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## The NEBLINE, March 2011

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# CONNECT, LEARN, AND SHARE with Extension

Soni Cochran  
UNL Extension Associate

For over a year, University of Nebraska-Lincoln Extension in Lancaster County has been using social networking sites like Facebook, Twitter, and YouTube. These sites give you an opportunity to connect, learn, and share with local extension staff and people with similar interests. The quick rise of social networking isn't surprising. Humans have always had a need to connect and talk with each other. And contrary to popular belief, technology isn't restricting connections between people, but it is expanding them. It is just expanding our connections differently. When people connect through technology, their community and neighborhood is broadened and the pace of conversation certainly speeds up. Just a few years ago, people were mainly using the Web to research and view information. Today, people are using their home computers, laptops, and mobile-based tools like cell phones for gathering news, finding entertainment, sharing ideas, photos, video, audio, and discussing information with other people.

When our 4-H Citizenship Washington Focus group left for their educational trip to the east coast last summer, adult sponsors kept families informed by posting a daily blog online. A blog is similar to what you might put in a diary or journal. Family members could go online and read the blog describing group's adventures and view photos. Parents could even post comments about the pictures or ask questions about what was happening on the trip.

During 4-H Embryology, when eggs are hatching in classrooms and on 4-H EGG Cam, Facebook users can log on and keep up on the action, ask questions and post their own photos. This was really helpful this past month when our local schools were closed due to bad weather on the days chicks were hatching in third

grade classrooms. Some teachers quickly emailed their students so families could still watch the eggs hatch online. Sure it wasn't the same as watching the eggs hatch in their own classrooms, but it helped students share in the experience. One of the mom's posted "Thanks for providing this webcam! My daughter has some eggs in her class that were supposed to hatch today but since there is no school, this allows her to see others hatch!"

YouTube is place where users upload, share, and view videos. On the local 4-H YouTube Channel, you'll find videos to help youth learn more about their 4-H projects. For example, the UNL Animal Science Department worked with staff and a local 4-H'er to develop a series of YouTube videos to help youth learn more about caring for and showing rabbits. A variety of 4-H contests and interview judging videos are also featured on the channel. These are terrific resources as families prepare for upcoming events. If you are interested in healthy

eating and buying foods locally, check out the nutrition channel for some educational, and entertaining, videos. There is also a channel featuring bagworms, millipedes, ants, and more.

Farmers are finding out how social media can complement the work they do every day. From the seat of a combine, a farmer can use wireless technology to connect with people and experts they've never been able to reach quickly before. Farmers are helping educate people and supporting the agricultural industry with these new online tools. For example, through #AgChat on Twitter and other social sharing sites, farmers are:

- sharing information and ideas with other farmers, ranchers, and extension specialists
- marketing farm and ranch products.
- connecting and interacting with consumers, creating conversations and relationships with them.

As cell phone users become smart phone users, technology is becoming more mobile. It is



easier for people to use their phones to capture photos and email them to our office to staff identify their plants and pests. Instead of having to be in the office or at your home computer to look up nutrition information on the Internet, you can now do it on your handheld mobile device.

Globally, people have used their cell phones and mobile devices to share news and photos about major events before the news even hits the press. Everyday people are becoming important links to information. The Haiti earthquake, Fort Hood shooting, and recent demonstrations in Cairo, Egypt were documented in real time by people who were on the scene posting photos and sharing their experiences on Twitter and Facebook — even before most of us heard about it on the evening news. Social media has quickly become the first place where millions of people post and react to large-scale catastrophes and important news.

It isn't just young adults and students using technology to connect, share, and learn. What's fascinating is the expanding demographics of people using social networking. According to a 2010 Pew Research Center

report, the fastest growing group of people using social networking is adults ages 65 and older, followed by those ages 50 to 64.

The U.S. Administration on Aging has even developed a new guide, "Staying Connected: Technology Options for Older Adults," to help older adults adapt to social networking. This free guide is available by calling the Eldercare Locator at (800) 677-1116 or going to <http://go.unl.edu/734>.

Of course there are still people who remain offline, the most significant group being our elders, but even if they choose not to take part in the Internet, many of them have second-degree internet access. Their loved ones and neighbors are online. How many times has my mom asked me to look something up for her? Plenty! Just as she enjoys listening to me read the hysterical and sometimes painful tweets from people commenting on a #Huskers football game on Twitter. However, she'll probably be one of the folks who will never go online. But, that may change when I can show her how she can video chat with her granddaughter who is stationed in Iraq — for free, using Skype on a computer.



**Facebook** is a popular free social networking Web site that allows registered users to create profiles, upload photos and video, send messages, and keep in touch with friends, family, and colleagues.

Like us on Facebook:  
<http://www.facebook.com/4HEGGCam> (4-H EGG Cam)



**Twitter** is a social networking and microblogging service that allows you to answer the question, "What are you doing?" by sending short text messages 140 characters in length, called "Tweets," to your friends, or "followers."

Follow us on Twitter:  
[http://twitter.com/UNL\\_LancasterCo](http://twitter.com/UNL_LancasterCo)  
[http://twitter.com/LancasterCo\\_4H](http://twitter.com/LancasterCo_4H) (4-H)



**YouTube** is a video-sharing Web site where users upload, share, and view videos. The amount of content on YouTube is amazing. Users are currently uploading 24 hours of video to this social video site every 60 seconds.

Check us out:  
<http://www.youtube.com/UNLExtensionLanCo>  
<http://www.youtube.com/user/4HLancasterNE> (4-H)  
<http://www.youtube.com/user/alicehenneman> (nutrition and food)

For a list of more UNL Institute of Agriculture and Natural Resources (IANR) and UNL Extension, research, and teaching social network sites, go to <http://edmedia.unl.edu/social-media>



## Have you seen one of these?

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

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## WEED AWARENESS INSERT

Prepared by the  
Lancaster County  
Weed Control  
Authority





## Tips for Optimizing Your Fertilizer Investment

According to Gary Hergert, UNL Extension Soil Specialist, fertilizer costs will be substantially higher in 2011 than they’ve been in the past couple years.

Following these tips can help you get the most for your fertilizer investment.

- Follow a good soil testing program to know macro and micronutrient levels.
- Take deep soil samples for residual nitrate to fine-tune N rates.
- Use the most efficient methods to apply phosphorus and nitrogen fertilizers.
- Set realistic yield goals. Expected yield is the major factor in determining N rate for corn. Use a five-year average corn yield plus 5 percent to account for hybrid and management improvements.
- Credit nitrogen from previous crop residue of soybean and alfalfa (legume) crops. Soil tests will not show legume or crop residue credits, but it will be available during the growing season.
- Value and use manure and biosolids sources properly. These organic fertilizers are an excellent source of N, P, and micronutrients.
- Understand not all fertilizer recommendations are the same. UNL fertilizer recommendations may seem conservative compared with some commercial labs, but they are based on research and on-farm verification. They will usually be the most economical rates, even for high yield situations.
- Consider replicated strip trials to determine the effect of lower or higher rates on yield.
- Comparison shop. Look at different products and do your “fertilizer arithmetic” to compare the actual cost per pound of nutrient.

### Nutrient Management Workshop, March 10

To learn how to use the above tips to reduce fertilizer costs, come to a Nutrient Management Workshop, on March 10, from 2–4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. UNL Extension Educators Tom Dorn and Barb Ogg will discuss these and other tips to reduce fertilizer costs. No cost to attend, but you are encouraged to preregister by calling (402) 441-7180 before March 8.

## Controlling Winter Annual Bromes with Herbicides

Early weeds like downy brome, cheatgrass, and wild oats can be a big problem in pastures. They reduce pasture quality and carrying capacity.

### Warm-Season Pastures

In pastures dominated by warm-season grasses, one control option is to spray one pint of glyphosate, like Roundup®, per acre as soon as weedy bromes start to green up in the spring but before warm-season grasses start growing. This will kill most of the downy brome and will knock out other early weeds like bluegrass without harming warm-season grasses. Another option is to use 4–6 ounces of Plateau herbicide, which will also provide some residual herbicide activity for later-emerging weeds as well.

### Cool-Season Pastures

Weed control in cool-season grass pastures is tougher. Both glyphosate and Plateau harm cool-season grasses. Gramoxone is a better choice, but don’t spray until the weedy bromes are about to form seed heads. Gramoxone will kill all the green top growth it contacts, including weedy bromes. This will eliminate them producing seed this year and your intended grass will start to regrow in two to three weeks. The seed of these grasses can last several years in the soil, which means you should plan to repeat these treatments for several years. Once you’ve gotten rid of the weeds, be sure to graze the pasture to maintain the vigor and competitiveness of the desired grasses.

Source: Bruce Anderson, Extension Forage Specialist

# Leasing Pastures

Tom Dorn  
UNL Extension Educator

There are two common types of pasture leasing arrangements. The first type of lease calculates **rent on a dollars per acre basis**. The length of time the tenant may use the pasture is negotiated, but most commonly will be either five or six months for cool-season grass pastures. Let’s assume a 20 acre pasture was rented from May 1 to Sept. 30 for \$33 per acre. The total rent would be \$660.

The second type of pasture lease calculates **rent based on the total animal unit months of grazing utilized by the tenants animals**. An animal unit month (AUM) was originally defined as a 1,000 pound cow with a spring calf at her side. Total body weight of the pair is assumed to average 1,300 pounds for the season. Most cows today are larger than 1,000 pounds, add 6.5% for each 100 pound larger cow; e.g., 1,100 pound = 1.065 Animal units (AU). A yearling calf (600–800 pounds) are 0.75 AU, 2 year old dry cattle (800–1,000 pounds) are 0.85 AU. A mature bull will be 1.3 to 1.7 AU.

To illustrate how renting by the animal unit month method works, let’s assume an acreage owner has 30 acres of grass pasture. A neighbor leased the pasture and tenant brought in 10 cow-calf pairs on May 1. On June 30, the pasture was cropped down and the cool-season grass was in the summer growth slump. The tenant moved all of his cattle off of the rented pasture to allow the grass time to rest and recover. On Aug. 15, the tenant brought back five cow-calf pairs, which remained in the pasture until



Sept. 30. The total AUM of grazing utilized by the tenant were 10 AU for two months in the spring = 20 AUM, plus 5 AU were in the pasture for 1.5 months in late summer = 7.5 AUM. The total AUMs for the season was 27.5. If the rental rate were \$29 per AUM, the total rent would be \$797.50.

### Advantages and Disadvantages — Renting by the Acre

The major advantage of renting pasture by the acre is the simplicity in calculating the rent owned. Both landowner and tenant know up-front what the total rent for the season will be and the length of time the tenant can keep his animals on the pasture. The disadvantage to the tenant is the rent does not depend on the amount of forage produced so the price per pound of gain is higher in dry years than in years with adequate rainfall which presumably will produce more pounds of gain. The disadvantage for the landowner of renting by the acre is, the tenant has little incentive to move cattle off a pasture when the grass is short. Overgrazing is hard on the pasture and reduces the carrying capacity in future years. It also tends to grub out desirable species which results in an increase in a preponderance of less palatable species and weeds.

### Advantages & Disadvantages — Renting by the AUM

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

### Issues to Negotiate

- How many head can the tenant bring in (usually specified only when renting by the acre).
- Lease dates — earliest in spring — latest in fall animals can be on the pasture
- Livestock water — who is responsible for monitoring drinking water and salt.
- If water is pumped, is the landowner compensated for electricity to operate the pump.
- Fence repair — who supplies labor and/or materials.
- Weed and brush control — who supplies labor and/or herbicides or mowing.
- Weed control — If roadsides need mowed, which party is responsible.
- Who carries insurance: liability and hazard (lightning).

# Soil Fertility — Liming

Tom Dorn  
UNL Extension Educator

When a testing lab analyzes a soil sample, the test report shows one number for pH and another number for buffer pH. pH is a measure of the acidity or alkalinity of a soil. When the water (H<sub>2</sub>O) in the soil) contains equal numbers of hydrogen ions (H<sup>+</sup>) ions as hydroxyl (OH<sup>-</sup>) ions, the soil is neutral and the pH of the soil is 7.0. When there are more H<sup>+</sup> ions than OH<sup>-</sup> ions, the soil is acidic, and when there are more OH<sup>-</sup> ions than H<sup>+</sup> ions, the soil is alkaline. The scale is logarithmic. That is to say a soil with a pH of 6.0 is 10 times more acidic than a soil with a pH of 7.0. A soil with a pH of 5.0 is 10 times more acidic than a soil with a pH of 6.0 and 100 times more acidic than a soil with a pH of 7.0.

