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## The NEBLINE, April 2011

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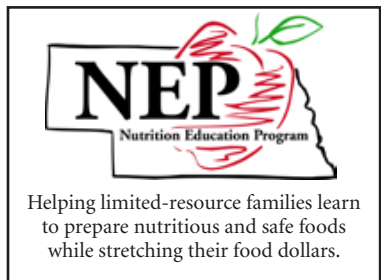
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# Supplemental Kits Make Learning Nutrition Fun

## 14 LPS Schools Have 100% Classroom Participation in NEP’s School Enrichment Program



**Karen Wobig**  
UNL Extension Educator

A collaborative effort between University of Nebraska–Lincoln Extension in Lancaster County’s Nutrition Education Program (NEP) and Lincoln Public Schools (LPS) has resulted in a more nutritionally aware and healthier community. Working in conjunction with Marybell Avery (LPS health curriculum director) and LPS classroom teachers, NEP staff developed supplemental kits of hands-on educational experiences designed to enhance the health curriculum in grades K–5. Kit materials include teacher

curriculum, science experiments, posters, wall charts, interactive games, food models, activity sheets, music/sound CDs, books, videos, puppets, and more! The kits have increased nutrition education in participating classrooms from 2 hours to 11 hours per year. Over the past 10 years, 33,191 students from 1,764 classrooms have benefited from 18,556 hours of teaching. Currently, teachers may request these kits for three-week periods. When NEP staff bring the kits to the classroom, they present a handwashing activity. During the three weeks, teachers use the materials in the kit to help teach their required nutrition unit. When NEP staff return to the classrooms to pick up the kits, they lead students in preparing and sampling a healthy snack demonstration. This program is funded from the USDA’s Supplemental Nutrition Assistance Program which targets limited income



NEP staff Kristen Neth presents a handwashing activity using a blacklight to show students how thorough they are washing their hands.

families. The kits are designed to provide age appropriate, intensive nutrition education, throughout the entire elementary years, including take-home



NEP staff Lisa Connot presents a healthy snack demonstration.

parent education pieces. To be eligible for the program, LPS schools need to have at least 50 percent free and reduced breakfast/lunch participation. Since the program’s inception in 2000, growth has occurred from 12 eligible schools to 19, with two additional schools becoming eligible in 2011. Fourteen of the 19 participating elementary schools have

100% classroom participation in the grade levels in which teaching a nutrition unit is required (Kindergarten, 1st, 2nd, 4th, and 5th grades). Highlighted below are the 2010–11 schools in which all classrooms within these targeted grade levels use NEP kits to teach their nutrition unit. Teachers and administrators continue to support usage of these kits and the benefits to their schools and students.

*“My 4th grade class loves the hands-on activities provided in the nutrition kit. These activities have led to an awareness of healthy eating and have caused my students to plan and eat healthy snacks after school.”*  
— **Pat Stolley, West Lincoln, 4th Grade Teacher**

*“The nutrition kit matches our State Standards and district requirements exactly making it simple and fun to teach the unit. Everything you need and more is right at your finger tips and the kit engages all students in active learning!”*  
— **Cheri Parent, Saratoga, 1st Grade Teacher**

*“The kit’s parent communication piece...helps connect the families. The nutrition kit really gets families talking about choosing healthy!”*  
— **Michelle Stephens, Prescott, Kindergarten Teacher**

*“With the knowledge [our 4th graders] gained, they will be better able to make choices that result in healthier lifestyles for themselves and their families.”*  
— **Anne Hitt, Norwood Park, 4th Gr. Teacher**

*“The lessons provide students an opportunity to learn how choosing healthy foods promotes a healthy body. The lessons stick with my students long after we have completed the nutrition unit.”*  
— **Julane Amen, McPhee, 5th Grade Teacher**

*“[The kits] support LPS curriculum and Lakeview’s nutritional education efforts by providing preplanned lessons and all materials needed to increase our students knowledge about food groups, healthy snacks, hand washing...”*  
— **Sudie Bock, Lakeview, Principal**

*“I wish all of our curriculum was as well organized and planned as the nutrition unit. The students love the experiments, activities, and the learning games. The teachers love that the lessons are already planned for us, and all of the materials are right there in the kit.”*  
— **Diane Mickey, Huntington, 5th Grade Teacher**

*“My students enjoy the interactive materials and take home activities. One of our favorite lessons is on sugar. My students are amazed how much sugar they consume in packaged cereals and soda. The kit provides a great visual to help support this lesson.”*  
— **Marilyn Cobb, Arnold, 5th Grade Teacher**

*“Our students look forward daily to doing the activities provided. Their laughter and kindness working together in groups to see who can name each item in the ‘food heads’ activity is worth the time!”*  
— **Katie Lewallyn, Brownell, 2nd Grade Teacher**

*“The lessons catch [students] attention, and spark their interest while promoting a natural, on-going discussion about making healthy choices.”*  
— **Karen McWilliams, Calvert, 2nd Grade Teacher**

*“It is a thorough curriculum, set up, and ready to go for our use. ...it is a welcome and meaningful addition to our curriculum.”*  
— **Stacey Chapek, Clinton, 1st Gr. Teacher**

*“The nutrition kits are used everyday during the time we have them. The students love the hands-on lessons and they can’t wait to see what lesson we are going to learn next!”*  
— **Melanie Gries, Everett, Kindergarten Teacher**

*“The kit is very teacher friendly. The lesson plans are well written, easy to follow, and realistic. It is also very helpful that all the materials...and copies of handouts are included. Both students and teachers look forward to this unit each year!”*  
— **Jeff Vercellino, Hartley, Principal**

*“The kids loved learning about nutrition with the use of all the fun activities included in the kit. They especially enjoyed making and eating the delicious, nutritious snack as a culminating activity after completing the unit.”*  
— **Susan Horne, Holmes, 4th Grade Teacher**

14 participating elementary schools have 100% classroom participation!

Here is a sampling of quotes from each school.

West Lincoln, Arnold, Brownell, Calvert, Clinton, Everett, Hartley, Holmes, Huntington, Lakeview, McPhee, Norwood Park, Prescott, Saratoga



# Caution Urged When Using Anhydrous Ammonia

**Tom Dorn**  
*UNL Extension Educator*

Anhydrous ammonia is so familiar, it's easy for agricultural producers to take it for granted but anhydrous ammonia should always be handled with utmost caution.

Anhydrous means "without water." Anhydrous ammonia  $\text{NH}_3$  is a gas at normal atmospheric pressures but is pressurized to a liquid for more efficient transport. Anhydrous ammonia has a tremendous affinity for water and will draw water out of any substance it comes in contact with. When depressurized, the anhydrous flashes into a gas (vapor). When gaseous anhydrous is injected into the soil, it immediately combines with the water present in the injection zone and becomes ammonium  $\text{NH}_4^+$  which, because of its positive electrical charge, is held on the negatively charged clay and organic matter particles in the soil.

