier is the possibility of grazing the regrowth in September, provided we get some fall moisture. Most pastures can use a little help that time of year. So, for the best quality hay and to possibly extend the grazing season, why not break with tradition and cut bromegrass when it has better nutritional quality instead of when the neighbors cut theirs.

—Tom Dorn, UNL Extension Educator

Pocket Gophers in Dryland Alfalfa Needed

In order to finish up a pocket gopher trapping study, a UNL researcher still needs access to dryland alfalfa fields containing ACTIVE pocket gopher damage. Here are the study plot criteria:

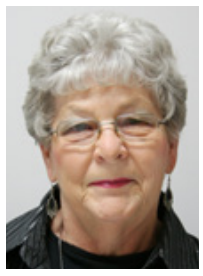
- Minimum 20 acres
- Must not have had any control of pocket gophers for at least the previous 365 days
- Must be within 3 hours of Lincoln, NE
- Must have active (as in fresh mounds not old mounds) damage

The researcher will trap for one night. Landowners should know in advance we will not eradicate their problem but we always catch at least one. There is no cost to the landowner. Landowners should contact the researcher directly: Stephen Vantassel, Project Coordinator, Internet Center for Wildlife Damage Management, svantassel2@unl.edu or 472-8961.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Bonnie's Bits

Bonnie Krueger
FCE Council Chair



June is here and the year is half over, boy how time flies when you're busy and having fun.

Flag Day, June 14 is a day to salute the flag. The first observance, 1877, was our country's anniversary of the red, white and blue banner. Congress officially recognized it by passing National Flag Day bill in 1949 during President Harry Truman's administration. The largest flag is displayed in Washington D.C., it measures 411 feet by 210 feet across and weigh's 7 ton. Each star measures 13 feet across.

The good old summer time begins June 21. This is when the sun is farthest north. The day is known as the Summer Solstice. June 21 is also Father's Day. Creating a day for children to honor their father began in Spokane, Washington by Sonora Smart Dodd who thought of the idea for Father's Day while listening to a Mother's Day sermon in 1919. This holiday was not officially recognized until 1972 during the presidency of Richard Nixon.

Sizzling Summer Sampler will be July 9, 6 p.m. Details can be found below.

Hope each and everyone of you have a wonderful summer and Happy Father's Day to all you fathers.

FCE News & Events

FCE Council Meeting June 22

The June FCE Council meeting is Monday, June 22, 7 p.m. at the Lancaster Extension Education Center. The program will be "Re-Connecting Children and Families with Nature" presented by McKenzie Barry, environmental specialist at the Lower Platte South NRD.

Entries for the Heritage Skills Contest should be brought to this meeting. Categories are sculpture, fiber arts (articles made of thread), scrapbooking and photography.

All FCE members are invited to attend.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Guests welcome!

Thursday, July 9 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Rd, Lincoln

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

Program

MUSICAL ENTERTAINMENT
presented by Anne Bremer

WHY WE LAUGH
How cultural, social and generational differences affect the perception of what is funny
presented by Richard Kimbrough

ASIAN CLOTH WRAPPING TECHNIQUES
Pojagi (Korean) and Furoshiki (Japanese) wrapping techniques will be demonstrated
presented by Sheila Green

HOUSEHOLD HINTS

by Lorene Bartos, UNL Extension Educator

Air Conditioner Maintenance

Good maintenance practices, along with regular cleaning, will prevent mold and mildew buildup. Another bonus: clean, well-operating air conditioners are more efficient, which helps control energy costs.

Room Unit Maintenance

Turn off the power or unplug the unit before you begin.

- At the beginning of the season, vacuum the evaporator coils. These can be found immediately behind the front grille.
- Using a level, check the installation. The unit should slant slightly toward the ground so the condensed water flows out of the unit.
- Change disposable filters at regular intervals during the season.
- Permanent filters should be cleaned several times during the season. Remove the filter and lay it flat in the sink. Sprinkle detergent over the surface, and then fill the sink with about one inch of hot water. Let the filter soak for about 15 minutes. Rinse it well with warm water. Make sure it's thoroughly dry before reinstalling it.
- If the unit stays in the window all year, cover it during the off season. If you remove and store the unit some place prone to dampness, such as a cellar or a garage, raise the air conditioning unit off the floor with a few pieces of wood. This will protect it from moisture on the floor.
- Always follow the manufacturer's instructions for your unit.

Central System Maintenance

A yearly service call by a professional should include washing the condensing coils and vacuuming the evaporator coils. During the summer, there are a few things you should monitor.

- Disposable filters should be changed several times during the season. Permanent filters should be washed, using the same method as for room unit air conditioners.
- Leaves and fallen branches can clog the fan grille on the outdoor condensing unit, which can cause moisture buildup and affect the air conditioner's efficiency. Check the unit regularly, especially after winds and rain.
- Always follow the manufacturer's instructions for your unit

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.**

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

June — National Safety Month

Lorene Bartos
UNL Extension Educator

Having a safe home and being prepared for emergencies is important for all families. Have you checked your home for hazards? Do you have a emergency kit?

The National Safety Council gives the following tips for being prepared for emergencies.

- Designate a safe place to take shelter in the home during a weather event.
- Keep flashlights and extra batteries on each floor of the house, in easy-to-find places.
- Post emergency phone numbers near the phone. Keep cell phones charged and working.
- Create an emergency kit and keep it in a readily accessible place in the home. It should include a weather radio, batteries, a first aid kit, candles, flashlights and matches.
- Develop an emergency plan, detailing where to go in specific emergencies, and where everyone should meet after evacuation. This should include instructions pertaining to family pets.
- Make sure everyone in the family knows two ways out of the home. Get a safety ladder if an exit is on the second floor. Each family member must know how to operate locks, doors and windows.
- A larger emergency supply kit should be kept in a safe place, containing a three-day supply of water (one gallon per day, per person), a three-day supply of non-perishable food, a first aid kit, medications, entertainment items, family documents, extra clothing and bedding.
- Encourage family members to learn first aid and CPR.
- Install and check smoke alarms and CO detectors. Have fire extinguishers handy and know how to use them.
- Know how to shut off water, gas and electricity to your home.
- In case of evacuation, determine several routes out of your town. Keep your car's gas tank at least half-full and leave room in the trunk for emergency supplies.
- Make a written inventory with photographs of all valuable items, and keep an extra copy outside your home.