There are two types of soil acidity — active or soil solution acidity and reserve or exchangeable acidity. The active acidity of a soil is measured directly by a pH meter in the lab. Reserve acidity depends on several factors, such as amount of clay, type of clay, amount of organic matter and the amount of soluble aluminum concentration in the

soil. Two soils can have the same measured pH, but could require different amounts of lime to correct the change of active pH back to a more neutral value.

A chemical test using a buffer, is performed in the laboratory to determine the amount of calcium carbonate equivalent (CCE) necessary to raise the active pH to a desired level. The change in the pH of the buffer can be measured and correlated to the amount of lime needed per acre to obtain the same results in the field. This is reported on the soil test report as buffer pH. A rule of thumb for buffer pH values is, for every 0.1 point below pH 7.0, it takes about 1,000 pounds of ag lime (60% CCE) to bring the top seven inches of soil (about two million pounds of soil) up to a measured pH value of 6.5.

For example, a soil with a buffer pH of 6.3 would require (7.0 - 6.3) = 7 tenths of a point x 1,000 pounds of ag lime per tenth of a point = 7,000 pounds of ag lime per acre to bring the active pH in the top seven inches value up to 6.5. If the lime is incorporated deeper than seven inches, larger amounts of lime are required to neutralize the acidity because you are affecting a greater mass of soil.

An active pH of 6.5 is consid-

ered ideal. This is the value where most of the essential nutrients for plant growth (Phosphorus, Copper, Zinc, Nitrogen, Sulfur, Calcium, Magnesium, Potassium, Molybdenum, and Boron) are in forms in the soil most available to plants. As active pH values drop below 5.5, all of the nutrients mentioned above become progressively less available to plants whereas Iron, Manganese, and Aluminum are more soluble (Aluminum is not a plant nutrient, but can be toxic to plants when present in high concentrations) so is often reported when soil pH is low.

Southeastern Nebraska is fortunate to have limestone deposits which are mined and used for agricultural lime and other uses. Since it can take several thousand pounds of lime per acre to neutralize soil acidity, having this resource relatively close by reduces the freight cost and saves local producers money.

**FOR MORE INFORMATION**  
UNL Extension in Lancaster County publication “Answers to Questions About Liming Acid Soils” (303) available at the extension office or online at <http://lancaster.unl.edu/ag/Factsheets/303-03.pdf>



# Bed Bug Prevention

Barb Ogg  
UNL Extension Educator

Bed bugs are on everybody’s mind it seems. Some people call the extension office and want information about how to deal with an infestation. I wrote last month’s feature, “Got Bed Bugs? Don’t Panic! There are Steps You Can Take,” for those people. (If you missed it, it is online at <http://lanaster.unl.edu/pest>)

However, many people call to find out how to make sure they don’t get bed bugs. This article focuses on this topic.

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

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

People who live in, or frequent, multi-family dwellings are at greater risk of getting bed bugs because of the greater number of people who live there or spend time there. Bed bugs are not innately more attracted to apartments, dorms, retirement homes, motels, or hotels. *It is simply a matter of probability.* The more people who live in, or frequent, a building, the greater the chance someone will bring them inside. Once inside a high-density dwelling, bed bugs can spread between units, especially if infestations are unrecognized and untreated.

## Tips for Travelers

If you live in a single-family home, the most likely way you will encounter bed bugs is when you travel and stay in infested hotels or motels. The greater number of different hotels you stay in, the increased chances you’ll have of encountering a room with bed bugs. Currently, there is no way to tell if hotel or motel rooms have bed bugs or not. Expensive hotels are not guaranteed to be bed bug free.

There are Web sites where people report bed bug infestations of hotels and motels. There is no way to know whether treatments were done to correct the problem. My assumption is no hotels and motels are immune from getting bed bugs and relying on this type of information can give the traveler a false sense of security.

**Luggage.** Consider using a duffel bag for traveling instead of a suitcase. Many duffel bags can be washed and dried when you get home.

**Check your hotel room.** It is a good idea to check the hotel room before you settle in. Put your luggage and belongings in the bathroom while you inspect the room. Look for bed bugs and their droppings, which show up as black spots on fabric, wood, or other places where bed bugs are hiding. Pack a good, bright flashlight with you. Check the following locations near or on the bed:

- Headboard. Hotel and motel headboards are often hung on the wall with hooks fastened to the wall. Lift up the headboard, lay it face down on the bed and examine the back carefully, especially where there are grooves, cracks, or screw



Bed bugs prefer tight spaces. Check along the cording of mattresses.



Bed spots on the underside of box springs (eggs and bed bug barely visible in crevice).

- holes. Use your flashlight and examine the hooks on the wall. Use a small penknife to run through small cracks you find. If you don’t find anything, carefully replace the headboard on the wall.
- Bed. Remove bedding, beginning at the head of the bed and examine for bugs and droppings. Because bedding gets changed with each guest, you are not likely to find bed bugs here, but you’ll need to remove it anyway to get to the mattress.
  - Mattress. After you’ve removed bedding, examine the mattress and pay special attention to rounded corners, near the cording. Examine the mattress tag, if it still has one. Lift up the mattress from the bed and carefully check for bed bugs and spots between the mattress and box springs.
  - Box springs. Bed bugs are often found in the box springs. Some box springs have plastic corner guards, check these areas carefully.

To prevent bed bugs from infesting mattresses and box springs, some hotels and motels are encasing them. These encasements often have a zip-lock tie which prevents the zipper from being unzipped. If they are encased, you cannot go any further.

If you find bed bugs or their droppings, you should ask the management for a different room, far away from the infested room. If the establishment says no other rooms are available, you should not stay there.

If everything looks okay, you can settle into the room. However, it’s a good idea to take the following precautions:

- Do not place your luggage on the carpeted floor. Use the top of the dresser, a table, luggage racks or store luggage in the bathroom overnight, when bed bugs are active.
- Be mindful of where you place camera cases, computer cases, purses, or backpacks. Don’t store them on the floor and especially not near the bed.

**What about sprays, etc?** Some enterprising companies have developed and marketed insecticidal sprays for luggage. These sprays are pyrethroid insecticides. Unfortunately, 90 percent of bed bug populations are resistant to pyrethroid insecticides. Studies have shown bed bugs do not seem to be repelled by these insecticides either. **We don’t recommend using these.**

Do not use any insecticidal sprays on motel or hotel mattresses or box springs. Mosquito repellents will not work either.

One company is marketing thiamine patches they claim repels mosquitoes and, because bed bugs are attracted to CO<sub>2</sub>, they are marketing them for bed bugs also. Research studies show B vitamins (thiamine) don’t repel mosquitoes. Therefore, these are unlikely to work against bed bugs either. Remember, if it seems too simple, it probably doesn’t work.

### Prevent entry into your house.

One other way to prevent bed bugs; handle your luggage and its contents deliberately when you get home so bed bugs are not introduced into the sleeping areas of the house. This method is a good choice if you cannot examine the hotel room as carefully as you would like. For example, perhaps the motel room’s headboard is actually screwed into the wall and you cannot remove it. Or, if you are traveling alone, and the headboard or mattress is too heavy for you to lift by yourself.

When you get home, unpack your suitcases outside the house. This could be in your garage if you have one. Or, it could be in the trunk of your car or on a porch. Remove toiletries you’ll need from your luggage, examining them carefully. You can make this easier before you travel, by packing toiletries (shaver, makeup, combs, and brushes) in plastic zippered bags. Some manufacturers make extra, extra large zippered bags, which might be useful for some items.

While you are still outside, remove clothing from luggage and place in a plastic garbage bag and seal with a twist tie. When you are ready to do your laundry, take the garbage bag directly into the house and to the laundry room or laundromat. Remove clothes from the bag and immediately launder them as you normally would with laundry detergent. Items which cannot be washed, like a wool blazer, can be placed in a medium-hot dryer for 30 minutes. Immediately discard the garbage bag in an outside trash receptacle. If you are using a laundromat, do not discard the garbage bag in their inside trash receptacles, find an outside trash receptacle.

The clothing you are wearing should be laundered immediately or placed in a dryer for 30 minutes. Remove it as soon as you get inside the house and take it immediately to your laundry area. Or, put it in garbage bag, seal it, and take it to the laundromat the next time you do your laundry.

Shoes can be placed in a plastic bag and placed in a freezer for a few days. You can dry athletic shoes in a dryer, although it will be noisy. If you have a dryer with a drying rack, you can dry leather shoes and other items as well.

By now everything should be out of your luggage. Instead of bringing your luggage into the house, store it outside. Some people are storing their luggage in their garage. In the winter, you may be able to kill any potential bed bugs by leaving empty luggage outside on a porch for a few days. In the summer, you can kill bed bugs if you place it in your car where interior temperatures reach 120°F. If you must bring it inside, place it in a large garbage bag and seal it with twist ties. Store it in an area as far away from the sleeping areas as you can.

If you are using a canvas duffel bag for travel, these can be dried for 30 minutes.

What about computer cases and purses? These cannot be run through a washer or dryer. Purses can be placed in a freezer, however. At a recent bed bug

program, a woman gave me a dead bed bug in a plastic zippered bag and told me it was found inside a cell phone. Do not underestimate locations where bed bugs can be found.

Computer cases can be placed in a sealed plastic bag with Nuvan™ Prostrips. Place the bag in a warm location with a low relative humidity for 48–72 hours. Nuvan (dichlorvos, DDVP) is an organo-phosphate insecticide with high vapor pressure which makes it a fumigant. It was once marketed under the trademark, Vapona™. This active ingredient is not considered safe for people to breathe for extended periods of time so it should never be used in living areas of a home. This product has been tested and is effective against bed bugs. Luggage can also be fumigated in a sealed plastic bag with Nuvan™. Contact a pest control company to obtain this product.

For Frequent Travelers: You might want to invest in a portable mobile heater for suitcases and other items which can’t be washed/dried. These devices surround suitcases and heat them to 120°F for up to six hours. An example is the PackTite unit which runs about \$300.

## Other Prevention Methods

There are several other ways bed bugs can be introduced into homes. They include:

- Used furniture. Don’t even consider picking up furniture sitting by a dumpster or at the curb. If someone is throwing it away, there is probably something wrong with it. I have heard of people buying beds or chairs on Craig’s List which turned out to be infested with bed bugs. Even if it looks okay, you can’t always see the bed bugs inside. This is especially true with overstuffed sofas and chairs. If it is something you “must” have, store it in the garage or another location away from the house for a period of time.
- Visitors to your home can bring bed bugs with them. Be particularly cautious if they have traveled recently or if they live in multi-family dwellings. This includes college students coming home for summer break. If family members are not insulted, run their clothing through the dryer before they settle into the house.
- If you have a job where you go into other people’s homes, you could accidentally bring bed bugs home with you. Don’t take any nonessential items into other homes. Don’t sit on upholstered furniture; the kitchen table is a better choice. When you get home, remove clothing and run through a dryer for 30 minutes.
- Be careful with your coats and jackets. Never leave them on someone’s couch or bed. If you are having a party in your home, you can lay guest’s coats in a large plastic tub and shut the lid.
- What about buying clothes? If you are buying new clothes, you don’t need to do anything about them. Run thrift store or garage sale clothing through the dryer (30 minutes) when you get home. Or freeze them.

## What About Other Locations?

Many of you have heard bed bugs were found in the City-County Building. Based on locations where bed bugs were found, it is thought they were brought in by a single employee, probably over an extended time period. As far as I know, no other employees who work there took bed bugs home with them.

see BED BUGS on page 11



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

Alice Henneman, MS, RD  
UNL Extension Educator

Begin to take action on the Dietary Guidelines for Americans, 2010 (DGA2010) by making changes in these three areas. The following recommendations are summarized from the DGA2010. For more information and other recommendations for consumers (including food safety and physical activity), visit [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

## 1. Balancing Calories



### Enjoy your food, but eat less

The total number of calories consumed is what is important to body weight. Although total calorie intake is ultimately what affects calorie balance, some foods and beverages can be easily over consumed, which results in a higher total calorie intake.