It is the tremendous affinity for water that makes anhydrous dangerous to handle. Just as anhydrous ammonia draws water out of the soil, it will also draw water out of human



tissue. Skin and eyes exposed to anhydrous ammonia will appear to be burned due to the extreme drying effect resulting from anhydrous drawing the water out of the cells. While skin will heal, anhydrous in the eyes can quickly cause blindness. Fumes breathed into the lungs can burn tissue and may result in suffocation. But, handled with caution, anhydrous ammonia is an effective and inexpensive plant nutrient, which makes it the most popular nitrogen source used in agriculture.

As expected, anhydrous safety involves careful handling of hoses and equipment to prevent unwanted escape of anhydrous vapors into the air. Handlers must also prevent any accidental contact to skin and clothing by wearing protective

clothing and equipment. Always work upwind of machinery, hoses, valves, couplers, and applicator tubes. Don't step in front of fittings or valves. Wear insulated gloves made especially for protection against anhydrous ammonia. Protect your eyes with non-vented goggles and wear a respirator equipped with filters made specifically for protection against anhydrous ammonia fumes when connecting or disconnecting hoses or filling anhydrous tanks.

Other safety tips:

- Never fill an anhydrous tank more than 85 percent full of liquid. This reserves room for expansion should the tank warm up after filling. Overfilling the tank can result in dangerous pressure build up, resulting in activation of

the pressure relief valve and release of anhydrous into the atmosphere.

- Keep a lot of water available. All anhydrous tanks should have a five-gallon water reservoir in or on them. Fill or replace the water daily. Keep a squirt bottle in the tractor cab. By quickly dowsing tissues that come in contact with anhydrous with an external water source, you can greatly reduce the drying/burning effect. People who work with very large amounts of anhydrous ammonia, such as people who fill nurse tanks at a central location, have large tubs of water (horse tanks) available so they can literally dive into the tank, if exposed to anhydrous.
- Every field applicator and nurse tank should be equipped

with an emergency breakaway valve. Keep hoses level when connecting and disconnecting so liquid anhydrous won't collect in low spots. Any anhydrous left in the hoses could shoot out under pressure onto the person disconnecting the equipment.

- Other hints for safe use of anhydrous ammonia include:
  - Inspect all tanks before moving them.
  - Don't travel faster than 20 miles per hour when moving as anhydrous tank tires are only rated for 25 miles per hour.
  - Always use a safety chain when transporting a tank and make sure all hitch pins have keys.
  - Don't haul more than one tank at a time.
  - Don't de-activate the excess flow valve and be sure it has been tested recently.
  - Use only metal snap couplers.
  - Handle hoses gently.
  - Don't be caught without safety equipment in case of emergency. Keep backup safety goggles, gloves, clean flushing water, and a cartridge respirator in the tractor cab.

## Drought Pasture Leases

Drought can really play havoc on pasture leases. All too often, pasture leases fail to include an appropriate plan to adjust to this problem.

Without a plan, both the landowner and the tenant are at risk. The landowner risks having the pasture become overgrazed, resulting in future weed problems, reduced long-term production, and lowered value. The tenant risks poor performance or health of the livestock due to less forage and lower quality feed. This can lead to higher supplemental feed costs or being forced to sell the cattle.

So, who decides when drought has lowered pasture production low enough to remove the cattle? And, what should be the adjustment in the rent payment?

Unfortunately, I can't give you a specific answer. Instead, now is the time to discuss these issues as landlord and tenant.

Usually, it is best to design the lease so both the landowner and tenant share in the opportunity and risk associated with drought by adding an appropriate escape clause due to drought. Be sure to list the length of the grazing period in the lease. Also make sure stocking rates are specified in the lease, adjusting these stocking levels for increased cow size if necessary. And get it all in writing to avoid any misunderstandings later.

Drought can cause a lot of headaches. But if you've planned ahead, making sudden adjustments to your pasture leases won't be one of them.

*Source: Bruce Anderson, Extension Forage Specialist*

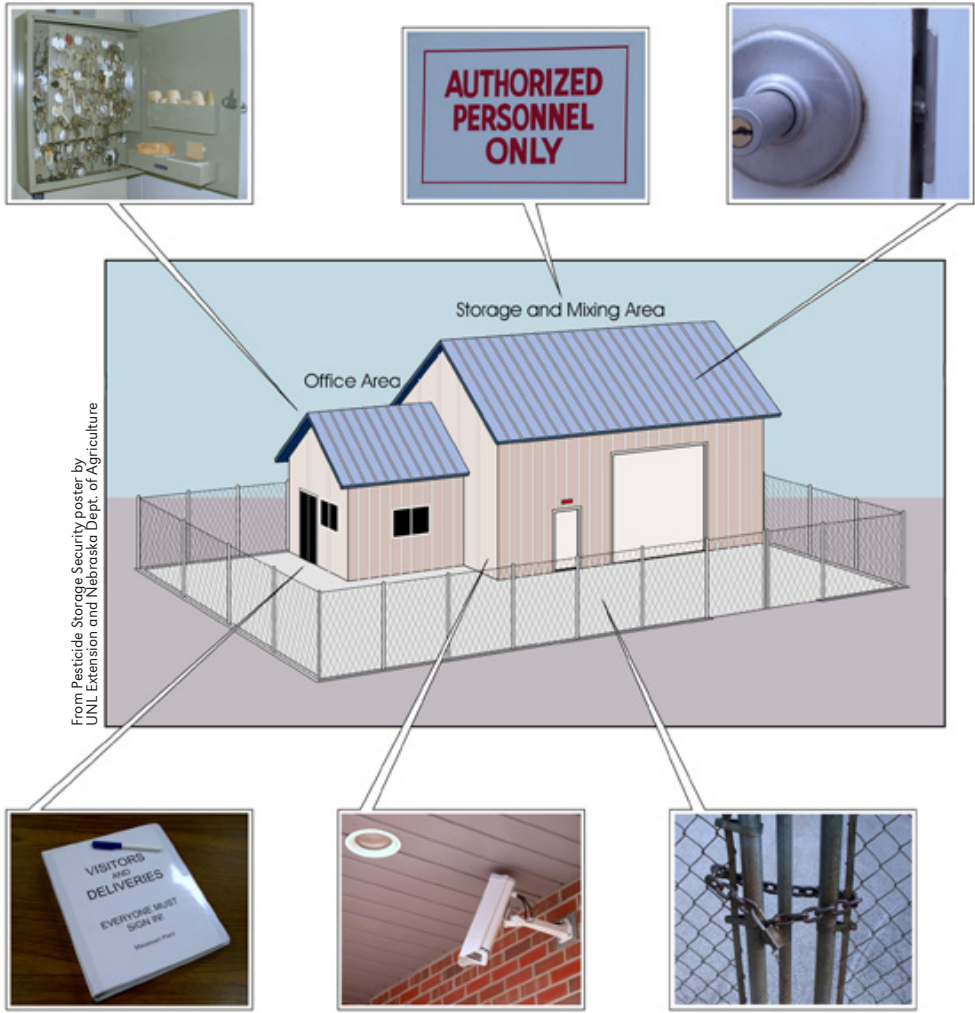
# Security Concerns for Pesticides or Fertilizers

Terrorist events have created the need for farmers and chemical suppliers handling pesticides and fertilizers to re-evaluate the security of those materials. There are a number of concerns about poisonous or explosive materials ending up in the wrong hands.