To keep your home safe:

- Make sure your smoke detectors are working.
- Keep all medicines in the original containers and out of the reach of children.
- Check outside lighting.
- Keep stairways free from clutter. Make sure rails are tight.
- Check locks on doors and windows and keep them locked especially when leaving the home.

Ten Tips for Fertilizing Your Lawn

1. **Get Tested** — Have your soil tested for pH levels and the need for additional phosphorous and potassium. This will help determine which fertilizers and supplements are needed.
2. **Buy What You Need** — Buy organic or synthetic fertilizer. Do not use a weed and feed product unless you have widespread weed problems in your yard; instead, use straight fertilizer and spot treat or pull weeds.
3. **Slow It Down** — Select lawn-grade fertilizers that include Slow-Release Nitrogen to prevent lawn burn, reduce nutrient runoff and leaching of nutrients into groundwater.
4. **Be Well Read** — Read and follow all instructions when applying fertilizer. Incorrect application such as spilling onto paved surfaces can result in fertilizer being washed down storm sewers and ending up in our waterways.
5. **Chill Out** — Grass will not use fertilizer when it is not actively growing. To prevent runoff pollution of lakes and streams, never apply fertilizers to frozen ground or pavement.
6. **Spread it Around** — Be sure your spreader is working and adjusted properly. Read and follow the spreader setting instructions on the fertilizer label so that your spreader applies the correct amount of fertilizer.
7. **Recycle Your Lawn** — Leave grass long when mowing and leave the clippings on your lawn to decompose. "Grass-cycling" is a great source of nitrogen and saves water and fertilizer.
8. **Recycle Your Yard** — Compost leaves, yard debris and non-meat food scraps make great mulch for the garden.
9. **Slenderize Your Yard** — Keep your yard healthy by controlling how much fertilizer it gets. Follow recommended rates for lawns in your area.
10. **Protect the Borders** — When applying fertilizer, maintain a buffer strip or fertilizer-free zone around the edges of lakes and streams.

This information was adapted from the Environmental Guidelines for Responsible Lawn Care and Landscaping as developed by the members of the Lawns and Environment Initiative (L&E). To learn more about the development of the Environmental Guidelines for Responsible Lawn Care and Landscaping and the L&E Initiative go to www.lawnsandenvironment.org

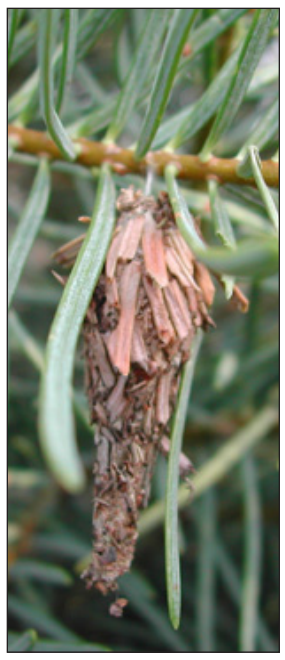
Bagworms on a Variety of Plants

Bagworm larvae begin making their bags within one day of hatching. They produce a strong web material they use to form a bag around their body and stick on pieces of nearby plant materials. Their camouflaged bags look different depending on the types of plant materials used. **Bagworms pictured below are shown approximate size.**


On a Juniper


On a Pine


On a Spruce


On a Concolor (Fir)

Photos by UNL Extension Associates Mary Jane Frogge and Soni Cochran, Extension Educator Don Janssen, Extension Assistant Vicki Jedlicka and Master Gardener Suzy Carlson

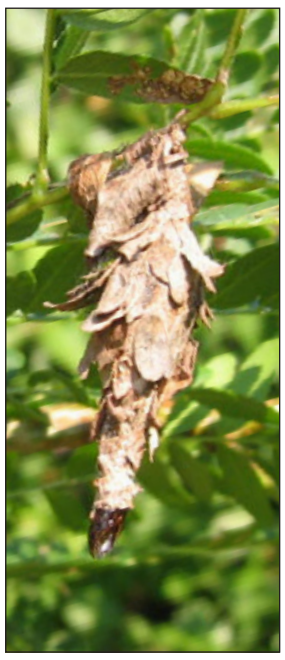

On an Arborvitae


On a Crabapple


On a Crabapple


This bagworm appears to have started on a spruce and ended up on a crabapple


On an Elm


On a Honeysuckle


On a Viburnum


On a Raspberry

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

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

Watch for and control blackspot and powdery mildew on rose foliage.

Use bark mulch around young trees to protect them from lawn mower damage.

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

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

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

For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens or fibrous rooted begonias in combination with trailing plants, such as English ivy.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Continue planting warm-season vegetable crops such as beans, squash and cucumbers.

The best time to harvest most herbs is just before flowering, when the leaves contain the maximum essential oils.

Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to http://extensionhorticulture.unl.edu

Bed Bug Bites

Barb Ogg
UNL Extension Educator

After you read this, some of you—no, probably most of you—will think I am certifiably nuts.

I did the unthinkable. I fed bed bugs...on myself...on purpose.

In mid-April, a young man brought live bed bugs (*Cimex lectularius*) to the extension office. They came from his girlfriend's apartment in Lincoln. After a couple months of being bitten, they finally dismantled the bed and box springs and found the little tormentors. I didn't count them all, but there must have been a couple dozen bugs in different stages of development. I was hoping to have live bed bugs to show at the May 21 workshop, so I was thrilled. I rolled up a length of corrugated cardboard, put it in a pint jar and threw the bugs in the jar. The little spaces in the cardboard make dandy hiding places for the bugs.

Okay, how do I keep them alive for more than a month? I finally decided I would have to feed them.

For those of you who are already grossed out by the mere thought of this, a U.S. Army medical entomologist, Harold Harlan, collected bed bugs in the late '60s. He has fed them regularly, every week or two for more than 40 years. I comforted myself with the fact he seems to be quite healthy despite the feedings. And, we know while bed bugs could transmit diseases, researchers have never been able to determine they actually do. I felt reasonably safe.