The best advice is to monitor what you eat and replace foods higher in calories with nutrient-dense foods and beverages lower in calories.

Decrease your intake of added fats and sugars and increase your intake of lower calorie, nutrient dense whole grains, vegetables, and fruits. Moderate evidence shows adults who eat more whole grains, particularly those higher in dietary fiber, have a lower body weight compared to adults who eat fewer whole grains. Moderate evidence in adults, and limited evidence in children and adolescents, suggests increased intake of vegetables and/or fruits may protect against weight gain.



### Avoid oversized portions

People eat and drink more when they are given larger portions. Downsize your portion size. Eat off smaller plates and/or serve smaller portions at home.

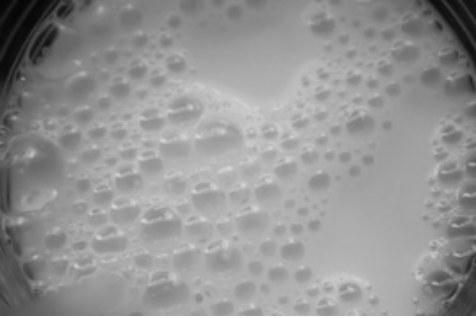
When eating out, order a small-sized option when possible, share a meal, or take home part of the meal. Consider asking for the to-go box right away and put half the meal away so you can't see it. Review the calorie content of foods and beverages offered and choose lower-calorie options. Calorie information may be available on menus, in a pamphlet, on food wrappers, or online.

## 2. Foods to Increase



### Make half your plate fruits and vegetables

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



### Switch to fat-free or low-fat (1%) milk

Increase your intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages. If you are drinking whole milk, gradually switch to lower fat options. If you are drinking whole milk, go to 2%, and move on down to 1%, or fat-free milk.

Lower fat milk provides the same nutrients as higher fat milk, but is lower in calories.

## 3. Foods to Reduce



### Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.

A strong body of evidence supports that as sodium intake for adults decreases, so does blood pressure. There is moderate evidence the same is true for children.

The key recommendations for sodium are as follows: Reduce daily sodium intake to less than 2,300 mg; further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney

disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.

Check the Nutrition Facts label on foods for sodium content.



### Drink water instead of sugary drinks

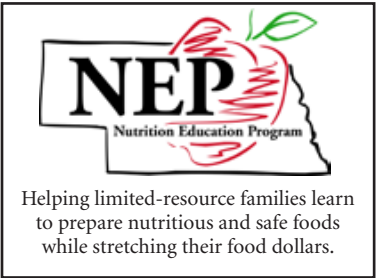
Added sugars contribute an average of 16 percent of the total calories in American diets. As a percent of calories from total added sugars, a major source of added sugars in the diets of Americans is soda, energy drinks, and sports drinks (36% of added sugar intake).

Strong evidence shows children and adolescents who consume more sugar-sweetened beverages have higher body weight compared to those who drink less, and moderate evidence also supports this relationship in adults. Sugar-sweetened beverages provide excess calories and few essential nutrients to the diet and should only be consumed when nutrient needs have been met and without exceeding daily calorie limits.

Reduce the intake of sugary drinks by drinking fewer sugar-sweetened beverages and/or consuming smaller portions. Substitute water and other beverages with few or no calories.

Sources:  
*Dietary Guidelines 2010, Selected Messages for Consumers*, retrieved Feb. 1, 2011 at <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/SelectedMessages.pdf>  
*Dietary Guidelines for Americans, 2010*, retrieved Feb. 1, 2011 at <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

# Cooking Fish — You Can Do It!



Mardel Meinke  
UNL Extension Associate

Everyone knows eating fish is good for you. The fats in certain fish are a great source of Omega-3 fatty acids that research has shown may help prevent heart disease, diabetes, some types of cancers, and arthritis. Omega-3 fatty acids may also help in the prevention of Alzheimer's and help prevent blood clots that cause stroke. Omega-3's help to raise our HDL or good cholesterol and may even help prevent hearing loss. Fish high in Omega-3 fatty acids include salmon, mackerel, herring, lake trout, sardines, and albacore tuna. The latest Dietary

Guidelines for Americans, which are published by the Department of Health and Human Services and by the Department of Agriculture, emphasize the importance of eating fish at least twice a week.

We aren't so good at cooking fish because Americans eat only about 15 pounds of fish per person per year at home, yet enjoy eating twice the amount at restaurants each year.

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

Unless we live near a large body of water, most of the fish we prepare will be frozen or canned. Fresh fish only keeps one or two days in the refrigerator and would then need to be frozen.

At the store, we are most familiar with prepared fish, like frozen fish sticks, fillets, and canned tuna. After frozen, prepared fish and canned tuna, canned salmon comes in a close third in our choices of fish. If you choose a prepared fish, be sure to read the package label. Many prepared fish products contain mostly breading, are deep fried which makes them high in unhealthy fat, and can be high in added salt.

Tuna is a healthy choice, especially if packed in water and served without adding extra dressings.

We are going to focus on **salmon**, which many nutritionists consider one of our very best foods for offering health benefits and value. Salmon is a **fish even people who don't like fish**

**can enjoy eating.** Salmon is firm enough to grill, bake, poach, or broil and does not dry out as easily as other fish. Cooked salmon can be eaten hot or cold. It comes fresh, frozen, smoked, and canned. Fresh salmon should smell fresh, not fishy. If frozen, thaw in refrigerator overnight before cooking. Either red or pink canned salmon is

easy to prepare because it is already cooked. Some canned salmon contains bones, which can be crushed and cooked into the meat, but most prefer to remove the bones and skin before preparing.

This recipe is a quick and easy way to prepare and serve salmon. You can use fresh (or frozen and thawed) salmon.

## Easy Baked Salmon

**1 pound salmon steaks = 4 servings (or 1 individual package per person)**  
**Lemon juice**  
**Olive or Vegetable oil**  
**Dill seasoning**  
**Ground pepper**  
**Onion**

Preheat the oven to 350°F. Place salmon steak on foil, skin side down, and brush generously with lemon juice and then with oil. Sprinkle with dill and pepper to taste. Place very thin slices of onion on top of salmon. Fold aluminum so it is sealed and bake in pre-heated oven for 18–22 minutes. Thicker steaks will take longer to cook than thinner steaks. When done, the meat should easily flake off with a fork. Other flavors to try include Dijon mustard, salad dressings or barbecue. You might try other seasonings such as basil, tarragon, or parsley. Salmon pairs well with many foods including pasta, rice, or rye breads. Refrigerate leftovers immediately.



## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View — Irene's Items

**Irene Colborn**  
*FCE Council Chair*

After having worked for the Nebraska School Activities Association (NSAA) for 25 years, I always think of March as being State High School Boys and Girls Basketball Tournaments and



sometimes snow storms as well. There were times when a few teams had to stay in Lincoln because they were unable to travel home.

March also brings spring. How we will look forward to those days again this



year. However I don't mind the excuse to stay in; I can always find a book to read.

We have met with Marge Dudley from Omaha, State FCE President, on planning the State Convention in Lincoln on Sept. 22-24.

My "item" — winners *make* things happen, losers *let* things happen.

## FCE News & Events

### Leader Training Lesson, "Brain Blitz," March 23

The FCE and Community Leader Training lesson "Brain Blitz" will be Wednesday, March 23, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

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

techniques to simulate mental functioning. Learn memory tools and techniques to trigger memory. If you are not an FCE member and would like to attend, call Pam at (402) 441-7180, so information packets can be prepared.

### FCE Council Meeting, April 4

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

### Save the Dates

- July 7 — Sizzling Summer Sampler
- Oct. 17 — FCE Achievement Night

### FCE Scholarship Applications Due May 1

A \$400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior, or senior year of college in the fall of 2011, or who have completed two quarters of study in a vocational school. Applications are available at the extension office and online at <http://lancaster.unl.edu/home/fce>. Deadline is May 1.



Lorene Bartos, UNL Extension Educator

### Remembering to Treat Stains

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



### Navigating the Ocean of Child Care

*A conference for those who provide child care.*

In-service hours will be given for this conference.

**Saturday, March 26**

**8 a.m.-3:30 p.m.**

**Lancaster Extension Education Center  
444 Cherrycreek Road, Lincoln, NE**

Cost is \$15 • Pre-registration is due March 18

For more information and registration form, call (402) 441-7180 or go to <http://lancaster.unl.edu/family>

# Poison Prevention Week

## Children Act Fast – So Do Poisons

National Poison Prevention Week, March 13-19, is celebrated to help educate and inform consumers of the dangers associated with unintentional poisonings. How safe is your home? Have you taken the precautions necessary to keep items that may be poisonous out of the reach of children? Many homes who only have children as occasional visitors forget about how inquisitive children are. Unintentional poisonings occur to more than 1.2 million children five and under yearly.

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

Every day thousands of new parents assume the responsibility of caring for

and protecting a child. Many of these first-time caregivers are unaware of the dangers of unintentional poisonings often related to medicines and household products commonly found in the home, such as personal care products, over-the-counter pain relievers, and cleaning substances.

**To prevent these incidents, U.S. Consumer Product Safety Commission (CPSC) recommends the following safety steps:**

- Use child-resistant packaging properly by closing the container securely after each use. Some products come in child-resistant blister cards, which avoid the need to re-secure.
- Call (800) 222-1222 immediately, in case of poisoning.
- When products are in use, never let young children out of your sight, even if you must take them along when answering the phone or doorbell.
- Keep items in original containers.
- Leave the original labels on all products, and read the label before using to understand correct use and dosage.



- Do not put decorative lamps and candles containing lamp oil where children can reach them. Lamp oil can be very toxic, if ingested by young children.
- Always turn the light on when giving or taking medicine. Check the dosage every time.
- Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy."
- Clean out the medicine cabinet periodically and safely dispose of unneeded and outdated medicines.

**Safe Kids USA offers these additional tips:**

- Lock up potential poisons out of sight and reach of kids. This includes makeup, medicine, plants, cleaning products, pesticides, art supplies, beer, wine, and liquor.
- Never leave kids alone with

an open container of something you wouldn't want them to ingest. A child can be poisoned in a matter of seconds.

- Don't refer to medicine or vitamins as candy and don't involve children as helpers with your medication.
- Choose medicines and products that have child-resistant caps. When you are giving medicine to your children, follow dosage directions carefully.
- If your home was built before 1978, test for lead-based paint and get your child tested for lead exposure. Children inhale the dust of lead-based paint and can build up enough lead in their blood to affect intelligence, growth, and development.
- Install a carbon monoxide alarm outside every sleeping area and on every level of your home.

Keep the Poison Control number, (800) 222-1222, posted by the phone or in your contacts on a cell phone. The time it takes to use caution with poisonous products may save a life. Remember a child can be poisoned in a matter of seconds.