Consider the following:

- How easy do you make it for an unauthorized person to gain access to pesticides and fertilizer? Can your vehicles or buildings be entered during times when employees are not present? Are locks and doors secure enough to deter a casual theft?
- If you are a pesticide dealer, how easy is it for an unfamiliar person to buy pesticides or fertilizer from your sales staff? Do all of your employees who sell pesticides or fertilizers know all of your customers and/or the people designated to pick up these products? Does your staff ask for identification of unfamiliar customers? Does your staff ask where these products will be used?
- Do you or your staff know what a "sentinel event" is? A sentinel event is a situation or specific occurrence that indicates someone is testing their plans or testing the strength of your security.
- Sentinel events could be obvious or unnoticeable. Sentinel events could be things such as unsuccessful forced-entry marks on locks or doors, unusual or curious tire marks near pesticide or fertilizer storage facilities, dead animals found in unexpected areas (not road kill), unexplained spills or stains in or near pesticide or fertilizer storage areas, unexpected discovery of tools stolen or left in storage areas, or unusual telephone calls requesting the availability of fertilizer or pesticides.

The Nebraska Department of



Agriculture (NDA) and University of Nebraska-Lincoln Extension wants the public to avoid developing unneeded paranoia about their security, however, we feel it is prudent to raise your awareness of the issues impacting all of us in today's world. If you would like further information on security issues or sentinel events, call Tim Creger or Rich Reiman at the NDA (402) 471-2394. Information

may also be found on the NDA Web site at <http://www.agr.state.ne.us/division/bpi/pes/security.htm>. A link to this information and other information is on the UNL Extension in Lancaster County Web site at <http://lanaster.unl.edu/ag/crops/pesticid.shtml>.

*Source: Tim Creger, Nebraska Department of Agriculture, Pesticide Program Manager*



# It's Spring ... Time for Termites and Ants

**Barb Ogg**  
*UNL Extension Educator*

In Nebraska, termite and ant colonies, which live in the soil, are inactive during the winter when the soil is frozen. When temperatures warm up, insects become active.

### Termites

In the springtime, termite workers go into warp speed, actively foraging for food (wood) at upper soil levels where freezing soil temperatures all winter long have prevented activity. Termites can enter structures through 1/64th-inch foundation cracks. A large percentage of termite infestations are first noticed in the basement. Signs of termites include mud tubes on the wall or floor and pinholes in drywall or plaster. Inside fresh mud tubes, you will find light-colored termite workers.

Eastern subterranean termite reproductives have black bodies and long white wings; they



Termite mud tubes

usually swarm mid- to late-April, after it rains. If these winged reproductives swarm inside the house, you have a definite

termite problem. Swarming termites can be confused with winged ants. The key identifying feature is the appearance of the wings. Both termite wings are equal in length and look the same. For a diagram to distinguish termites from ants, go to <http://go.unl.edu/knp>.

### Ants

There are about a dozen ant species often associated with structures in Nebraska. In the springtime, ants often invade homes before food is available outdoors. Ants do not know if you are a good housekeeper or not ... they invade your home because it is literally in their way and it is their instinct to find food. Once they find suitable food, they will communicate this to nestmates and more ants will follow.

To control ants, you must treat the colony. Killing a few ants with an over-the-counter insecticide spray won't solve the problem because there are thousands more in the colony. There are three possible methods which may eliminate the colony.

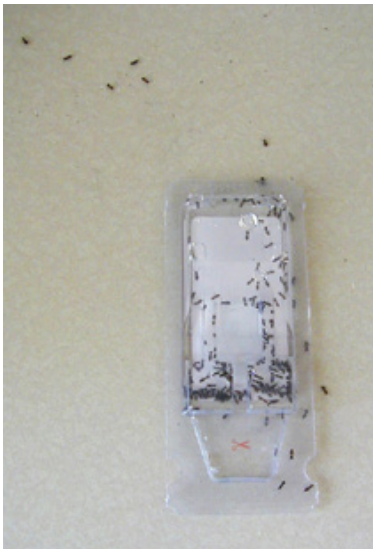
**1. Find the colony and treat it.** This is the most direct approach. If the location is within the walls, there is often a moisture problem (leaky roof or windows, plumbing issues) which should be dealt with first. An ant colony inside the wall is often an indicator of a more important problem.

Depending on the location, you may have to hire a pest control company to eliminate the ant colony. For example, if a colony is underneath a concrete

slab (foundation, basement, home addition), it will require specialized equipment and training to treat the colony. It can be very expensive to do this and it may not solve the ant problem. Many people choose not to have this type of treatment done and just deal periodically with ants.

If you find an ant colony outdoors, you can purchase ready-to-use insecticides and do a drench treatment. A drench treatment is done by carefully pouring a small amount of insecticide down the ant hill. It may be helpful to use a spade to open the ant hill so the insecticide penetrates the area and doesn't run off. Be sure to use a product labeled for this use.

**2. Feed a slow-acting bait to foraging ants they will take back to the colony.** Most over-the-counter baits work best for sweet-loving ants. Unfortunately, some ant



Most over-the-counter ant baits work best for sweet-loving ants

species prefer proteins and won't feed on the sweet bait. For a homemade recipe for a protein-based bait, mix together 4 tablespoons peanut butter, 6 tablespoons honey, and 3/4 teaspoon boric acid. The goal of baiting ants is to get as much bait into the colony as possible, so feed the ants as much bait as they will eat. Even still, it can take two or three weeks for the ants to disappear.

Do ant baits really kill the colony? Maybe. Some ant species, like odorous house ants, have very large colonies and, in reality, the bait probably won't actually kill the entire colony.

**3. The third method of ant control is to hire a pest control company to do a perimeter spray treatment** using a product, like Termidor™,

which transfers throughout the colony. Termidor™ is a product primarily usually used for termite control, but it has been shown to be effective against home-invading ants. It is not available over-the-counter. The Termidor™ label only allows two perimeter applications each year ... one in the early spring and another mid-summer. This should take care of invading ants.