At first, I thought I would feed them on the calf of my leg like Harold Harlan does. He holds a screened jar to his leg and the bed bugs feed through the screen. But, then I decided we should get video footage of a bed bug feeding. The calf of my leg just wouldn't work. I would have to feed them on my arm.

Feeding Bed Bugs

I constructed a small arena to confine the bed bugs. This arena consisted of a very small (two-inch) food storage container with the bottom cut off (Figure 1). I taped the arena to my arm with masking tape and dropped a bed bug into the container. In all, I fed seven bed bugs of different sizes, one by one. For some reason, one bed bug wouldn't feed...it just wandered around and around the arena.

The first bed bug probed in several locations before it settled down to feed. The initial probing felt very faintly itchy... less than when a mosquito probes your skin before it feeds. If I hadn't known it was probing, I wouldn't have even noticed. After probing for 30 seconds or so, the bug stretched and the body started to fill with blood. I didn't feel anything while it was feeding. Completely painless. It fed for about six minutes. When finished, it pulled its feeding proboscis out and quickly walked away. I put it back in my sealed jar.

This procedure was repeated with all the bugs. One bug pooped after feeding and left small droplets of black feces on my skin.

Bite Reactions

Not everyone reacts to bed bug bites, so I wasn't sure if I would. A new study reports most people *do* react, especially if bitten repeatedly over time, which is the case with bed bugs infesting someone's home. This study also says bites don't show up right away, especially when a person is bitten the first time. With repeated bites, the delay will get shorter and shorter.

I had no reaction to the bites until day two after the initial bite, and several didn't show up until day five.

Stage 1: Days 2–3. The initial reaction was similar to a mosquito bite. Each bite had a small, raised light-colored "bump" in the middle. The bites were only just a little bit itchy.

Stage 2: From days 4–8, the bites were bright red, swollen and I felt a painful, burning itch, a little like chigger bites, only worse. I tried not to scratch them.

Stage 3: About day nine, the swelling went down and the itching lessened. I looked closely and could see capillaries and tiny blood blisters around the center of each bite.

Stage 4: About day 12, the area around each bite now looked like it was bruised.

I have shown the progression of the bites in figures 2-5.

What Did I Learn From This?

- Even though the literature says bed bug feeding is painless, I was surprised how completely painless it was. Bed bugs are very well-adapted to their lifestyle.
- I was not prepared for the bites to be painful. I had always heard they were very itchy, but didn't know there would be a burning, painful itchiness. Not everyone reacts the same way I did.
- The probing of small bugs and large bugs seemed to produce bites equally painful and itchy.
- The act of probing and injection of salivary secretions is what causes the "bite" reaction, not the feeding itself. I ended up with about 15 "bites," but only fed seven bed bugs.
- Because I had a two to five day reaction delay to the bite, I realized some people may be bitten and not realize it for several days. If traveling, they may not know where they were bitten.
- Not surprisingly, as the bites got worse and worse, I became less and less inclined to feed them again. I did feed another bug nine days after the first feedings. This time, my body reacted quicker and the bite was itchier sooner.
- If I were going to do this again, I would not have fed the bugs in such a localized area. I think it added to my discomfort.
- I was surprised how long it took for the bites to go away. From beginning to end, I still had signs of bites three weeks after feeding, although once the swelling went down, the itchiness went away.

Figure 1: Set up used to feed bed bugs

Bed bugs are normally flat, but become distended and engorged when feeding. Recently fed bugs look like a different insect altogether.

In addition to my keeping the bugs alive, there were some other reasons for feeding the bed bugs. First, I have had clients call and describe bites to me, wanting me to verify they are bed bug bites. Some people come to the office and show bites to me. Since I had never experienced bites, I didn't feel comfortable helping people with this.

It is important to recognize bed bug bites visually change over time and may look like something else. After all, the "bite" is the body's reaction to a foreign substance, an allergic reaction and there could be other causes. To verify a bed bug bite, the bugs need to be found.

Second, I do a fair amount of traveling and it may come in handy someday knowing how I react to a bed bug bite. And third, this experience has been the basis for this article, video footage and photos, which will be put on our Web site. Check out http://lancaster.unl.edu

Figure 2: Bed bug bites on day 2

Figure 3: Bed bug bites on day 6

Figure 4: Bed bug bites on day 8

Figure 5: Bed bug bites on day 11

Bed Bug Interceptors

A new product is available, CLIMBUP™ Insect Interceptors, which may help prevent people from getting bitten by bed bugs. These are uniquely designed hard plastic cups, which fit under bed legs. Coated with a thin layer of talc, the slick plastic surface prevents bed bugs from crawling up the legs of the bed. To prevent feeding, the bed should be moved away from the wall. In addition, mattress and box springs should be completely encased in a bed bug proof encasement. One encasement shown to be bed-bug proof is Protect-A-Bed®. Both the CLIMBUP™ Insect Interceptors and Protect-A-Bed® encasements are available through pest control companies who can buy them from distributors, like UnivarUSA. Find more information about these interceptors online at http://www.insect-interceptor.com/

According to an article in the latest Pest Control Technology Magazine (April 2009), researchers at Purdue compared the efficiency of using visual inspections with interceptors. They found six times more bed bugs using interceptors than visual inspections. This shows the difficulty of finding and treating all the locations where bed bugs hide.

Because visual inspections take so much time, these interceptors may be a cost effective method of finding bed bugs. They can also be reused.

In last month's NEBLINE, I wrote about using metal cans to intercept bed bugs from climbing bed legs. The researcher used ethylene glycol to catch bed bugs, but consumers should not do this. Ethylene glycol is a hazard to pets and children who might ingest it. A 1/2-inch layer of talcum powder and/or diatomaceous earth used in the bottom of cans to desiccate bugs, is much safer.

—Barb Ogg, UNL Extension Educator

Interceptors may help prevent bed bugs from crawling up the legs of bed legs and may help monitor for bed bugs.

Life Challenge Contests

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.

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/FFA Animal ID's Due June 15

All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle and rabbits which will be entered in the 4-H or FFA this year are due to extension by June 15. This year animal ID forms are available online at http://lancaster.unl.edu/4h/Fair and the extension office.