### Bake and Take Month Is Good Community Service Project

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

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

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



# Hints for Starting Transplants at Home

Mary Jane Frogge,  
UNL Extension Associate

Starting flower and vegetable transplants at home can be fun. Growing quality transplants requires good seed, a sterile, well-drained growing medium, proper temperature, good moisture conditions and adequate

light. Since the home is usually not the best environment for growing transplants, problems occasionally develop. Poor or erratic germination of seed may be caused by improper planting, for example, planting too deeply. Uneven moisture and cool temperatures can also cause problems. Medium to large seeds are sown

at a depth of two times their minimum diameter. Fine seed is usually dusted on the surface of the seedbed. Cool potting mix temperatures, below 70°F, delay germination. Maintain the proper germination temperature and even moisture conditions for rapid, uniform germination. Damping-off, caused by several fungi, can cause serious plant loss. Seedlings may develop water-soaked spots on their stems near the soil surface, then collapse and die. Environmental conditions usually associated with damping-off are a poorly drained potting soil and over watering. Damping-off can be prevented by using clean containers, a sterile, well-drained potting mix, and by following good cultural practices. Previously used containers should be washed in soapy water, then disinfected by dipping in a solution containing one part chlorine bleach and nine parts water. Flower and vegetable seed need an evenly moist potting mix for good germination. Tall, spindly growth is a common problem when growing



University of Missouri Extension

so they are not crowded. Allow the soil media to become slightly dry between waterings. The best quality transplants are short, stocky, and dark green. Green algae or brownish fungal growth may appear on the soil surface or sides of peat pots. While their appearance generally causes little harm, their presence usually indicates excessive moisture levels. Allow the potting mix to dry somewhat before watering. A lack of essential nutrients produces characteristic deficiency symptoms. Phosphorus and nitrogen deficiency symptoms sometimes occur on vegetable and flower seedlings. Phosphorus deficient plants frequently have purplish leaves and growth is stunted. Yellow lower leaves may indicate a nitrogen deficiency. Other symptoms of a nitrogen deficiency are stunted growth and small leaves. Apply a soluble fertilizer, such as 153015, to the seedlings. Fertilize weekly with a one-quarter strength solution. While there are obstacles to growing transplants indoors, home gardeners can produce good quality transplants if they follow good cultural practices.

transplants indoors. Poor or insufficient light, excessive watering, high temperatures, excessive fertilization, and crowded growing conditions are factors which contribute to spindly growth. It is best to place the seedlings under artificial light. It is not necessary to have a fancy plant stand. A standard fluorescent shop fixture with one cool and one warm fluorescent tube works fine. For best results, the lights should be approximately 1 inch above the seedlings. Raise the light as the seedlings grow. Leave the lights on 12 to 16 hours a day. When the first pair of “true leaves” appear, thin the seedlings

## Pre-emergent Lawn Weed Control in the Spring



Large crabgrass



Yellow foxtail

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

the recommended time to get the best control of annual weeds. The month of March is too early and the recommended target time to apply is usually late April through the early part of May. Keeping track of the soil temperature will help insure that applications are applied at the correct time. Starting in April, check our Web site <http://lancaster.unl.edu> for the current soil temperature in Lincoln. — Mary Jane Frogge, UNL Extension Associate

## 2011 All-America Selections Vegetable Winners



Tomato ‘Lizzano’



Tomato ‘Terenzo’



Pumpkin ‘Hijinks’

**Tomato ‘Lizzano’**  
‘Lizzano’ is a vigorous semi-determinate tomato variety with a low growing, trailing habit excellent for growing in patio containers or hanging baskets. In the garden, some staking will benefit this plant despite a nice compact and uniform growth habit. The durable, appealing plants grow 16 to 20 inches tall with a compact spread of only 20 inches. Expect abundant yields of high-quality, bright red, cherry sized fruits. The tomato plant produce small, 1-inch fruits. The plentiful fruit set allows for continual harvest that is beneficial for the home gardener. Judges noted better eating quality, yield and plant habit. ‘Lizzano’ is the first late blight tolerant cherry fruited semi-determinate variety on the market. Disease resistant plants will last later into the growing season. Harvest begins 105 days

from sowing seed or 63 days from transplant.  
**Tomato ‘Terenzo’**  
‘Terenzo’ is a high yielding red cherry fruited ‘Tumbler’ type of tomato that is a prolific producer on a tidy low-growing, trailing plant. The round fruit is a standard size cherry having an approximate size of 1¼ inches. A brix sugar content of 6 percent ensures this is a sweet tasting tomato. With a plant height of only 16 to 20 inches, this compact variety is suitable for growing in hanging baskets or containers as a patio type tomato. This very easy-to-grow determinate bush variety requires little maintenance and produces fruits that are more resistant to cracking. ‘Terenzo’ is loaded with a bountiful harvest of flavorful, easy-to-pick fruits throughout the summer heat.

**Pumpkin ‘Hijinks’**  
‘Hijinks’ is defined as “lively enjoyment and unrestrained fun” and is an appropriate name for this pumpkin winner. This winning pumpkin variety produces small-sized, 6 to 7 pound fruits and is very uniform in size and shape. Smooth deep orange skin with distinctive grooves gives a very classy appearance to fall decorations and is ideal for painting or carving. The strong durable stem makes a great handle. Gardeners can expect high yields, notable resistance to powdery mildew, easy fruit removal from plants and excellent stem attachment. Allow plenty of space in the garden for long vines that spread up to 15 feet. Early to mature, this pumpkin is ready for harvest in about 100 days from sowing or 85 days from transplant.

Source: All-America Selections



## Garden Guide

### THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date, and harvest date. During the growing season keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

Plan your vegetable garden on a sheet of paper to utilize the space most efficiently. Remember to rotate the vegetables in the garden to reduce insect and disease problems.

Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.

Complete the pruning of shrubs, ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in spring as soon as they finish flowering.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust preventing paint.

Turn the compost pile.

Start transplants indoors of tomatoes, peppers, and eggplant.

Pick a permanent spot for herbs in the garden.

Place birdhouses built this winter outdoors this month. Birds will begin looking for nesting sites soon.

Rake the lawn to remove leaves and twigs.

Some annuals, such as verbenas, snapdragons, and petunias, take 70 to 90 days to bloom. They should be started indoors in early spring.

Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.

How are your houseplants doing? Check all five growing factors if your houseplants are not growing well. Light, temperature, nutrients, moisture, and humidity must be favorable to provide good growth.



# Weed Awareness

Prepared by

**Weed Control Authority**  
Lancaster County



The Weed Control Authority is responsible for implementation of the Nebraska Noxious Weed Control Act throughout Lancaster County. The authority has also provided the inspection and administration of the City of Lincoln's Weed Abatement Program since entering into an interlocal agreement with the city in 1996.

The County Commissioners serve as the Lancaster County Weed Control Authority. Currently Brent Meyer serves as the superintendent and supervises a seasonal staff of six weed inspectors with the assistance of Chief Inspector Barb Frazier and Julie Manske, Account Clerk.

444 Cherrycreek Road, Bldg. 'B', Lincoln, NE 68528 • (402) 441-7817 • <http://lancaster.ne.gov/weeds>

## 20 Years in Review: 1990–2010

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

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

The mission and goals of the authority is to:

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

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

### Lancaster County Noxious Weed Program

The following chart highlights the 20-year progress in the Lancaster County noxious weed program.

The number of acres of noxious weeds found dropped by 87% from 1990 to 2010, from 10,575 acres to 1,373 acres. The number of violations dropped 61% from its high of 2,496 in 1993 to 978 in 2010. The number of inspections dropped 66% from its high of about 6,000 in 1994 to about 2,000 in 2010.

Both public and private landowners are given credit for this outstanding progress. A kick-off meeting was held in the spring of 1990 with 19 agencies

and departments about the noxious weed program and their responsibilities as landowners. Contacts were established to allow quick communication. These public landowners have responded very well. There have been no forced controls required to obtain acceptable control during this period.

Over 95% of the private landowners have responded with acceptable control. Required forced controls have gone from 128 in 1990 to 5 in 2010. A four-page Weed Awareness insert in THE NEBLINE was initiated in 1990 and has continued annually. Several hundred mailings have been made each year to provide information and reminders to landowners. The Weed Control Authority's Web site receives over 30,000 hits a year. An internal weed database was created and updated in 1994 to facilitate notification of the presence of noxious weeds. These notifications included personal contacts, cards for trace infestations, reminder letters, and legal 10-day notices. Over 60% of the notifications were by legal notice in 1991. Only 7% required legal notification in 2010.

### City of Lincoln Weed Abatement Program

The Weed Control Authority began administering the City of Lincoln Weed Abatement Program in September 1996. The number of violations has varied from 1,000 to 2,000 a year. This variability

has been due to weather conditions and more recently to an increased number of foreclosed properties. This has also caused an increased number of forced cuttings from a little over 100 to almost 200 per year.

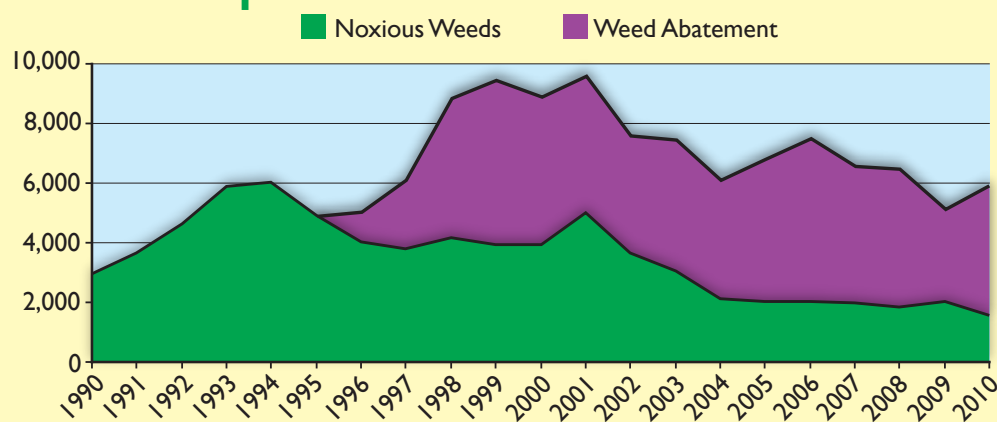
Inspections are made on about 150 problem sites each year. Complaints are made on 1,600 sites a year. This program requires an average of about 4,500 inspections per year. Contacts have been established with landowners with multiple sites under development so a personal contact may be all that is required.

### Inspection Workload

The inspection workload peaked at almost 9,600 in 2001. It now has leveled off to about 6,000 inspections a year. Each site requires an average of two and a half inspections — the initial inspection with one or more follow-up inspections.

The time to carry out an inspection has decreased over time. This has been accomplished by selecting noxious weed sites for inspection and preparing advance work orders with attached maps before the inspection season begins. The use of personal digital assistants (PDAs) to make digital entries in the field by the inspectors has eliminated office entry. Training has been provided to minimize errors. The database program is being continually improved to automatically generate notification, forms, and reports.

### Inspection Workload 1990–2010



## Staff Changes

### Superintendent of 20 Years Retires

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



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

During the 20-year period, many improvements were implemented, including:

- Web-based database used by staff to store all the inspections and related information to generate all needed reports and forms; with field data entry by inspectors using personal digital assistants (PDAs).
- Web site for the public with information, map of noxious weeds, weed complaints, search of all active inspections, possible weed special assessments, etc.
- Weed awareness campaign, including an annual Weed Awareness insert in University of Nebraska–Lincoln Extension in Lancaster County's THE NEBLINE, which has improved voluntary compliance of landowners.
- Use of surplus sheriff's cars for inspectors instead of paying mileage or purchasing new vehicles.

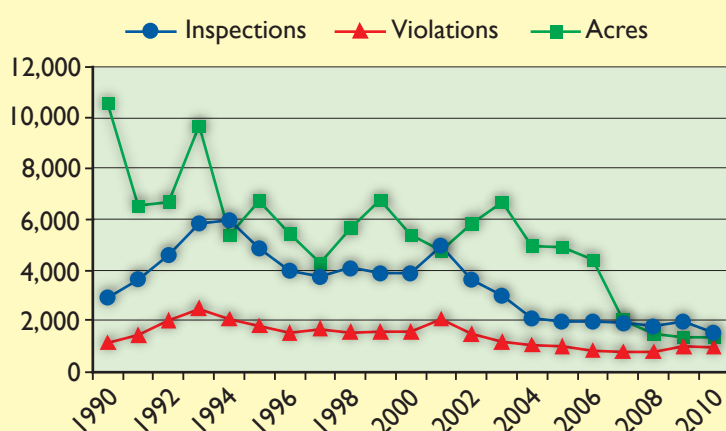
See article "20 Years in Review" for more results.