### FOR MORE INFORMATION

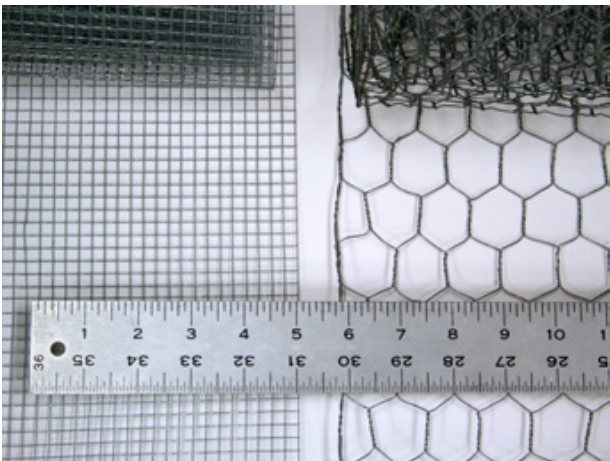
Check out <http://lancaster.unl.edu/pest> for more information about pests. For identification and control recommendations, specimens can be brought to UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, Monday–Friday, 8 a.m.–4:30 p.m.

## Got Termites? UNL is Looking for a House for 2011 Termite School

In September, University of Nebraska–Lincoln will offer a two-day, in-depth training for termite applicators, home inspectors, and other interested persons. This two-day program will take place Sept. 29–30, 8 a.m.–5 p.m., at the Lancaster Extension Education Center. We use an actual termite-infested house for the hands-on portion of the training and are currently looking for a house for the training. In exchange for letting us use the house for our training, we will take care of the termite treatment. Any termite-infested house in Lincoln–Lancaster County will be considered. If you have a termite-infested house and are interested in working with us, contact Barb Ogg at UNL Extension in Lancaster County (402) 441-7180.

# There's No Need to Share Your Peas With Rabbits

As you get ready to plant your gardens, plan ahead to prevent rabbit damage. One of the best ways to protect your backyard garden or berry patch from rabbits, is to put up a fence. The fence doesn't have to be tall or especially sturdy. A 2-foot fence of chicken wire with the bottom stretched tight should be sufficient. Better yet, bury the fence a couple of inches to keep rabbits from digging under it. Be sure the mesh has 1 inch squares or smaller, so young rabbits can't squeeze through it. A more substantial fence of welded wire, chain link, or hog wire will keep rabbits, pets, and children out of the garden. This type of fence can also be used as a trellis for vine crops like cucumbers. The bottom 1-1/2 to 2 feet of this type of fence should be covered with a small mesh wire fence to keep smaller animals from getting through the openings. A fence may seem costly,



1/4-inch wire hardware cloth (left) versus 1-inch chicken wire (right)

but with proper care, it will last many years and will provide you with immediate relief from the constant aggravation of rabbit damage. If you choose to use inexpensive chicken wire, plan to replace it every few years.

Fence should also be used to keep rabbits and other animals from damaging trees and landscape plants. Cylinders of 1/4 inch wire hardware cloth can be used to protect valuable young trees or landscape plants. A cylinder made with smaller mesh sizes will also help prevent

vole damage to young plants. The cylinders should extend higher than a rabbit's reach while standing on the expected snow depth for your area. In our area, two feet should suffice. Larger mesh sizes, 1/2 to 3/4 inch, can be used to reduce costs but make sure the cylinder stands far enough away from the tree trunks that rabbits can't eat through the holes. Larger mesh cylinders will not keep voles out. When weather is harsh and food is in short supply, only hardware cloth can guarantee protection from abundant rabbit and vole populations.

Don't forget to protect your tulips. Tulips are one of the favorite plant foods for rabbits. A dome or cage of chicken wire secured over a small flower bed will allow vulnerable plants like tulips to get a good start before they are big enough to leave unprotected.

Source: [extension.org](http://extension.org)

## Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

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

**Saturday, April 30 • 9 a.m.–1 p.m.**  
Walmart South, 8700 Andermatt Dr. (87th & Hwy 2)

**Friday, May 20 • 3–7 p.m.**  
Hickman, Community Center, 115 Locust Street

**Saturday, May 21 • 9 a.m.–1 p.m.**  
Pfizer Inc., 601 West Cornhusker Highway

**Friday, June 10 • 9 a.m.–1 p.m.**  
Union College, Parking Lot, 52 and Cooper Streets

**Saturday, August 27 • 9 a.m.–1 p.m.**  
Veyance Tech, 4021 North 56 Street

**Saturday, September 24 • 9 a.m.–1 p.m.**  
Lincoln Industries, 600 West E Street

**Saturday October 15 • 9 a.m.–1 p.m.**  
Woods Park (31 and J Streets)

**Friday, November 18 • 9 a.m.–1 p.m.**  
Appointment Only. Call (402) 441-8084

## Usable Latex Paint Exchanges

Three usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West P Street. Call 402-477-3606 for details.

**Saturday, May 21 • 9 a.m.–2 p.m.**  
**Saturday, Sept. 24 • 9 a.m.–2 p.m.**  
**Saturday, Nov. 12 • 9 a.m.–2 p.m.**



# Dietary Guidelines for Americans 2010 — Test Yourself: Part I

Alice Henneman, MS, RD  
UNL Extension Educator

The *Dietary Guidelines for Americans* have been published jointly every five years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The goal of the dietary guidelines is to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

This is the first of a two-part self-test to acquaint you further with the Dietary Guidelines for Americans 2010 (DGA2010). These questions are based on information found in the DGA2010. For more information visit [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

**The Dietary Guidelines for Americans 2010 (DGA2010) are intended for:**

A. Healthy Americans 2 years and older  
B. Americans at increased risk of chronic disease 2 years and older  
C. Both A and B

**Answer: C.** The DGA2010 recommendations traditionally have been intended for healthy Americans 2 years and older. However, the 2010 guidelines are being released at a time of rising concern about the health of Americans and have been expanded to include those at increased risk of chronic disease. Thus, the DGA2010 were developed to address the concerns of both groups.

Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society.

The most recent data indicate 72% of men and 64% of women are overweight or obese, with about one-third of adults being obese.

**Poor diet and physical inactivity are associated with which of the following diseases?**

A. Cardiovascular disease  
B. Hypertension  
C. Type 2 diabetes  
D. Osteoporosis  
E. Some types of cancer  
F. A, B, C, D  
G. All of the above

**Answer: G.** Even if a person is not overweight, poor diet and physical inactivity are associated with all of these diseases that are major causes of illness and death in the United States:

- 37% of Americans will have cardiovascular disease.
- 34% of U.S. adults have hypertension; 36% have pre-hypertension – blood pressure numbers higher than normal, but not yet in the hypertension range.
- Almost 11% of people ages 20 years and older have diabetes; 35% of this age group have pre-diabetes.
- Approximately 41% will be diagnosed with cancer. Dietary factors are associated with the risk of some types of cancer, including breast (post-menopausal), endometrial, colon, kidney, mouth, pharynx, larynx, and esophagus.
- 1 in 2 women and 1 in 4 men ages 50 years and older will have an osteoporosis-related fracture.