4-H Presentations Workshop, June 25

There will be a 4-H Presentations Contest workshop on Thursday, June 25, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Attend this workshop to prepare for the Presentations Contest held Saturday, July 18 and is open to all 4-H'ers 8–18. This workshop will teach youth and volunteers about the three presentation classes, give tips on how to be a great presenter and help with presentation ideas! Must preregister by calling 441-7180 by June 28. Note: a new handout,"4-H Presentations Contest—Procedures and Guidelines" has been developed and is available at http://lancaster.unl.edu/4h/Fair and at the extension office.

4-H Teen Council Won't Meet in June

The next meeting will be Sunday, July 12 at 3 p.m.

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. Contest is open to all 4-H'ers — need not be enrolled in a bicycle project. **This year, only 4-H youth ages 8 and up (by January 1) may enter.**

MUST preregister by June 22 by calling 441-7180 (there is no entry form). Late registrations not accepted. See Fair Book p. 34. Participants must provide their own bicycle and must wear a helmet (some helmets may be available at the contest).

There are two parts of the contest. In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

Changes for Horticulture Exhibits at County Fair

Changes have been made in the Horticulture area. Please keep these changes in mind when you are preparing your exhibits for the Lancaster County Fair.

1. Containers for flower exhibits will not be provided. Exhibitor must provide own container. Please have containers be the appropriate size for your flower exhibit. Make sure the container will not tip over when the flowers are put inside. The container will not be judged.
2. Paper plates for vegetables and fruit exhibits will not be provided. Exhibitor must provide sturdy, white paper plates.
3. Exhibits need to be ready to enter when you arrive at the fair. There will not be a preparation area to prepare your exhibits.
4. Entry cards must be completely filled out before arriving at the fair.

HORSE BITS

Lancaster County 4-H Horse VIPS Pre-Districts Format Clinic/Show/Fundraiser

June 6, 2009 • 9 a.m. Start
Lancaster Event Center Pavilion 3
(84th & Havelock, Lincoln, NE)

The Lancaster County Horse VIPS committee is hosting a very special clinic/show to help everyone prepare for Districts and State!

8:00 a.m. Registration & Warm-up for all entered in English classes

8:50 a.m. Posting of Colors and National Anthem

9:00 a.m. Individual class workouts on the rail for English classes
Please listen to announcer for instructions
1. English Pleasure/Equitation (seniors)
2. English Pleasure/Equitation (juniors)
3. English Pleasure/Equitation (elementary)

Warm-up for all entered in Western classes

Individual class workouts on the rail for Western classes
Please listen to announcer for instructions
4. Western Pleasure Ponies (all ages)
5. Western Pleasure/Horsemanship (seniors)
6. Western Pleasure/Horsemanship (juniors)
7. Western Pleasure/Horsemanship (elementary)

Warm-up for all entered in Reining & Games

8. Reining (seniors)
9. Reining (juniors)

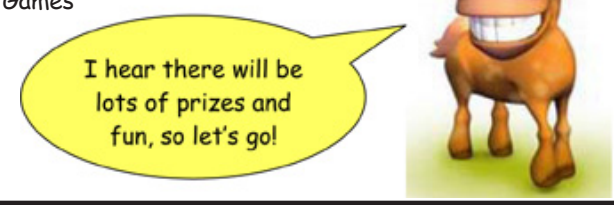
Break, arena worked, and set up for Games

10. Pole Bending (seniors)
11. Pole Bending (juniors)
12. Barrel Racing (seniors)
13. Barrel Racing (juniors)

Something For Everyone!
The show will be set up in the district format and *all 4-H age* groups can participate in English Pleasure and Equitation and Western Pleasure and Horsemanship. This will be a great opportunity for elementary age riders to experience the district format even if they aren't yet old enough for State. Plus, you can compete for prizes in a Hippology Contest.

Learn About Districts & Showing
Depending on size of the classes and show . . . if the judge has time, he will be able to do a little teaching/comments at the end of the classes. Stay and watch the Juniors and Seniors participate in Reining, Poles and Barrels.

What You Need to Know
There will be a one time office charge of $5 and a $3 charge per class. Proceeds support the Horse 4-H Program in Lancaster County. Concessions will be available on-site. 4-H attire and armbands are required. Armbands will be available for purchase.



4-H Horse ID's Due June 1

4-H horse identification forms for the Lancaster Country Fair are due in the extension office by Friday, June 1. Late ID forms **WILL NOT** be accepted. Please take the time to fill forms out completely and thoroughly. Draw your horse's markings on the picture as accurately as you can. Also, be sure to indicate the horse's color on the drawing. ID forms can be picked up at the extension office.

State 4-H Hippology and Judging Forms Due June 1

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

2009 4-H Judging Clinics

There are two upcoming horse judging contests:

- Pitzer Ranch, Ericson, NE, May 27, 8:30 a.m. Contact Steve Niemeyer at 308-346-4200 for more information.
- Pine Ridge Stables, Ashland, NE, June 24, 8:30 a.m. Contact Monte Stauffer at 402-444-7804 for more information.

4-H Riding Skills Level Testings, June 23 and July 7

Group level testings for 4-H Horse Advancement Levels will be held Tuesday, June 23, 6:30 p.m. and Tuesday, July 7, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Please RSVP at least one week in advance of the test to Marty at 441-7180 or mcruickshank2@unl.edu

Be a 4-H Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at tkulm1@unl.edu or 441-7180.

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

Kath Conroy, a 4-H clothing superintendent, is graciously donating a brand new Bernette sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future as well as why they think they should be the one youth to receive it. All papers should be sent to Tracy Kulm, Lancaster Extension Education Center, 444 Cherrycreek Road., Ste. A, Lincoln, NE 68528 by June 29.

4-H Clothing Level 2 Reminder

Difficult, challenging fabrics should NOT be used for Clothing Level 2 projects.