Shultz was active in many statewide, regional, and national weed organizations, task forces, and planning committees. His accomplishments include:

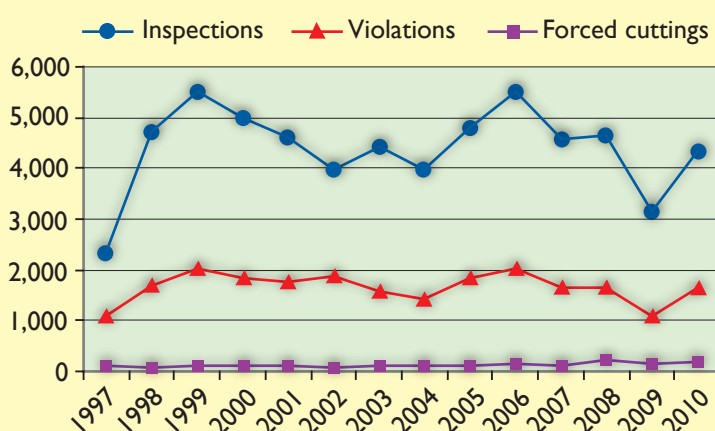
- Helped the Nebraska Weed Control Association (NWCA) to become a strong and effective leader in noxious weed control.
- Developed a strong relationship with the Unicameral Ag Committee resulting in the riparian vegetation management grant program, emergency designation of noxious weeds, project general notice, etc.
- Participated in the development of [www.neweedmapper.org](http://www.neweedmapper.org) online weed management system and grants for its update.

*continued on back page of Weed Awareness*

### Noxious Weeds 1990–2010



### Weed Abatement 1997–2010



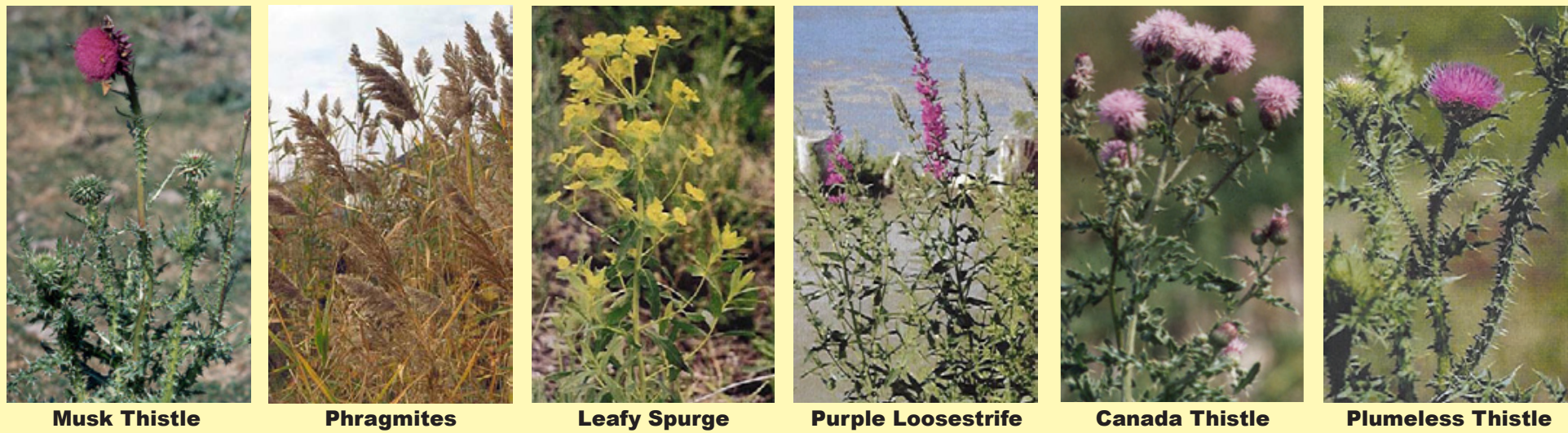


# Weed Awareness

## Learn to Recognize Lancaster County’s Noxious Weeds

The Nebraska Noxious Weed Control Act states it is the duty of each person who owns or controls land to effectively control noxious weeds on such land. Pictured are Nebraska’s noxious weeds which are common in Lancaster County.

Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation. The Director of Agriculture establishes which plants are noxious. These non-native plants compete aggressively with desirable plants and vegetation. Failure to control noxious weeds in this state is a serious problem which is detrimental to the production of crops and livestock, and to the welfare of residents of this state. Noxious weeds may also devalue land and reduce tax revenue.



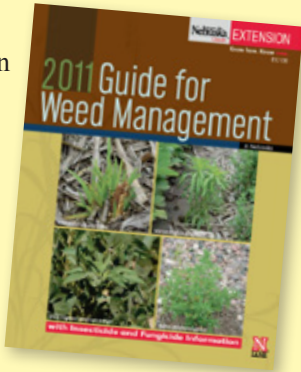
### Weed Control Resources

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

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

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

These UNL Extension publications can be obtained at County Weed Control offices, extension offices, or viewed online at [www.ianrpubs.unl.edu](http://www.ianrpubs.unl.edu).



#### Phragmites on the Rise

Common reed, or Phragmites continues to be on the rise in Lancaster County with 287 sites scheduled to be inspected in 2011. Phragmites has moved past Leafy spurge into second place behind Musk thistle on number of infestations. Most sites are recent infestations with potential to grow larger and to contribute to new infestations by the wind blown seeds. It is very important infestations be controlled to prevent this spread.

Phragmites is a tall, perennial grass that can grow to over 15 feet in height. Phragmites forms dense

stands which include both live stems and standing dead stems from previous year’s growth. Leaves are elongate and typically 1–1½ inches wide at their widest point. Flowers form bushy panicles in late-July and August and usually purple or golden color. As seeds mature, the panicles begin to look “fluffy” due to the hairs on the seeds and they take on a grey sheen. Below ground, Phragmites forms a dense network of roots and rhizomes which can go down several feet. The plant spreads horizontally by sending out rhizome runners which can grow 10 feet or more in a single growing season if conditions are optimal.

Once Phragmites invades

a site, it quickly can take over riparian communities, crowding out native plants and altering wildlife habitat. Its high biomass blocks light to other plants and occupies all the growing space below ground so plant communities can turn into a Phragmites monoculture very quickly. Phragmites can spread both by seed dispersal and by vegetative spread via fragments of rhizomes breaking off and transported elsewhere. New populations of the introduced type may appear sparse for the first few years of growth, but due to the plant’s rapid growth rate, they will typically form a pure stand choking out other vegetation very quickly.

## Lancaster County’s Invasive and Noxious Weed Alert List

This list focuses on invasive and noxious weeds — rare to nonexistent in the county — posing the greatest threat.

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

#### Japanese Knotweed

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

#### Saltcedar

A Nebraska noxious weed, saltcedars are still rare in Lancaster County, with 9 total sites found in 2010. Only 7 were wild infestations. The other 2 were ornamental plantings.

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

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

#### Spotted and Diffuse Knapweed

These are state noxious weeds with only one site ever found in Lancaster County.

Spotted and diffuse knapweeds are a biennial or short-lived perennials. They typically form a basal rosette of leaves in the first year and



Saltcedar



Spotted and Diffuse Knapweed

flowers in subsequent years. Flowers are purple to pink, rarely white, with 25–35 flowers per head. Plants bloom from June to October, and flower heads usually remain on the plant.

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

biodiversity, and decreases forage production for livestock and wildlife.

#### Sericea Lespedeza

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

It a warm-season, perennial herbaceous plant. It has an erect growth form, ranging from



Sericea Lespedeza

3–5½ feet in height, and leaves alternate along the stem. Each leaf is divided into three smaller leaflets, ½–1 inch long, which are narrowly oblong and pointed, with awl-shaped spines. Leaflets are covered with densely flattened hairs, giving a grayish-green or silvery appearance. Mature stems are somewhat woody and fibrous with sharp, stiff, flattened bristles. Small (about ¼ inch) creamy-white to pale-yellow flowers emerge either singly or in clusters of 2–4, from the axils of the upper and median leaves.

Sericea lespedeza is primarily a threat to pastures and CRP. Once it gains a foothold, it can crowd other plants and develop an extensive seed bank in the soil, ensuring its long residence at a site. Established dense stands of lespedeza and its high tannin content make it unpalatable to native wildlife as well as livestock.



# Weed Awareness

## Knotweed Family is Nebraska’s Newest Noxious Weed

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

This designation includes Japanese knotweed and giant knotweed, including any cultivars and hybrids. There are several Japanese knotweed cultivars developed for the ornamental market included in this designation since they can contribute to the Japanese knotweed invasion by providing pollen necessary for Japanese knotweed to produce viable seed. Two of the cultivars are being sold in Nebraska: Pink Fleece Flower and Variegated Fleece Flower.

There are several more cultivars available across the country including Compacta, Crimson Beauty, Devon Cream, Milk Boy, and others. If you have any of these cultivars, they are included in the noxious weed designation and are required to be controlled.

### Weed Risk Assessment

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

It threatens open and riparian areas where it spreads rapidly and forms dense near-monoculture stands by reducing species diversity, altering habitat for wildlife, increasing the risk of flooding, and river bank erosion. It’s preferred habitat is similar to phragmites, and if not eradicated as it enters the state, it has the potential to invade areas previously controlled for phragmites, i.e., see the river infestation below in the state of Connecticut.

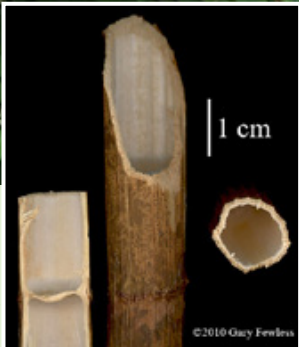
Wild and planted knotweed plants have been found in the Omaha area. Planted knotweed plants have been found in



River infestation of Japanese knotweed in Connecticut.



Randy Westbrook, U.S. Geological Survey, Bugwood.org



© Gary Fewless

Japanese knotweed cross-section of stems.



Japanese knotweed in winter.



Ohio State Weed Lab Archive, The Ohio State University, Bugwood.org

Japanese knotweed leaves are attached alternately to a zigzag branch.

Japanese knotweed infestation in North Carolina.

### Japanese knotweed

*Fallopia japonica*

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



Photo by Richard Old  
www.xidservices.com

Richard Old, XID Services, Inc., Bugwood.org

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

### Giant Knotweed

*Fallopia sachalinensis*

8–12' tall and branches sparingly, leaves are thin heart shaped, 6–12" long and two-thirds as wide.

### Bohemian Knotweed

*Fallopia bohemica*

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



Pink Fleece Flower is a Japanese knotweed cultivar.



Variegated Fleece Flower is a Japanese knotweed cultivar.

### Pink Fleece Flower

*Fallopia japonica*

'Reynoutria'

Vigorous ground cover, red-veined leaves, showy clusters of red buds open to pale pink flowers.

### Variegated Fleece Flower

*Fallopia japonica* 'Variegata'

3' tall with coral-pink flushed leaves have splashes of white variegation, red stems, and bottlebrush spikes of white flowers.

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

### Prevent New Infestations by Blocking Invasion Pathways

Small segments of the plant are able to regenerate into new plants. These plant segments are commonly transported by water and regenerate new plants on the banks of streams.

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

### Eradicate Any Plants Found or Report to Weed Control Authority

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

### For Small Sites and Ornamental Plantings:

1. Cut the stems about two-inches above ground level. Immediately apply a 25% solution of glyphosate (e.g.,

Roundup®, or use Rodeo® if applying in or near wetland areas) and water to the cross-section of the stem.

### For Larger Sites:

Some products may not be available in small quantities.

1. Apply two quarts per acre of imazapyr (e.g., Arsenal®, or use Habitat® if applying in or near wetland areas), use non-ionic surfactants or methylated seed oil (MSO) (consult label) or,
2. Apply two quarts per acre of Garlon 3A, use non-ionic surfactants (consult label) or,
3. Apply one quart per acre of glyphosate (e.g., Roundup®,

or use Rodeo® if applying in or near wetland areas), use non-ionic surfactants (consult label).

READ AND FOLLOW LABEL DIRECTIONS.

DO NOT COMPOST ANY GREEN PORTIONS OF THE PLANT. PUT IN PLASTIC BAGS FOR REGULAR GARBAGE PICKUP.

### Provide Follow-up

To prevent re-establishment, CONTINUE WITH FOLLOW-UP MAINTENANCE ANNUALLY. It is very important all planted and wild sites be controlled and kept controlled.