**A healthy eating pattern LIMITS intake of:**

A. Sodium  
B. Solid fats  
C. Added sugars  
D. Refined grains  
E. All of the above

**Answer: E.** All of these are associated with an unhealthy eating pattern. Rather, a healthy eating pattern emphasizes nutrient-dense foods and beverages. Nutrient-dense foods and beverages:

- Are lean or low in solid fats.
- Minimize or exclude added solid fats, sugars, starches, and sodium.
- Ideally, are in forms that retain naturally occurring components, such as dietary fiber.

A healthy eating pattern includes nutrient-dense foods and beverages from these types of foods:

- Vegetables and fruits
- Whole grains
- Fat-free or low-fat milk and milk products
- Seafood, lean meats, and poultry; eggs; beans and peas
- Nuts and seeds

**The BEST way to assess whether you're eating the appropriate number of calories is to:**

A. Check the calorie tables in the DGA2010 and select the calorie level based on your age, gender, height, weight, and level of physical activity.  
B. Monitor body weight and adjust calorie intake and participation in physical activity based on changes in weight over time.

**Answer: B.** Knowing one's daily calorie needs from a calorie table based on age, gender, height, weight and level of physical activity may be a useful reference point in determining if the calories a person eats and drinks are appropriate in relation to the number needed daily. However, monitoring whether you maintain your weight over time by adjusting calories and physical activity is the most helpful.

The Nutrition Facts Label found on food packaging provides calorie information for each serving of food or beverage and can assist consumers in monitoring their intake.

Pay attention to feelings of hunger. Eat only until you are satisfied, not full. If you tend to overeat, be aware of the time of day, place, and your mood while eating so you can better control the amount you eat.

**How much weekly physical activity should adults (age 18 and over) do for substantial health benefits?**

A. 2 hours and 30 minutes of moderate-intensity activity  
B. 1 hour and 15 minutes of vigorous-intensity activity  
C. Either A or B

**Answer: C.** Either option or an equivalent combination of the two options is acceptable. Moderate activity is aerobic activity that increases a person's breathing and heart rate somewhat. It includes brisk walking, dancing, swimming, or bicycling on a level terrain. Examples of vigorous intensity activity that greatly increases a person's heart rate and breathing include jogging, singles tennis, swimming continuous laps, or bicycling uphill.

Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be



spread throughout the week.

For additional and more extensive health benefits, adults should increase their physical activity to 5 hours a week of moderate-intensity, or 2 hours and 30 minutes a week of vigorous-intensity activity or an equivalent combination.

Adults should include muscle-strengthening activities at least 2 days a week. Choose activities that work all the different parts of the body — the legs, hips, back, chest, stomach, shoulders, and arms.

**How much seafood weekly is recommended by the DGA2010?**

A. 3 ounces  
B. 4 ounces  
C. 6 ounces  
D. 8 ounces

**Answer: D.** Eating about 8 ounces weekly of a variety of seafood is recommended. Increase seafood intake by replacing some meat or poultry with seafood.

Seafood contributes a range of nutrients, notably the omega-3 fatty acids. Some choices that are higher in omega-3 fatty acids should be included.

Seafood varieties commonly consumed in the United States that are higher in omega-3 fatty acids and lower in mercury include salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel (not king mackerel, which is high in mercury).

Women who are pregnant or breastfeeding should not eat four types of fish because they are high in methyl mercury. These are tilefish, shark, swordfish, and king mackerel. They can eat all types of tuna, including white (albacore) and light

canned tuna, but should limit white tuna to 6 ounces per week because it is higher in methyl mercury.

**What type of food are dry beans and peas considered?**

A. Vegetable  
B. Protein  
C. Both A and B  
D. Neither A or B

**Answer: C.** Dry beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.

They contain protein and other nutrients similar to seafood, meat, and poultry. Plus, they are excellent sources fiber and other nutrients which also are found in vegetables.

Green peas and green (string) beans are not considered “dry beans and peas.”

**What is the difference in nutrition between whole milk and fat-free or low-fat milk?**

A. Whole milk contains more protein.  
B. Fat-free and low-fat milk are higher in vitamin C.  
C. They are comparable in nutrition.

**Answer: C.** Choosing fat-free or low-fat milk and milk products provides the same nutrients with less solid fat and thus fewer calories.

Soy beverages fortified with calcium and A and D are considered part of the milk and milk products group because they are similar to milk both nutritionally and in their use in meals.



FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Irene’s Items

Irene Colborn  
FCE Council Chair

One of my husband’s favorite things was to tell me to look out the window because I had a flat tire on my car. Of course, it was April’s Fools Day. Try to fool someone on April 1. April brings the first flowers of spring, hopefully. And Easter is coming at the



end of the month. I got my FCE Speaks, in the mail. There are many deadlines listed on the front page. The Southeast District Meeting is April 14 at Wahoo. The program is the history of the apron. Each person attending is asked to bring an apron. Please try to



attend and represent Lancaster County. Our Council meeting has been changed to Monday, April 4 at Greenfield’s at 12:30 p.m. Further information under FCE Notes in this NEBLINE. “Say nice things and learn to listen, God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking.”

FCE News & Events

FCE Council Meeting, April 4

The next FCE Council meeting has been changed to Monday, April 4, 12:30 p.m. at Greenfield’s Restaurant, 7900 S. 87th St. (87th & Hwy 2). Lunch will be ordered from the menu. Carly Runestad from Mourning Hope will be the speaker. Please call Pam at (402) 441-7180 by March 31 if you plan to attend.

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://lanaster.unl.edu/home/fce>. Deadline is May 1.

Heritage Arts Contest

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

Sizzling Summer Sampler

SAVE the date — Thursday, July 7. Theme will be “Summertime Fun.” Details in next month’s NEBLINE.



Lorene Bartos, UNL Extension Educator

Change Batteries in Smoke and Carbon Monoxide Detectors

Daylight Savings Time is here and also time to change the batteries in your smoke detectors and carbon monoxide detector. In addition to changing the batteries it is a good idea to give them a checkup and cleaning. Dust particles can settle inside the detectors and set off a false alarm causing them to delay action. Always follow manufactures instructions. Remove the batteries and dust or vacuum the detector. Clean the cover with water and hand-dishwashing detergent, do not use liquid or spray cleaners. Also check the age of your detector. Detectors 10 years or older may need to be replaced. Check with the installation company for cleaning instructions of detectors that are hardwired as part of a security system.