Volunteer Forum Oct. 1–4

The North Central Region 4-H Volunteer Forum is a conference to enhance 4-H volunteer education and to promote adult-youth partnership in the 4-H program. The forum will be held Oct. 1–4 in Lincoln. Educational sessions will focus on activities which can be used in clubs. There will also be keynote speakers, tours, networking and entertainment. Lancaster County 4-H Council is graciously providing scholarships to the first 11 Lancaster County 4-H volunteers to register for this forum. Registration opens June 1. Contact Tracy for more information. For a tentative schedule, go to http://4h.unl.edu/volunteers/forum.htm

ATV Training

If you are interested in attending an all terrain vehicle (ATV) safety training, please contact Tracy at 441-7180 by June 15.

June

Heart of 4-H Award

Quentin Farley

Lancaster County 4-H is proud to announce Quentin Farley as winner of June's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Quentin has been a 4-H volunteer for 13 years in a variety of roles including: 4-H Council member, co-leader of Star City Explorers 4-H club and a Citizenship Washington Focus (CWF) Group trip sponsor. He has also helped with shooting sports, the Lancaster County Fair 4-H food booth and Kiwanis Karnival.

"I like being a 4-H volunteer because of the kids," says Quentin. "4-H provides great opportunities for life skills learning and self discovery. If you take a close look at the achievers in the community, you will see many have ties to 4-H! My favorite experience as a 4-H volunteer was being a sponsor on the CWF trip. What can you say about two weeks on a bus with 50 teenagers! Getting to know 4-H'ers from across the country better and seeing our nation's founding landmarks with these kids was truly a moving experience."

Congratulations to Quentin. Volunteers like him 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.

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.

WORKSHOPS WITH OPENINGS AS OF MAY 15
For current class availability, go to http://lancaster.unl.edu/4h/programs/clovercollege

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

#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

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

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

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

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

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

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

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

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

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

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

42 Gratifying Graffiti (1 opening)
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, 4-H Intern

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

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, 4-H 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, 4-H Intern

CLOVER COLLEGE REGISTRATION FORM

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.

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: _____

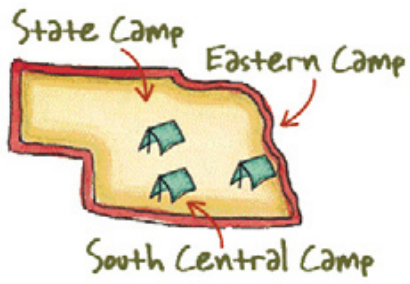
Mail or bring registration form and payment to:
UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507

EXTENSION NEWS

University of Nebraska-Lincoln Extension staff who contribute to the statewide "Spotlight on 4-H Newsletter" received a 2009 team Communicator Award for Periodical Publication by the National Association of Extension 4-H Agents NAE4-HA. UNL Extension Associate Tracy Kulm is a team member of this award. Congratulations Tracy!

The Spotlight on 4-H Newsletter is written by extension staff for 4-H volunteers during the months of January through July. It is packed with information and resources to educate, inform and motivate 4-H members and families. This newsletter is mailed to organizational leaders and is available at http://lancaster.unl.edu/4h for all 4-H volunteers and families.

Still Time to Sign Up for 4-H Summer Camps!



4-H Summer Camps & Trips are open to all youth ages 5–19 — need not be in 4-H. Specializing in leadership development and team building, 4-H summer camps create positive memories which last a lifetime.

With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins. Six camps aimed at youth ages 5–8 are one-day camps and adult chaperones are invited!

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

Since the Eastern Nebraska 4-H Camp near Gretna is closest to Lincoln, many Lancaster County youth attend camps there, however local youth also attend camps at the other two locations.

2009 4-H Summer Camp brochures have complete information and registration forms — available online at http://4h.unl.edu/camp or at the extension office.

Dates	Camp Session Title	Days	Nights	Ages	Standard	Gold*
2009 STATE 4-H CAMP SCHEDULE						
June 20	Day Camp–Cool–N–Down I***	1	0	5–8	$39	$43
July 18	Day Camp–Cool–N–Down II***	1	0	5–8	$39	$43
June 22–24	Explorer–Tank & Tube the Loup I	3	2	8–11	$176	$194
June 29–July 1	Explorer–EVERYTHING Camp	3	2	8–11	$165	$181
July 27–29	Explorer–Critters Camp	3	2	8–11	$176	$194
July 29–31	Explorer–Tank & Tube the Loup II	3	2	8–11	$176	$194
June 8–12	Discovery–Outback Halsey Survivor	5	4	11–15	$258	$284
June 15–19	Discovery–Outdoor Skills	5	4	11–15	$286	$315
June 29–July 2	Discovery–Sandhills Sampler	4	3	11–15	$210	$231
July 6–9	Discovery–Niobrara Kayaking/Tubing	4	3	11–15	$290	$319
July 19–22	Discovery–Girls Rock (NBA)	4	3	11–15	$210	$231
July 22–25	Discovery–Boys Rule (It's A Guy Thing)	4	3	11–15	$210	$231
July 27–30	Discovery–Amazing Race	4	3	11–15	$210	$231
June 22–25	Experience–Aquatic Skills	4	3	14–18	$358	$394
July 20–24	Experience–Tube & Kayak the Niobrara	5	4	14–18	$385	$424
2009 EASTERN NEBRASKA 4-H CENTER SCHEDULE						
June 13	Day Camp–Kids–N–Fishin***	1	0	5–8	$39	$43
July 11	Day Camp–Kids–N–Critters***	1	0	5–8	$39	$43
Aug 1	Day Camp–Wet–N–Wild***	1	0	5–	$39	$43
June 28–30	Explorer–Zoo Bound I	3	2	8–11	$193	$212
July 1–3	Explorer–Zoo Bound II	3	2	8–11	$193	$212
July 27–31	Explorer–Aquatic Blast I	5	4	8–11	$307	$338
Aug 3–6	Explorer–Aquatic Blast II	4	3	8–11	$233	$256
June 15–19	Discovery–Boldly Bound & Beyond	5	4	11–15	$286	$315
July 5–10	Discovery–Extreme Robotics/GPS/GIS	6	5	11–15	$200	$220
July 13–17	Discovery–Outdoor Skills	5	4	11–15	$286	$315
July 27–31	Discovery–Aquatic Blast I	5	4	11–15	$307	$338
July 27–31	Discovery–Int. Language Celebration	5	4	11–15	$307	$338
Aug 3–6	Discovery–Aquatic Blast II	4	3	11–15	$233	$256
June 22–25	Experience–Aquatic Skills	4	3	14–18	$358	$394
July 20–24	Experience–Tube & Kayak the Niobrara	5	4	14–18	$385	$424
2009 SOUTH CENTRAL 4-H CENTER SCHEDULE						
June 13	Day Camp–Cool-N-Down***	1	0	5–8	$39	$43
June 8–10	Explorer–EVERYTHING Camp I	3	2	8–11	$160	$176
June 15–17	Explorer–EVERYTHING Camp II	3	2	8–11	$160	$176
June 22–24	Explorer–Aquatic Adventure	3	2	8–11	$160	$176
June 28–July 1	Explorer–Frontier Adventure	4	3	8–11	$248	$273
June 8–11	Discovery–Veterinary Science	4	3	11–15	$248	$273
June 15–18	Discovery–Amazing Race	4	3	11–15	$226	$249
June 22–25	Discovery–Water Bound	4	3	11–15	$226	$249
June 28–July 1	Discovery–Frontier Adventure	4	3	11–15	$248	$273
July 27–31	Discovery–4-H Shooting Skills	5	4	11–15	$275	$303
June 22–25	Experience–Aquatic Skills	4	3	14–18	$358	$39