### We Need Everyone’s Cooperation

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



# Weed Awareness

## New Approach for Designating Noxious Weeds

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

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

1. Noxious weeds designation of highly invasive plants in early invasion stage.
2. Control strategies for each state and county noxious weed.
3. Mapping, notification, and monitoring.
4. Early Detection/Rapid Response Program.

### Noxious Weed Designation

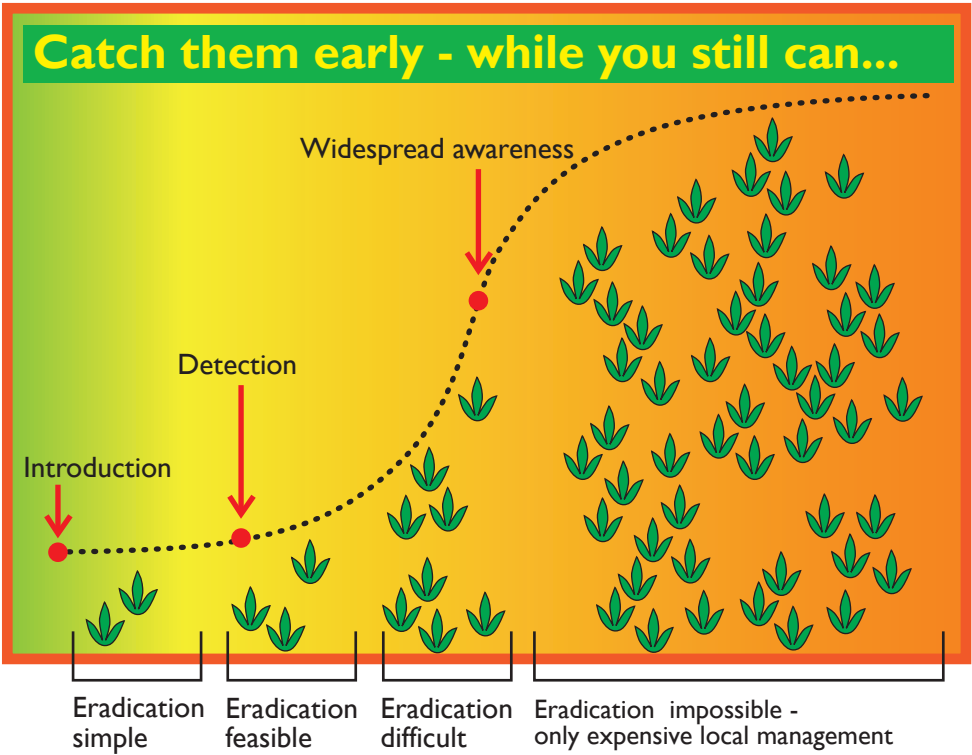
The NDA has revised the Noxious Weed Program, procedures, and policies to provide the following designation process:

1. Nebraska Invasive Species Council (NISC) — which coordinates invasive species management and research across the Nebraska for the prevention and detection of invasive plant and animal species — develops and

- maintains lists of invasive weeds (replaces the previous watch list).
- a. potential invaders
  - b. priority invaders with only limited sites in the state
  - c. established invaders
2. NWCA prioritizes the species on these lists.
  3. NWCA carries out an assessment of the weed risk potential of the highest-priority weeds from each list using the federal Animal Plant and Health Inspection Service's (APHIS) weed risk assessment model.
  4. NWCA reviews the species rated as having a high risk to enter, spread, and cause harm in the state and recommend the species they feel should be designated noxious and/or be quarantined to the Nebraska Noxious Weed Advisory Committee — which is appointed by the governor.
  5. The Nebraska Noxious Weed Advisory Committee reviews the recommendation and determines whether to forward it to the director of the NDA.
  6. The director of the NDA then makes a decision on this recommendation. He may reject the recommendation, make a temporary designation, or initiate the process to make a permanent designation.

### Weed Management Strategies

County weed control authorities need weed management strategies for each state and county designated noxious weed. Priority is to prevent potential invaders and eradicate new invaders while suppressing and preventing spread of established invaders. The strategy includes biology information for each



noxious weed including attributes and means of spreading, identify pathways contributing to spreading, and measures required to control, eradicate, or restrict the spreading of a weed during each stage of invasion.

### Early Detection/Rapid Response Program

NISC carries out an awareness and education effort. This includes Invasive Species Web site <http://snr.unl.edu/invasives>, publications, billboards, and education events. They are currently developing a protocol for reporting detections and recruiting and training invasive plant spotters. If eradication programs are to be successful, a large

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

## Staff Changes

from front page of Weed Awareness

- Worked with Nebraska Department of Agriculture in developing the new approach to noxious weed program (see article on this page).
- Bringing the Nebraska Invasive Species Council into the new approach.
- Helped form and lead the 10-county Lower Platte River Weed Management Area in getting control of the invading riparian weeds that served as a model for the rest of the state.
- Promoted and assisted with the formation of four additional weed management areas along the Platte and Republican Rivers.
- Board member of the North American Weed Management Association (NAWMA) for seven years helping to establish it as a recognized leader in the management of invasive plants.
  - Initiated position statements on legislative needs and federal agency operations.
  - Served on the steering committee of the National Fish and Wildlife Foundation Pulling Together Grant Program.
  - Developed a self-improvement program for weed managers.
  - Designed the certification program for Certified Managers of Invasive Plants.
  - Prepared a model state/province noxious weed control act which was used to guide improvements to the Nebraska act.
  - Served as the program chair for three NAWMA Conferences including the 2009 conference that drew 250 attendees.
- Chairperson on planning committee for the 2006 "Threats to Nebraska Rivers — Invasive Plants Conference" held in Kearney, Neb. that led to the Riparian Vegetation Management Task Force

appointed by Gov. Dave Heineman in 2007 where Shultz served as vice-chair and led the work group on streambed ownership and responsibility.

### New Superintendent

Brent Meyer became the new Weed Control Superintendent on Jan. 1, 2011. However, Meyer began his duties on Nov. 29 as the Deputy Weed Control Superintendent. Meyer was hired as a deputy for a transition period until the current Weed Superintendent, Russell Shultz, retired at the end of the year. He was appointed by the Lancaster County Board of Commissioners.



Meyer served as Noxious Weed Control Superintendent for Nuckolls County from 1991 through 2005 and then took a job in the private sector. During this period, he was very active in noxious weed control activities in Nebraska and in North America.

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

### New Account Clerk

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



## Chief Weed Inspector Receives Commissioner's Award of Excellence

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



Barb Frazier and Russell Shultz

Frazier began working for the County on Oct. 9, 1997, in the county Weed Control Department. She was nominated for the award by Russell Shultz in the category of Productivity.

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

She is responsible for training, oversight, and assisting the seasonal employees in making over 5,000 inspections on more than 2,500

properties with noxious weed and weed abatement violations. With her leadership, the inspection program deals with the public in a professional and courteous manner, resulting in more than 95 percent voluntary compliance by the landowners. She also works with contractors in doing forced-control work as necessary on over 150 sites.

She has taken the lead in the use, training, and improvement of the weed database program, digital inspection entry with personal digital assistants (PDAs), owner verification, and use of mapping programs. Frazier makes the necessary preparations for the inspection season by updating training handbooks, determines equipment needs, selecting properties for inspection based on past compliance history, and generates advance work orders with maps to minimize preparation work for the seasonal inspectors.

Her use of a team approach and performance of work by example has contributed greatly to the Lancaster County Weed Program as being the best in the state and a leader in the country.



# March — A Great Time For Tree Pruning

Sarah Browning  
UNL Extension Educator

Late winter is an excellent time to prune deciduous trees. Branches are easier to remove when not weighed down by leaves and the tree's branching structure is easier to see. Proper tree pruning is essential in developing trees that are structurally strong and have desirable form. Young trees that receive appropriate pruning require little corrective pruning as they mature.

### When to Prune

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

### How to Prune

Pruning should be done with an understanding of how trees respond to each cut. Improper pruning can cause damage that will last for the life of the tree, or worse, shorten the tree's life.

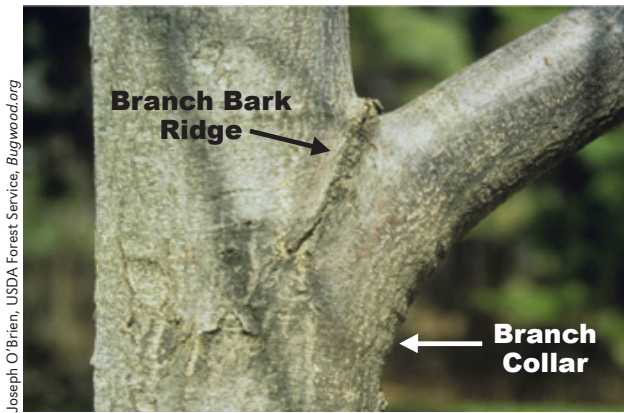
Pruning cuts should be made so only branch wood is removed and the trunk is not injured. If only branch wood is removed, the wound is smaller, the tree will be able to seal the wound more effectively, and the chance of problems with wood decay will be greatly reduced.

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

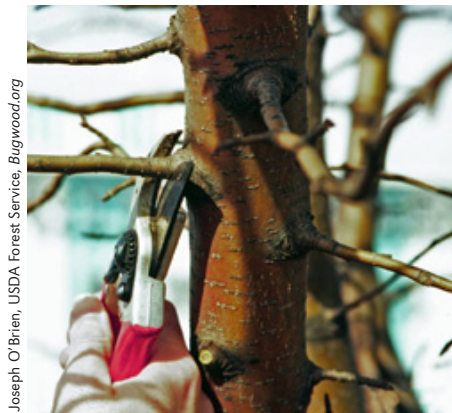
On the underside of the branch look for the "branch collar," which is a slightly swollen area of trunk tissue wrapped around the base of the branch. A proper pruning cut begins just outside the branch bark ridge and angles down and slightly away from the trunk, avoiding injury to the branch collar.

### Three-Cut Pruning Method

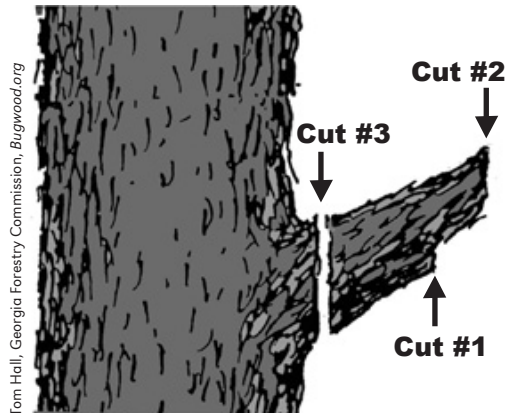
Small branches can be removed with a single cut using hand pruners or loppers, but large branches should be pruned using a series of three cuts. The first cut is to the underside of the branch, approximately 10–12 inches from the tree's trunk, and goes less than half way up through the branch. The first cut does not remove any of the branch; its purpose



Remove only branch wood when making cuts, and leave the protective structures of the branch bark ridge and branch collar intact.



Small branches can be removed with a single cut, using hand pruners or loppers.



Use the 3-cut method when removing large branches.

is to prevent bark from ripping down the side of the tree when the branch falls. The second cut is made an inch or two further out from the first cut, away from the tree trunk, and removes the majority of the branch. The second cut should be made from the top side of the branch down. The final cut removes the remaining stump, also going from the top of the branch down, being careful not to cut into either the branch bark ridge or the branch collar.

### Where to Start

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

### Developing Branch Structure

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

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

Avoid the development of co-dominant branches, or branches with approximately the same diameter, attached to the trunk at the same location. Co-dominant stems lack the strong interwoven connec-

tion that non-dominant branches form with the trunk. This can make the tree prone to cracking and eventual failure at the joint of co-dominant branches. Some tree species, such as the ornamental pear 'Bradford' are prone to the development of co-dominant branches. Instead, choose a cultivar that naturally develops better branch structure, like 'Aristocrat' pear.