The Art of Relaxation

It is surprising how little Americans know about the art of relaxation. Relaxation is more than getting away from the work-a-day grind and it is more than the absence of stress. It is something positive and satisfying—a feeling in which one experiences piece of mind. True relaxation requires becoming sensitive to one’s basic needs for peace, self-awareness, thoughtful reflection—and the willingness to meet these needs rather than ignoring or dismissing them.

In the course of a day, people are frequently distracted from their activities by personal problems—conflicts with family members, disagreements with employers, poor living or working conditions, boredom or loneliness—to name just a few. It is easy to get so preoccupied with living, thinking, organizing, existing and working a person disregards his or her needs for relaxation.

Secret of Relaxation

The secret in getting the best results from attempts at relaxation is simple: Find those activities which give you pleasure, and when you pursue them, commit your energies to total mental and physical well-being. If your diversion results in an artistic product, musical skills, further education, a better physique, or whatever, great. But remember relaxation, not achievement, is your main reason for participating in the activity.

Try Something New and Different

Keep in mind two important rules of thumb in deciding on relaxation activities: Do not be afraid to try something new and different. Choose activities you really enjoy, not activities you think other people want you to pursue. The following are some activities worth thinking about:

1. Consider exercise such as walking around your neighborhood or in the woods, and bicycling, dancing, playing golf, swimming, gardening, bowling, etc.
2. Try some mental exercises to create a sense of peace and tranquility in body and mind. One such exercise involves concentration on relaxing successive sets of muscles from the tips of your toes to the muscles in your forehead and neck.
3. Creative activities, such as painting, drawing, pottery, carpentry, knitting and even cooking for fun, can also give you a sense of accomplishment, as well as the peaceful relaxation of concentration on something you wish to do.
4. Whether or not the above suggestions for relaxation work in your case, a sure fire method known down through the ages is the use of a warm bath to take away bodily stress and strain. You may choose to enhance this activity by reading a good book, listening to music or even adding some bubbles if you like.

Source: University of Nebraska-Lincoln, “Balance Newsletter”

Crisis Mode Shrinks Heart

When you’re in crisis mode (and most Americans are), you skim the cream of your life right off the top — into the garbage. Find out how to stop your shrinking heart.

**Crisis mode living is when you spend every waking moment of every day trying to figure out how to keep all your balls in the air and all your plates spinning.**

In crisis mode, you keep running faster and faster, from project to project, deadline to deadline, quota to quota, meeting to meeting. Your RPMs creep higher and higher until you hit the red line.

Most active people have to spend a certain amount of time in crisis mode. The problem arises when you spend too much time in crisis mode. That’s when crisis mode goes from being a season of life to becoming a way of life.

When it happens, you start doing the only thing you can do. **You economize.** You short-change your investment of energy in certain areas of your life so you can invest it in other areas — usually in the performance-oriented areas to which your self esteem is tied. In every other area of life, you become a miser: you hoard your energy, you engage minimally, you touch superficially, you slide along the surface, you skim.

**1. First, you skim in relationships.** The bond with your spouse, which used to be strong and intimate, becomes increasingly weak and distant. You hope your spouse doesn’t have a serious need because you don’t have energy to deal with it. You hydroplane over conflicts. You put bandages on serious problems. You resort to quick fixes and pretend things really aren’t so bad.

**2. You also skim with your kids.** You don’t keep track of them too well anymore. You no longer know what is going on in their lives. Little signs of trouble grab your attention, but you push them out of your mind. Warning flags wave, but you turn your head. You don’t have the energy to face them—not now, anyway. Maybe tomorrow. Or, maybe they will just go away.

**3. Your friendships, which used to be so deep and accountable, are now characterized by shallowness.** Your casual friendships don’t even exist anymore. Pretty soon, nobody has access to you, because you are so busy juggling and spinning.

**4. You start skimming emotionally.** You find your anger is flaring up more than it used to, but you don’t take time to figure out why. You no longer pay attention to feelings like hurt or sadness or guilt.

You become a mechanical soldier: you just keep marching, doing what is necessary, and stuffing your feelings deeper and deeper inside. **If you knew those stuffed feelings were huddling together and planning an emotional insurrection that would one day scare the daylights out of you, you might pay attention to them.** But you don’t know. Besides, you don’t have the energy to go peeking under stones and trudging through the sticky muck of your emotional life. You don’t have time to look inside.

The emotional depletion results from living in crisis mode eventually produces a **shrinking heart**. This a heart no longer sensitive to the needs of others, a heart that has lost the fire of compassion. The hearts of people in crisis become shriveled and weak.

But getting out of crisis mode is only the beginning. Reorganizing our lives and establishing a more manageable schedule opens time for a trickle charge, like a car battery. But then we need to discover specific activities can provide the charge and replenish us emotionally. **We need to incorporate into our schedules the forms of recreation that truly do “recreate” us.**

Source: Herbert G. Lingren, PhD, former UNL extension family life specialist

Subscribe to a FREE Parenting Electronic Newsletter!



Receive your free newsletters by email — monthly for children 1 to 12 months of age, then every other month for children 1 to 5 years old. Just go to [www.extension.org/parenting](http://www.extension.org/parenting).



# 2011 Great Plants Selections — Nebraska

The Great Plants program is a joint effort of the Nebraska Nursery and Landscape Association and the Nebraska Statewide Arboretum that selects and promotes exceptional plants. These plants are reliably hardy, easy to care for, and ornamentally worthwhile.

## 2011 Tree of the Year



*Carya ovata*, shagbark hickory — The foliage on this large tree turns golden yellow in fall, and the light gray bark becomes shaggy with age. It is a tough, drought-tolerant tree with a deep taproot that produces edible, ornamental fruits. Shagbark hickories can grow in

sun or part shade. Hickories are slow to mature and a challenge to transplant, one of the reasons they should be planted when small. This tough, battle-tested tree, will easily outlast fast-growing trees prone to storm damage. At maturity, this tree is 60-feet high.

## 2011 Evergreen of the Year



*Abies balsamea* var. *phanorlepis*, Canaan fir — The 1 inch needles are shiny, dark green above and silvery-blue below. One of the most popular types of Christmas trees, it can tolerate heat, humidity, and drought, and grow in areas not suited for other

firs. Hardy in zones 3–8. This tree at maturity, is 40–50 feet high and 20–30 feet wide.

## 2011 Shrub of the Year



*Heptacodium miconioides*, seven-son flower — This hardy, Chinese native has creamy blossoms, each containing seven tiny flowers that attract bees and butterflies. The showy, purplish-red sepals that follow give the appearance of another period of bloom. Peeling bark is especially attractive in winter. It is a hardy shrub with few pest or disease problems. This shrub needs full sun and average moisture. At

maturity it will be 15-feet high and 8-feet wide.