* GOLD Level fees are OPTIONAL. In an effort to help more Nebraska youth attend camp, we need your help. You may choose to pay camp fees at the Gold Level, which includes a contribution of 10 percent above the standard fee. This extra 10 percent can count as a charitable contribution and will be used only for camper scholarships. Thank you!

LEAD
Nebraska LEAD Program
Nebraska Agricultural Leadership Council, Inc.

(LEADERSHIP EDUCATION/ ACTION DEVELOPMENT)

Fellowship applications for Nebraska LEAD (Leadership Education/ Action Development) Group XXIX are now available for men and women involved in production agriculture or agribusiness. Up to 30 motivated men and women with demonstrated leadership potential will be selected from five geographic districts across our state.

Application deadline is June 15.

In addition to monthly three-day seminars throughout Nebraska from mid-September through early April each year, Nebraska LEAD fellows also participate in a ten-day National Study/Travel Seminar and a two- to three-week International Study/Travel Seminar. Seminar themes include economics, foreign cultures, government, communications, international trade, politics, business, labor, environment, finance and industry, as well as agriculture.

The Nebraska LEAD Program is designed to prepare the spokespersons, problem-solvers and decision-makers for Nebraska and its agricultural industry. In its 28th year, the program is operated by the Nebraska Agricultural Leadership Council, a nonprofit organization, in collaboration with the University of Nebraska's Institute of Agriculture and Natural Resources and in cooperation with Nebraska colleges and universities, business and industry and individuals throughout the state.

Applications are due no later than June 15 and are available via e-mail from the Nebraska LEAD Program. Please contact Shana at sgerdes2@unl.edu. You can also request an application by writing Room 318 Biochemistry Hall, University of Nebraska-Lincoln, 68583-0763 or by calling (402) 472-6810.

On the Web at http://lead.unl.edu

EXTENSION CALENDAR

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

May

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.**

June

1 **County Fair 4-H Horse ID's Due to Extension**
2 **4-H Council Meeting** . . . . . **7 p.m.**
4 **4-H Pre-Fair Leader Training** . . . . . **9:30 a.m. and 6:30 p.m.**
6 **Pre-District 4-H Horse Show/Clinic,** *Lancaster Event Center*
9 **4-H District Horse Show at Imperial**
10 **4-H District Horse Show at Ord**
11 **4-H District Horse Show at Columbus**
11 **4-H Rabbit VIPS Committee Meeting,** *Lancaster Event Center, 4-H Office* . . . . . **7 p.m.**
12 **Extension Board Meeting** . . . . . **8 a.m.**
12 **4-H District Horse Show at Weeping Water**
15 **4-H/FFA Livestock ID's and DNA Samples Due**
16 **4-H District Horse Show at Bridgeport**
17 **4-H District Horse Show at Nelson**
16–19 **4-H Clover College**
20 **Composting Demonstration,** *Pioneers Park Nature Center's backyard composting demonstration area* . . . . . **10 a.m.**
22 **Family Community Education (FCE) Council Meeting** . . . . . **7 p.m.**
23 **Guardian/Conservator Training** . . . . . **5:30–8:30 p.m.**
23 **4-H Horse Level Testing,** *Lancaster Event Center, Pavilion 3* . . . . **6:30 p.m.**
25 **Parents Forever/Kids Talk About Divorce** . . . . . **5:30–9:30 p.m.**
29–30 **4-H PASE/Life Challenge,** *UNL East Campus*

4-H Speech & PSA Contest Winners

The Lancaster County 4-H Speech and Public Service Announcement contest was held April 19. Over 50 Lancaster County 4-H youth competed in this year's communication events. Photos are online at http:/lancaster.unl.edu/4h — top PSA's will be posted online soon. In both contests, the top three winners in each division (listed below) will go to regionals, held May 28 at UNL East Campus.

Congratulations to all participants!

SENIOR SPEECH: Jessica Stephenson (1st), Elizabeth Boender (2nd), Erica Peterson (3rd)
INTERMEDIATE SPEECH: Molly Noel (1st), Ann Greff (2nd), Jaime Stephenson (3rd)
JUNIOR SPEECH: Samantha Leyden (1st), Alyssa Catt (2nd), Ivy Dearmont (3rd)
SENIOR PSA: Jessica Stephenson (1st), Spencer Farley (2nd), Erica Peterson (3rd)
INTERMEDIATE PSA: Charlotte Tvrdy (1st), Jaime Stephenson (2nd), Holly Hillebran (3rd)
JUNIOR PSA: Kailee Borwn (1st), Samantha Leyden (2nd), Victoria Garza (3rd)

Explore Career Options at Big Red Academic Camps

The 2009 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska–Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special "capstone event" which family members are invited to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office. For more information, call 472-2805.