### How Much To Remove

The amount of live tissue that should be removed depends on the tree size, species, and age, as well as, the pruning objectives. Younger trees will tolerate the removal of more living tissue than mature

trees, but limbing up a tree too quickly can reduce the development of trunk caliper. Based on the tree's total height, two-thirds of the tree should be canopy and one-third trunk. Try to maintain these proportions and never remove more than one-third of the tree's canopy in any growing season.

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

## Pruning Don't's

- **Do not make flush cuts that remove the branch collar.** Wounds created by flush cuts cause substantially more injury to the tree than wounds left by proper pruning.
- **Do not "top" trees.** Topping results when branches are cut flat, leaving a long stub beyond the next viable branch. The flat cut can allow water to remain on the wood and promote wood rot. The stub dies and also promotes wood rot. Trees respond to this type of pruning by producing a quick flush of fast-growing, weakly attached branches called watersprouts. Because of their weak attachment, watersprouts are prone to breakage as they grow larger. Topping can cause a decline in the tree's health and ruin the beauty of your tree.
- **Do not apply wound dressings to the cut surface.** Wound dressing releases chemicals harmful to the tree and can hold moisture against the cut surface that promotes wood rot. Instead, allow the area to dry naturally. The tree will seal off the wounded tissue and begin growing callus tissue to cover it.
- **Don't be overly concerned if some trees "bleed" or leak sap in spring after late winter pruning.** Maple, walnut, willow, and birch are prone to bleeding and should ideally be pruned in late summer. However, bleeding is not harmful to the tree. The sap that is lost was intended for the branches that are now gone, so the tree is not weakened. However, sap can attract insects and provide a place for fungal spores to grow; so frequently wash the sap off the tree until it stops bleeding.
- **Don't take on the pruning of a large tree if it is beyond your skill.** Pruning large trees is dangerous work. If pruning involves working above the ground, or using power equipment, it's best to hire a professional arborist who can determine what type of pruning is necessary to improve the health, appearance, and safety of trees. An arborist will not cause any additional damage to the tree through improper pruning cuts and should be fully insured with liability, property damage, and workmen's compensation insurance.

## Become a Partner — Greener Nebraska Towns Initiative

Do you want your community or neighborhood to be greener and more environmentally sustainable? Would you like to better conserve water and other natural resources; develop more eco-friendly green spaces; diversify public landscapes to better sustain, and also reflect the natural environment; improve the tree canopy to add beauty and reduce energy consumption; and attract more birds and other beneficial wildlife? Would you like your community to serve as a model for other communities to follow?

If so, your community or neighborhood should apply to become a partner in the Greener Nebraska Towns Initiative.

Up to 10 communities selected from across the state will be eligible for grant funding, planning, technical assistance, educational materials, and other opportunities for a greener, more sustainable community.

Partner communities will intensively plant trees and implement highly visible "waterwise" demonstration projects. Each community will be led through a strategic planning process to identify "greening" goals, potential projects, and implementation strategies. Each community will also partner in a wide-reaching public information and education campaign.

To qualify for consideration, potential

communities must complete and submit the attached application by April 1. Before filling out the application, please visit the ReTree Nebraska Web site at [www.retreenebraska.unl.edu](http://www.retreenebraska.unl.edu) for links and information about some of the key concepts of sustainable landscaping and community forestry that should be addressed in this application. Look under "Greener Nebraska Towns" or "Resources" in the navigation panel.

Also, potential applicants are strongly encouraged to participate in an informational workshop to be held in Lincoln on Thursday, March 3 that will further explain the purpose of the initiative and

the application process. The workshop will be simulcast and archived online for those who can't attend in person. Specific information about the workshop will be posted on the ReTree Nebraska Web site.

The Greener Nebraska Towns (GNT) Initiative is coordinated by the Nebraska Forest Service in partnership with the Nebraska Statewide Arboretum, Inc. and the University of Nebraska Rural Initiative. GNT supports ReTree Nebraska and is funded by the Nebraska Environmental Trust and U.S. Forest Service.

Source: Nebraska Forest Service



March

Peg Fairfield-Bixby  
and Sherm Bixby

Lancaster County 4-H is proud to announce Peg Fairfield-Bixby and Sherm Bixby as co-winners of March's "Heart of 4-H Award" in recognition of outstanding volunteer service.

They were nominated for the award by Stephanie Wachter, saying, "They open their home to our horseless club once a week. Peg and Sherm have huge hearts: if the girls or their families need anything, Peg and Sherm try their hardest to help."

Peg has been involved with 4-H for many years. About five years ago, she started the Harmony Hill 4-H club for youth without horses. Harmony Hill Stables provides the horses.

Peg says, "I have a soft spot for these youngsters — as I was a horse crazy girl that didn't have a horse and would have loved to have had an opportunity to 'horse around.' I enjoy supporting the character growth of children. It is an opportunity to teach equine materials, of course, but there is so much more. Building their self esteem and self confidence, watching them learn responsibility, perseverance, courage, and to handle the ups and downs of life. Horses are an excellent instrument for teaching values of compassion, empathy, and nurturing. My husband, Sherm, gives ultimate support for the children at Harmony Hill! Sherm helps in every way with the care of the horses, hauls horses to events, and lends a hand whenever he is needed."

Congratulations to Peg and Sherm. Volunteers like them are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at <http://lanaster.unl.edu/4h> or at the extension office.



Photo from Johnny's Seeds

Special 4-H Garden Project — Striped Armenian Cucumbers

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

Clover College Instructors Needed

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

Pillow Party,  
March 12

All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn beginning sewing skills and make a pillow at the Pillow Party on Saturday, March 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.


Bring your sewing machine and basic sewing equipment (scissors, pins, measuring tape, etc.). Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids) and matching thread. Pillow forms provided.

No cost to attend. Adults are welcome to attend with youth. Sign up by March 10 by calling (402) 441-7180. 4-H'ers may enter pillows at the county fair under 4-H Clothing - Sewing for Fun.

Jammie Jamboree,  
April 2

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

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring a sack lunch. Sign up by March 31 by calling (402) 441-7180. Jammie bottoms may be entered at the county fair and styled in the Style Revue under Clothing Level 1.



### 4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 9

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 9, 6–8 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln. The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun, and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at (402) 441-7180. Come join the fun!

4-H Speech & PSA Contests

Opportunity to Practice Communication Skills

The Speech & Public Service Announcement (PSA) Contests provide 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas, and have confidence. Contests are open to all 4-H'ers ages 8–18 (by January 1 of the current year) — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, resources, guidelines, and examples go to <http://lanaster.unl.edu/4h/Contest/speech.shtml>.

Speech Contest, May 1

The 2011 4-H Speech Contest will be held Sunday, May 1, 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Register by April 25 by calling (402) 441-7180 or emailing [dkarmazin2@unl.edu](mailto:dkarmazin2@unl.edu) with your name, speech title, and your age division.

PSA Contest, Due April 25

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. The PSA contest will be held via audio only (not in person). Submit a PSA via CD playable on any standard stereo equipment to extension by Monday, April 25. (New this year, no tapes please.) If you do not have the capabilities to record a PSA, contact extension to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on Sunday, May 1.

HORSE BITS

4-H Scholarships Due March 1

One \$500 R.B. Warren 4-H Horse Educational Scholarship and four \$1,000 Grand Island Saddle Club Scholarships are available for 4-H'ers enrolled and active in the Nebraska 4-H Horse Program. For complete directions and applications go to <http://go.unl.edu/3o4>. Applications must be postmarked by March 1.

Additional Ak-Sar-Ben 4-H Expo Result

Hannah Scow was Champion in Senior English Pleasure at the 2010 Ak-Sar-Ben 4-H Horse Show. This is an addition to the Lancaster County 4-H top award winners published in the January Neblin. Complete results are at online at [www.rivercityrodeo.com](http://www.rivercityrodeo.com).



Ak-Sar-Ben photo

4-H Horse Incentive Program Begins

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

2011 Horsemanship Level Testing Dates

Mark your calendars! The 2011 group testings will be held at the Lancaster Event Center on the following dates:

- Tuesday, April 19, 6 p.m.
- Tuesday, May 3, 6 p.m.
- Tuesday, June 21, 6 p.m.
- Tuesday, June 28, 6 p.m.
- Tuesday, July 5, 6 p.m.
- Saturday, Oct. 1, 9 a.m.

Please RSVP at least one week in advance to Marty at [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu) or (402) 441-7180.



# 4-H Achievement Night

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



Mayor Chris Beutler

## COMMUNITY SERVICE AWARDS

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

**Age 14 and over:** Spencer Farley, Sadie Hammond, Jacob Pickrel, Rachel Pickrel, Abbey Spencer, Emily Steinbach, Lexi Trumbley

**Age 13 and under:** Madeline Gabel, Valerie Gabel, Elizabeth Garza, Victoria Garza, Holly Hillebran, McKenzie Kapperman, Kylee Plager, Paige Roach, Sheridan Swotek, Katie Wirthele



Age 14 and over



Age 13 and under

## NEBRASKA DIAMOND CLOVER

The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, fill out a report which documents their accomplishments.

**Level 1 – Amethyst:** Kailee Brown, Glenn Catt, Elizabeth Garza, McKenzie Kapperman, Brooke Kreikemeier, Jared Nielsen, Breanna Painter, Joshua Ronnau, Collin Schmidt, Sam Schuster, John Swotek, Caitlyn Walbrecht, Jenna White, Katelyn Wirthele, Alyssa Zimmer

**Level 2 – Aquamarine:** Allysa Catt, Victoria Garza, Jaclyn Heinrich, Holly Hillebran, Emma Lanik, Nicole McConnell, Caleb Nielsen, Paige Roach, Jacob Ronnau, Jacob Rushman

**Level 3 – Ruby:** Hannah Bellinghausen, Valerie Gabel, Kylee Plager, Sheridan Swotek

**Level 4 – Sapphire:** Ivy Dearmont, Madeline Gabel, Spencer Peters, Hannah Ronnau

**Level 5 – Emerald:** Elli Dearmont, Kaiya Green, Emily Steinbach



Level 1 – Amethyst



Level 2 – Aquamarine



Level 3 – Ruby



Level 4 – Sapphire



Level 5 – Emerald

## I DARE YOU LEADERSHIP AWARD

Awarded on behalf of the American Youth Foundation to juniors or seniors who strive to achieve their personal best and make a positive difference in their community.

Maci Lienemann, Emily Steinbach

## COLLEGE SCHOLARSHIPS

**Lancaster County 4-H Council — \$500:**  
Spencer Farley, Cory Peters, Rachel Pickrel, Lee Kreimer, Ian Schuster, Samantha Steward

**4-H Teen Council – \$250:**  
Spencer Farley, Rachel Pickrel

**Lincoln Center Kiwanis – \$1,000:** Spencer Farley



Lancaster County 4-H Council — \$500

## OUTSTANDING 4-H MEMBERS

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

Spencer Farley, Rachel Pickrel, Jessica Stephenson



## 4-H MERITORIOUS SERVICE

was awarded to Chris Scow (pictured with Extension Associate Marty Cruickshank).

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

## NEBRASKA 4-H CLUBS OF EXCELLENCE

Nebraska 4-H Clubs of Excellence have met the criteria outlined by the State 4-H Office to be considered a "Club of Excellence."

4-H Explorers, All-American Kids, Fantastic 4, Friends 4 Ever, The Green Explorers, Heart to Heart, Joes Clover Knights, Pacesetters, Super Shamrocks, Western Pride, Zeeny Bees



## DOG VERSATILITY AWARD

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

Cassie Meyer

**Lancaster County 4-H 2011 Year in Review Video**  
<http://lancaster.unl.edu/4h>



# Protect Yourself from Identity Theft

Everyone has seen the commercials warning them about identity theft, and everyone has thought to themselves, “That will never happen to me.” When it does, they ask themselves, “How did this happen to me? What do I do now?” This article will help educate consumers about how to avoid identity theft and what to do if it does happen.

## What is Identity Theft?

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

The easiest way for identity theft to happen is if someone steals your credit card, but that is not the only way. Thieves can obtain your personal information by going through your trash, accessing public records, stealing from your mailbox or recording your credit card number when you pay with it over the phone or on the Internet.