## 2011 Perennial of the Year



*Phlox divaricata*, woodland phlox or wild sweet William — Starry, lavender flowers in spring are fragrant and attract hummingbirds and butterflies. It prefers part sun, in moist, organic soil and a light mulch to retain moisture. Dormant in summer, it makes a great companion for spring bulbs and late-blooming perennials. It will reseed to form colonies over time. The plants get to be about 1 foot tall.

## 2011 Grass of the Year



*Carex muskingumensis* or palm sedge — A good rain garden plant with light green, grass-like leaves resembling palms and turn yellowish with frost. This attractive plant also does very well in dry, partial shade. Try planting it in front of tall moisture-loving perennials like Joe-Pye plant and *Filipendula*. With regular watering, it can be grown in rock gardens or containers in sun or part shade. This plant will reach heights of 2–3 feet.

Source: Nebraska Statewide Arboretum Inc.



## Garden Guide

### THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

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

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

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

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

Seed bare spots in your fescue or bluegrass lawn.

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

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

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

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

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

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

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

# Easter Lily Care

Mary Jane Frogge  
UNL Extension Associate

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color, and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-proportioned plant, one about two times as high as the pot. You also should check the flowers, foliage, and buds for signs of

insects and disease.

At home, keep your lily away from drafts and drying heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65–75°F. Water the plant only when the soil feels dry to the touch, but do not over water. To prolong the life of the blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each flower.

Do not throw away your Easter lily after it is done blooming. You can save the bulb

and plant it outdoors. Easter lilies can be replanted outside after the blooms are gone. Plant the Easter lily outdoors as soon as the ground can be worked. Select a sunny site with well-drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but leave the stem and leaves. Do not cut back the stem until it dies down in the fall, then cut it off at the soil surface. After the soil surface freezes in late fall, mulch the soil and do not remove the mulch until new growth begins in the spring.

# 2011 Composting Workshops and Demonstrations

Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by University of Nebraska–Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office.

**Composting Workshops** are held at various Lincoln locations:

- Tuesday, April 12, 6:30 p.m. — Loren Corey Eiseley Library, 1530 Superior St.,
- Tuesday, April 19, 6:30 p.m. — Bess Dodson Walt Library, 6701 S. 14th St.
- Tuesday, Oct. 4, 6:30 p.m. — Charles H Gere Library, 2400 S. 56th St.
- Tuesday, Oct. 11, 6:30 p.m. — Anderson Library, 3635 Touzalin Ave.

**Composting Demonstrations** are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win either a composting thermometer or bin. Demonstrations will be held:

- Saturday, May 14, 10–11:30 a.m.
- Saturday, June 11, 10–11:30 a.m.
- Saturday, Sept. 24, 10–11:30 a.m.
- Saturday, Oct. 22, 10–11:30 a.m.





# Tip Blight of Pine May Cause Death of Shoots in Spring

Browning and death of branch tips is quite common in older, well-established pine plantings. Such damage is often due to **Sphaeropsis** Tip Blight, (syn. Diplodia tip blight). Infection kills current-year shoots and eventually may kill whole branches or the entire tree.

This fungal disease becomes increasingly more common and destructive as trees age, although young trees can be affected. Austrian pine is the most severely affected of the pines, but Ponderosa pine, Scotch pine, and Mugo pine are also susceptible.

The most conspicuous symptoms of Sphaeropsis tip blight are stunted new shoots with short, brown needles still partially encased in their sheath. Infected shoots are quickly killed and may be located throughout the entire tree, although damage is generally first evident in the lower branches.

The severity of damage may vary considerably throughout the tree, with some branches that have been infected several years in a row dying back completely. After two or three successive years of infection, treetops may also be extensively damaged.



Sphaeropsis infects the newly emerging pine growth, or “candles,” and kills them.

Repeated infections reduce growth, deform trees, and may ultimately kill them.

Small, black, pimple-like structures develop at the base of infected needles and on the backside of pine cone scales. These structures produce additional fungal spores that can re-infect the tree. Extremely wet spring weather promotes the development of this disease. Fungus spores are dispersed primarily on rain splash. High

humidity also promotes the germination of spores.

Sphaeropsis tip blight can be confused with damage caused by pine tip moths; however, pine tip moth damage can be distinguished by the presence of larvae or tunnels within the affected shoot.

### Control

New shoots are most susceptible during a two-week period beginning at bud break and



A severe Sphaeropsis infection during a long, wet spring can kill entire branches.

continuing through mid-June. Two applications of fungicide applied during this period are recommended. In eastern Nebraska, two applications of fungicide are recommended for control. The first application should be made during the third week in April and a second application in the first week of May provides optimum control.

Applications made after mid May are ineffective. Several fungicides are effective in

treating this disease. **Read and follow all label directions carefully before application.**

### FOR MORE INFORMATION

UNL Extension NebGuide “Sphaeropsis Tip Blight of Pine,” (G1845) includes specific chemical recommendations. It is available at the extension office or online at <http://go.unl.edu/uxq>.

## 2011 USDA Rural Development Value-Added Producer Grant Program

The USDA Value-Added Producer Grant program assists eligible producers of agricultural commodities, agricultural producer groups, farmer and rancher cooperatives, and majority-owned producer-based business ventures to assist with planning or working capital activities related to the processing and/or marketing of value added products. The 2011 program is tentatively expected to begin accepting applications in late March, so growers wanting to participate should begin polishing their applications.

The focus of the grant program is to assist farmers and producers with the marketing of value-added products. The applicant may focus on a new market for an existing product, or a new product into an existing market. Independent producers, farmer or rancher cooperatives, agriculture producer groups, majority-controlled producer based business ventures (businesses where producers have 50 percent or greater ownership and control) are eligible to apply.

New to the program is the allowance of local food products as a value-added product. Farmers and/or producers growing and marketing local foods are eligible to apply for VAPGs. A locally grown food is defined as sold within your state or within 400 miles of the growing site.

Five distinct activities are considered value-added. Producers’ activities must fall within one of these activities:

- A change in the physical state or form of the product;
- Differentiated production or marketing, as demonstrated through a business plan;
- The physical segregation of an agricultural commodity or product in a manner that results in the enhancement of the value of the commodity or product;
- A source of farm- or ranch-based renewable energy, including E-85 fuel; or
- A product marketed as a locally-produced agricultural food product.

A template for the application will be provided on both the Rural Development Web site <http://rurdev.usda.gov/ne/> and on the UNL Food Processing Center (FPC), <http://fpc.unl.edu/Business/grant.shtml> Web site. The template will provide complete, easy-to-understand instructions, for producers who are interested in applying for either the Planning or Working Capital Value-Added Producer Grant. The template includes a title page, table of contents, headings, and descriptions of the content for each section. Simply replace the template descriptions with the appropriate information on your grant proposal.