Camp	Dates	Grade**
Our Changing Earth*	June 7–12	9–12
Child Development	June 7–12	9–12
Companion Animals*	June 7–12	9–12
Culinary Arts	June 7–12	9–12
Filmmaking	June 7–12	9–12
Food Molecular Biology	June 7–12	9–12
Spider Science	June 7–12	10–12
Theatre	June 7–12	9–12
Quilt Design	June 7–12	9–12
Unicameral Youth Conference	June 7–10	9–12
Veterinary Science*	June 7–12	9–12
Web Design and Animation	June 7–12	9–12

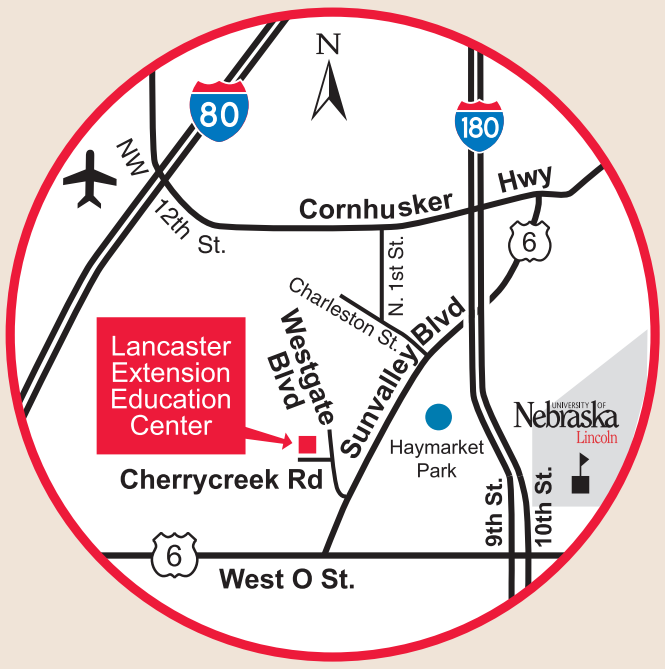
* New camp for 2009
**Grade for Fall '09. Students who graduate in May '09 are welcome to attend.

University of Nebraska Lincoln EXTENSION

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.

The Nebline

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

Free Subscription

Subscriptions to The Nebline are free to Lancaster County residents. There is an annual $5 mailing and handling fee to addresses in zip codes other than *683–, 684–, 685–, 68003, 68017 and 68065.*

❑ Order subscription ❑ Change of address

Name _____

Address _____

City _____ Zip _____

Phone _____

We will only use your phone number in case there is a problem with your mailing address.

Mail to: UNL Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Extension is Now on Popular Social Media Sites

For the past few years, teenagers and young adults have been the primary users of Web sites like MySpace and Facebook. But the face of social networking is changing as their parents and grandparents are embracing this new way to stay in touch. YouTube and Twitter have added even more opportunities to help people connect and learn. UNL Extension in Lancaster County staff use these social and media sharing sites to provide even more opportunities for you to engage with your local extension office.

YouTube, www.youtube.com — YouTube was founded in 2005. It is an online Web site where people connect, inform and inspire by sharing short videos. YouTube reports people are watching hundreds of millions of videos every day. And each minute, users are adding 10 hours of video to the site. UNL Extension in Lancaster County has a variety of videos on YouTube so you can watch, learn and enjoy at your convenience. Videos include Farmers' Markets, Lancaster County Fair, Raising Rabbits, 4-H Clover College, Saving Money at Supermarkets and Bagworm Control. For a list of YouTube videos currently available from the extension office, go to http://lancaster.unl.edu/media

Twitter, www.twitter.com — President Obama uses Twitter. Celebrities use twitter. You can't listen to the evening news without hearing one of the reporters talk about Twitter. Did you know 4-H clubs, government agencies, individuals and families are also using Twitter? Twitter is a free service that let's you keep in touch by quickly exchanging ideas in a "tweet" — saying something in 140 characters or less. Join Twitter.com and follow us:

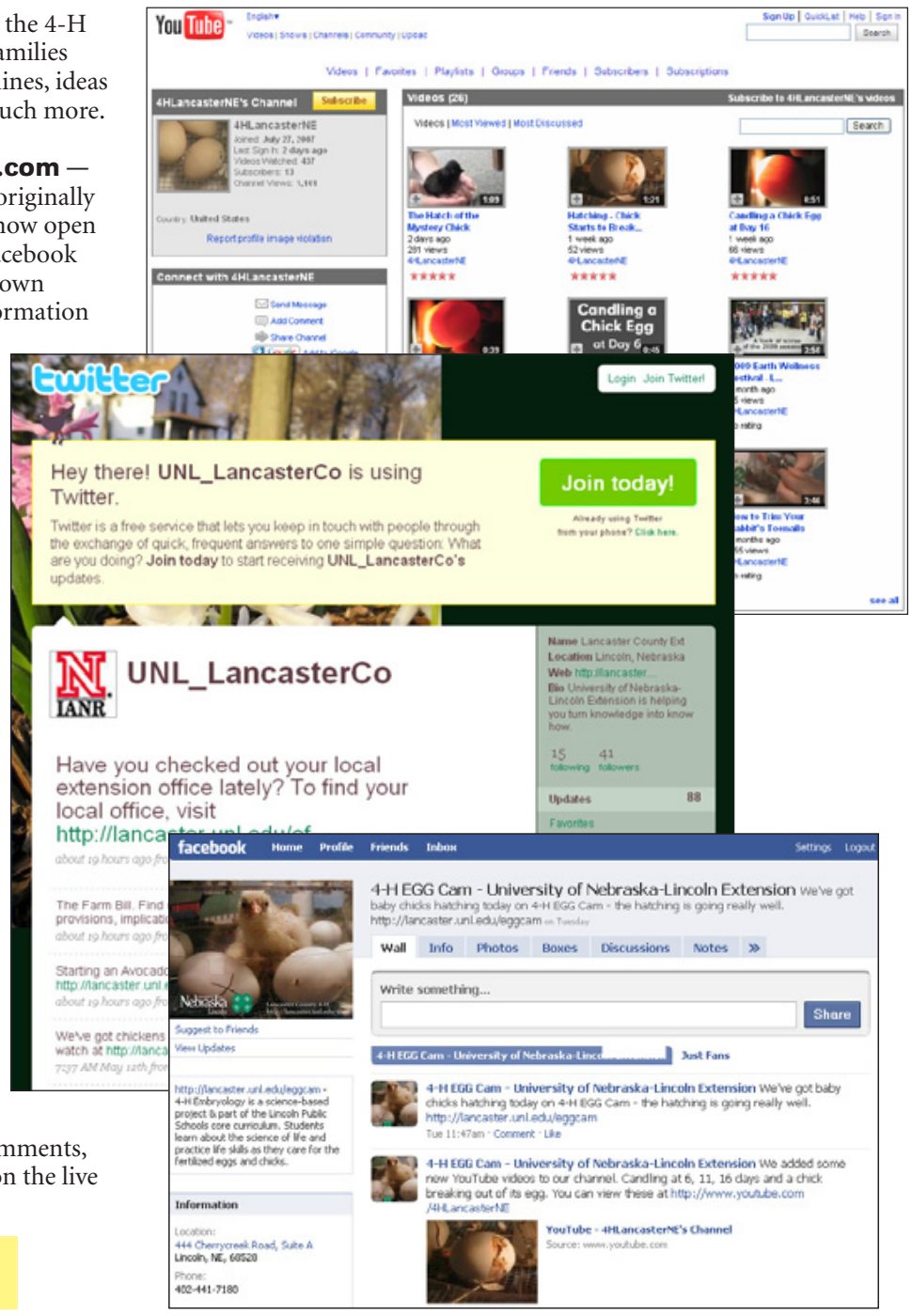
- www.twitter.com/UNL_LancasterCo: follow the tweets on the extension office Twitter to learn about upcoming programs, find useful information and get important updates on hot topics in the yard and garden, on the farm, relationships, finance, pests and much more.
- www.twitter.com/LancasterCo_4H: the 4-H Twitter gives 4-H'ers, leaders and families updates on upcoming events, deadlines, ideas for club meetings, resources and much more.