## What Can You Do To Protect Yourself?

Take great care to protect the following information: name, address, date of birth,



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

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

Do not loan out your house or apartment keys to others.

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

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

## What To Do if Your Identity is Stolen

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

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

Report the theft to your local police department, county sheriff, or State Patrol office. The Nebraska State Patrol number is (402) 471-4545.

If you think someone is

## Nebraska Identity Theft Repair Kit

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

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

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



using your Social Security number, contact the Social Security Administration office at (800) 269-0271.

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

**EXPERIAN**  
955 American Lane,  
Schaumburg, IL 60173  
(888) 397-3742  
[www.creditexpert.com](http://www.creditexpert.com)

**TRANSUNION**  
PO Box 1000,  
Chester, PA 19022  
(800) 916-8800  
[www.transunion.com](http://www.transunion.com)

**EQUIFAX**  
PO Box 740241,  
Atlanta, GA 30374-0241  
(800) 685-1111  
[www.equifax.com](http://www.equifax.com)

## FOR MORE INFORMATION

UNL Extension’ NebGuide “Protect Your Credit and Identity” (G1767) available at the extension office or online at <http://go.unl.edu/ju6>

**AG DAY**

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

**DID YOU KNOW...**

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

**National Ag Day — March 15, 2011**

**American Agriculture:**  
**Abundant. Affordable. AMAZING.**

## EXTENSION NEWS

### Lancaster County Extension Board Members for 2011

Meet the Lancaster County Extension Board. Current extension board members are:

- Wesley Daberkow, President
- Denise Farley, Vice President
- John Chess, Secretary/Treasurer
- Linda K. Butcher
- Pablo Cervantes
- Irene Colborn
- Debbora Day
- Quentin Farley
- Ryan Mohling
- Boshra Rida

• Patricia M. Schmidt  
Lancaster County Extension board members assist extension staff in establishing and accomplishing extension program goals and objectives. They work in partnership with UNL extension on priority issues through educational programs in agriculture, horticulture, pest management, nutrition and food safety, family living, home environment, and 4-H youth development.

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

ServeNebraska is accepting nominations to honor individuals and organizations throughout Nebraska with the 2011 First Lady’s Outstanding Community Service Awards and Impact Awards. The nomination deadline for these awards is March 14. Honorees will be recognized at the First Lady’s Awards Luncheon on April 28 at The Thompson Alumni Center on the University of Nebraska-Omaha campus.

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

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



# EXTENSION CALENDAR

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

## February

24 Initial Pesticide Training.....8:30 a.m.

## March

1 Preference Given to 4-H Council Camp Scholarship Entries  
Submitted to Extension by this Date

1 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club  
Scholarships Entries Due

1 4-H Council Meeting..... 7 p.m.

3 Financial Recordkeeping Workshop ..... 9 a.m.–4:30 p.m.

10 Nutrient Management Workshop .....2–4 p.m.

11 Extension Board Meeting..... 8 a.m.

11–13 4-H Nebraska Horse Expo, Lancaster Event Center

12 4-H Pillow Party ..... 9 a.m.

13 4-H Teen Council Meeting ..... 3 p.m.

15 Guardian/Conservator Training ..... 1:30–4:30 p.m.

17 Recertification Pesticide Training ..... 9 a.m.

17 Parents Forever Class ..... 9 a.m.–12:30 / 5:30–9 p.m.

19 4-H Spring Rabbit Show, Lancaster Event Center..... 9 a.m.

23 Family & Community Education (FCE) and Community Leader  
Training Lesson, “Brain Blitz” ..... 1 p.m.

26 Window of Opportunity Child Care Conference ..... 8 a.m.–3:30 p.m.

## Bed Bug Prevention

continued from page 3

How can this happen? A bed bug infestation in a home can become very large because bed bugs have unlimited access to food (us) at night. It is possible for the resident to be initially unaware of the infestation and ignore it. (Some people do not react to bites.) When a bed bug infestation is very large, bed bugs can't find good hiding places. They crawl onto clothing or into pockets, in backpacks or diaper bags. The resident inadvertently takes them to work and other places where he or she goes.

If you think about all the different places people work or visit, you'll soon realize it is possible for just about any location where people work or spend time, including transportation vehicles (buses, trains, airplanes), to acquire bed bugs. In offices and similar places, like the City-County Building, bed bugs do not have unlimited food at night and do not survive very well. They tend to become scattered,

which is exactly what happened at the City-County Building. It is possible for other people to pick them up. But, the chance of this happening is very, very remote.

**The bottom line: people should take precautions where there is the greatest risk of encountering bed bugs (like hotels/motels) and not spend time worrying about locations where risks are low.**

And finally, the local officials who made decisions about what to do with the bed bug problem at the City-County Building in Lincoln, in my opinion, made the

very best decisions which could have been made. They brought the bed bug sniffing dog in first to locate bed bugs, and then dealt with those locations. This was exactly the correct protocol in this type of building. In situations like this, all too often people panic and douse areas with chemicals first, without even knowing exactly where bed bugs are hiding. This results in too much insecticide used, too much chemical exposure and often, not very good control. It is great to have this as an example of the right way to deal with a bed bug infestation.



Watch Chicks Hatch  
Online with EGG Cam!  
[lancaster.unl.edu/4h/Embryology](http://lancaster.unl.edu/4h/Embryology)

Embryology resources include incubation, candling, and more!



Follow us on Facebook!



## Open House Events

### JUNIOR WEDNESDAYS

Wednesdays from March 2 to April 27 —  
a Husker Weekday tailored for juniors.

### BIG RED OPEN HOUSE

March 7, April 15 or April 22 — Spend a day on campus learning more about academics, student life, scholarships, and Husker spirit!

### SUPER SATURDAY

April 2 — This special visit day is designed and implemented by the Office of Admissions Student Ambassadors. These current UNL students will conduct academic sessions, student panels, information sessions, campus tours, and more! (No faculty will be available)

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

UNIVERSITY OF  
**Nebraska**  
Lincoln

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

UNIVERSITY OF  
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**EXTENSION**

University of Nebraska–Lincoln Extension  
in Lancaster County

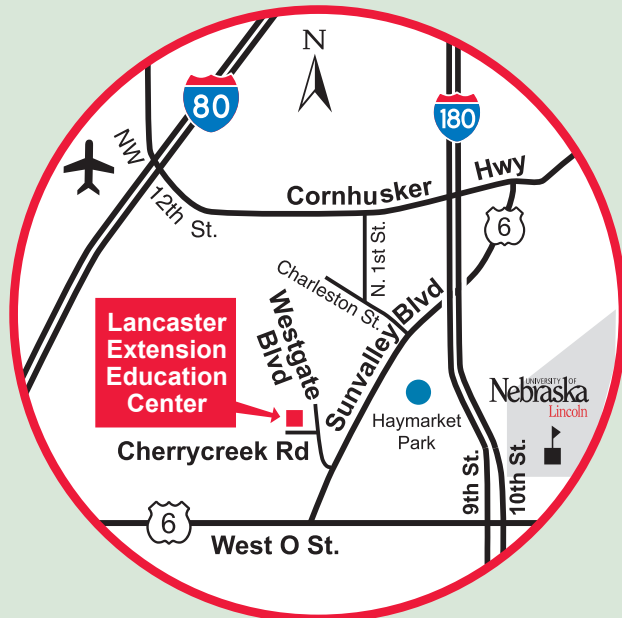
444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528-1507  
(402) 441-7180

<http://lancaster.unl.edu>

Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: (402) 441-7148

Join us on YouTube, Twitter, and Facebook  
<http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



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 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 (402) 441-7180.

#### EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

#### EXTENSION EDUCATORS

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## THE NEBLINE

THE NEBLINE is published monthly (except December).  
Mailed to more than 12,000 households in Lancaster County  
and can be read online at <http://lancaster.unl.edu/nebline>.

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☐ 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



# Spring Rabbit Show

Saturday, March 19, 9 a.m. Open to all youth 8-18  
Registrations 7:30-9:00 a.m.

Lancaster Event Center - Exhibit Hall  
84th & Havelock, Lincoln



**Awards will be given!**  
**CLASSES:** Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class.  
**REGISTRATION FEES:** \$2.50 per rabbit or cavy, \$1 fur class, \$1 Showmanship.  
**FREE CONTESTS:** Rabbit Quiz & Rabbit Races!  
**Opportunity to learn and practice your showmanship!**  
**RAFFLE FOR MANY PRIZES!**  
TICKETS 3 FOR \$1.  
Please bring an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.  
**4-H Rabbit VIPS CONCESSION STAND**  
All rabbits must be tattooed in the left ear (available at the show).

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



## 4-H Summer Camp Brochures Now Available

2011 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp> and at the extension office. Camps are open to all youth ages 5-18 (need not be in 4-H). With three unique Nebraska locations at Halsey, Gretna, and Alma, there are more than 40 camps ranging from half day to four days/three nights!  
UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps. Discover the adventure!



**Save 10% by registering before April 1!**

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



**Ian Schuster, Maria Luedtke, Hannah Ronnau, Elli Dearthmont, Erika Warner, and Cory Peters at the Western National Roundup.**  
Six Lancaster County 4-H horse members represented Nebraska at the 91st 4-H & FFA Western National Roundup held recently in Denver, Colo. Elli Dearthmont, Maria Luedtke, Cory Peters, Hannah Ronnau, Ian Schuster, and Erika Warner qualified by winning statewide 4-H competitions. They were coached by Kendra Ronnau.  
Earning the title of national champions were Elli and Hannah in Horse Team Demonstration with their presentation entitled "Gut Reaction." They recently placed 2nd at the national All American Quarter Horse Youth Congress with their demonstration.  
The Hippology team, made up of Maria, Cory, Ian, and Erika placed 3rd High Team Overall. In Hippology, youth exhibit their knowledge and understanding of equine science and husbandry. The contest has four phases: examination, station, judging, and team problem.  
Lancaster, Douglas/Sarpy, and Cumming/Burt county members' placings earned Nebraska 2nd High Overall State, only one point behind California. Hannah says, "Being able to compete in a National contest

was a dream of mine since I competed in my very first team demonstration. Looking back on my dream becoming a reality, I have realized how much I have learned! Going to and preparing for Denver has taught me numerous public speaking skills, how to successfully work in a team, how to communicate with people, and I feel that this experience has made me a better person overall!"  
Extension Associate Marty Cruickshank says, "This is an extraordinary group of young people! They know what it takes to set a goal, do what is required, and then do a whole bunch more. They know all about hard work, dedication, and focus — both as individuals and as a team. Representing themselves, their families, their 4-H club, their community, and their county, they won at state. That earned them the high honor of representing the state of Nebraska, the Nebraska 4-H Horse Program, and the University of Nebraska-Lincoln at the national competition. Their extraordinary achievements have made our local 4-H horse family proud!"

## Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2011 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.  
You may apply for a variety of positions:  
• **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Feb. 1.  
• **Cabin Mentors** — Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled

according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is March 1.  
• **Camp Counselors** — Youth ages 15-18 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is May 1.  
More information and applications are online at <http://4h.unl.edu/camp> — need not be in 4-H to apply.

## Explore Career Options at Big Red Academic Camps

The 2011 Big Red Summer Academic Camps are a chance for youth grades 9-12 to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and University of Nebraska-Lincoln faculty members. The camps are residence camps held on UNL campus. Housing and food are provided.  
After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special "capstone event" which family members are invited to attend.  
Brochures and registration forms are available at <http://bigredcamps.unl.edu> or at the extension office. For more information, call (402) 472-2805.  
4-H members are encouraged to apply for a scholarship — application is on the Web site.



Camp	Dates
3D Animation/Virtual World Creation	June 12-17
Culinary Arts and Food Science	June 12-17
Entrepreneurship*	June 12-17
Filmmaking	June 12-17
Geology and Paleontology*	June 12-17
The Outdoors	June 12-17
Textile Design*	June 12-17
Unicameral Youth Legislature	June 12-15
Veterinary Science	June 12-17

\* New camp for 2011.  
Big Red Summer Academic Camps reserves the right not to hold a camp due to low participation numbers.

**Save \$50 by registering before April 1!**