Facebook, www.facebook.com — Facebook is a social networking site originally designed for college students, but is now open to anyone 13 years of age or older. Facebook users can create and customize their own profiles with photos, videos, and information about themselves. According to Inside Facebook, in February 2009, Facebook reported nearly 45.3 million active users. Women over the age of 55 are the fastest growing users of Facebook, up 175% from November 2008.

It's easy to start your own free Facebook account and it only takes a few minutes. You'll be asked to edit your profile with basic information and find people you know. Once you have an account, you'll soon be connecting with friends and family, and joining groups of interest to you. Make sure you take time to learn about the privacy options on Facebook. You can decide what you want to make private, and what you want to share. If you have teenagers, also review their privacy settings on Facebook with them.

Once you are on Facebook, you can become a fan of 4-H EGG Cam. A link and directions are available at http://lancaster.unl.edu/media. Fans of 4-H EGG Cam get regular updates, share photos, comments, ideas and discuss what's happening on the live streaming Web camera.

Access these opportunities at http://lancaster.unl.edu/media



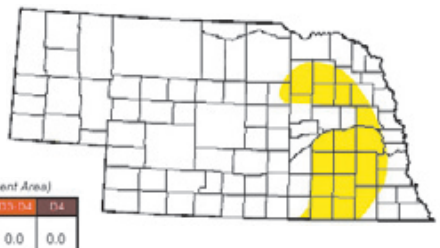
Can You Guess It?

Did you guess it? Find out at
http://lancaster.unl.edu

Did you guess it from the May NEBLINE?
Aged horse manure — a great soil amendment for the garden

U.S. Drought Monitor Map

As of May 12, Lancaster County was in abnormally dry conditions.



Drought Conditions (Percent Area)

	None	D0-D4	D1-D4	D2-D4	D3-D4	D4
Current	85.7	14.3	0.0	0.0	0.0	0.0
Last Week (05/05/2009 map)	85.9	14.1	0.0	0.0	0.0	0.0
3 Months Ago (02/17/2009 map)	89.5	10.5	0.0	0.0	0.0	0.0
Start of Calendar Year (01/06/2009 map)	89.8	10.2	0.0	0.0	0.0	0.0
Start of Water Year (10/07/2008 map)	83.0	17.0	0.0	0.0	0.0	0.0
One Year Ago (05/13/2008 map)	65.4	34.6	15.1	7.8	0.0	0.0

Intensity:
D0 Abnormally Dry
D1 Drought - Moderate
D2 Drought - Severe
D3 Drought - Extreme
D4 Drought - Exceptional

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

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

Attracting Wildlife: American Goldfinch

Soni Cochran, UNL Extension in Lancaster County

Female (left) and male (right) goldfinches (summer colors)

American Goldfinches are some of the most beautiful birds in our neighborhoods. They are sometimes called wild canaries. In summer, males are vivid yellow with black on the wings and top of head. Females and young are a more drab olive.

Goldfinch fly as if they are on a rollercoaster, dipping up and down. While they fly, they sing a series of chirping notes.

Unlike many songbirds, goldfinches do not carry droppings of the young away from their nest. The nest becomes very messy by the time the baby birds are ready to leave.

Goldfinches prefer shrubby, weedy fields, wood edges, pastures, meadows and open areas with scattered, brushy thickets and trees. They nest from June–September in shrubs or small trees, 4 to 14 feet high. This is relatively late compared to some other songbirds. The pale bluish white eggs hatch in about two weeks. Both parents feed the baby birds until they are ready to fly in 10–16 days.

Goldfinches are primarily seed eaters. They feed on thistle seeds and the seeds of ragweed, goldenrod and dandelion. They will eat some insects in spring.

These delightful birds are common at backyard bird feeders. They feed on niger or thistle seeds. The birds will also eat broken sunflower hearts and black-oil sunflower seeds. Hanging finch feeders work best, but these birds will also feed out of other types of feeders. A water source for drinking and bathing is an important attractant.

Goldfinches will not take advantage of man-made bird houses or nesting structures. You can attract them by planting or maintaining shrubby vegetation near pastures or weedy areas in rural areas. In urban backyards, plant zinnias, evening primrose and other plants with small seeds.

Source: Who's Who in Great Plains Songbirds.