For more information, contact Joan Scheel, business specialist at (402) 437-5594 or [joan.scheel@ne.usda.gov](mailto:joan.scheel@ne.usda.gov). Visit the Nebraska Rural Development Web site at [http://www.rurdev.usda.gov/ne/value\\_added\\_producer\\_grant\\_program.htm](http://www.rurdev.usda.gov/ne/value_added_producer_grant_program.htm) for additional information.

## Spring Affair Plant Sale Celebrates 25th Year



The Midwest’s largest plant sale is also the longest-running, as Spring Affair celebrates its 25th anniversary on April 23. Many of the plants gardeners find at Spring Affair can’t be found anywhere else locally.

“It’s the place to find unusual plants you’ve been looking for,” according to Spring Affair Coordinator Connie Paxton. Plants are selected for regional suitability, uniqueness, and popular demand. They are provided by Bluebird Nursery, Inc. of Clarkson, NE. More than 900 plant varieties will be available — perennials, herbs, native plants, temperennials, vines, and a variety of trees and shrubs — something for everyone.

The 25th annual Spring Affair plant sale is Saturday, April 23, from 9 a.m. to 4 p.m.,

at the Lancaster Event Center, 84th and Havelock in Lincoln. Admission to the sale is free. The plant sale, plant talks, and vendors of garden art, sculptures, furniture, and other items are all under one roof in Pavilion 1, on the northeast edge of the Lancaster Event Center. Plenty of parking is available just north of the building.

Plant talks will be held throughout the day. Presenters include Mark Canney on “Shades of Silver;” Luann Finke on “Sunny Silver Solutions;” and Stacy Adams on caring for plants — “I Got It ... Now What?”

Informational “Talk-about,” 20-minute presentations on various plant groups, will be offered throughout the day. These talks will be held among the plant tables and

focus on herbs, plants for sun, temperennials, grasses, and woody plants.

Articles in the 2011 Spring Affair News, to be mailed in late March, will focus on silver plants to coincide with the event’s silver anniversary, plant highlights, and landscape design.

The Spring Affair Preview Party will be held Friday night, April 22. To register for the dinner or for more information, call Kit Keller at (402) 489-2238.

Spring Affair is sponsored by Nebraska Statewide Arboretum, Inc. Proceeds from Spring Affair sustain the Arboretum’s mission and fund critical programs and services.

For more information or to get a copy of the newsletter, call (402) 472-2971, or visit <http://springaffair.unl.edu>.





April

## Cheri Truax

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

Cheri has been Assistant Superintendent of the 4-H Bucket Calf Show at the Lancaster County Fair for more than 10 years. Bucket calves are orphaned baby calves bottle-fed by the 4-H'ers.

She says, "I love kids and cows! Taking on the responsibility of a calf is huge, and seeing the kids do that and succeed is amazing. I sometimes wish every kid could have that opportunity because it teaches them so much. 4-H is such a positive influence in the lives of children. My favorite experience as a 4-H volunteer occurred a couple of years ago. There was this little gal who was having such a time getting her calf to go. Watching her determination in walking with that calf is something I'll carry for a long time. She left the ring with such a big smile on her face."

In addition to volunteering with 4-H, Cheri also helps with FFA and other activities at Waverly High School.

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

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



## 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 to attend with youth. 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 Quilts of Valor Challenge

The Quilts of Valor Foundation has donated over 36,000 quilts to service men and women who are protecting our country and are "touched by war." Nebraska 4-H'ers are encouraged to join this endeavor by creating and donating quilts to this cause. These quilts can also be entered in the Lancaster County Super Fair. Contact Tracy at (402) 441-7180, for more information.

## Additional Diamond Clover Recipients

Several more Lancaster County 4-H'ers earned Nebraska Diamond Clover awards for 2010. These are in addition to the listing published in the March NEBLINE. Complete Achievement Night award, scholarship, and pin recipients are at online <http://lancaster.unl.edu/4h/programs/achievementnight.shtml>.

**Level 1 – Amethyst:** Brianna Gable, Dalton Hellwege, Sydney Miller, Isabella Villalobos

**Level 2 – Aquamarine:** Madison Walters, Ashlynn Devall

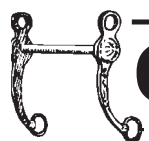
**Level 3 – Ruby:** Adriana Miller

## 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. For more information, contact Sarah or Mary Jane at the extension office, (402) 441-7180.

## 4-H Paws-On Dog Clinic, April 23

Lancaster County 4-H will host a statewide Dog Clinic on Saturday, April 23, 10 a.m.–4 p.m. at the Lancaster Event Center – Exhibit Hall. Anyone may attend. Dogs may attend — bring a leash and portable carrier. If you have an interest in learning about dogs or want to better your show skills, plan on attending. This workshop will cover obedience, showmanship, agility, grooming, health care, and much more. Fee is \$15 per person and includes lunch. Space is limited, so register early. Must pre-register by April 16. Registration forms are at <http://go.unl.edu/s8d> and at the extension office. For more information, call Lisa Karr-Lilienthal at (402) 472-6458.



## HORSE BITS

### State Stampede Results

The 2011 State Horse Stampede was held in February at UNL East Campus. Congratulations to all Lancaster County 4-H members who participated! Below are the purple ribbon winners.

#### ART CONTEST

**Senior Division:** Elli Dearmont (Reserve Champion), Chelsea Beach, Ian Schuster, Erika Warner, Kenzie Wolfe

**Junior Division:** Sarinia Kyhn (Reserve Champion), Ashley Clegg, Ivy Dearmont, Mia Hermanson, Madison Humphrey, Madeleine Polk, Sam Schuster, Jenna Wolfe, Lexi Wolfe

#### DEMONSTRATION CONTEST

**Junior Division, Individual:** Justine Gall (Reserve Champion)

**Senior Division, Individual:** Kenzie Wolfe (Champion), Hannah Ronnau

**Junior Division, Team:** Ivy Dearmont and Lexi Wolfe (Champions)

**Senior Division, Team:** Megan and Ben Luedtke (Reserve Champions)

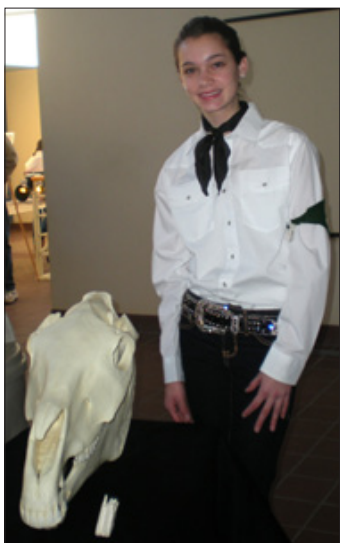
#### PUBLIC SPEAKING CONTEST

**Senior Division:** Elli Dearmont (Champion)

#### QUIZ BOWL

**South Prairie Wranglers 4-H Club:** Megan Luedtke, Cory Peters, Ian Schuster, Erika Warner, coach Kendra Ronnau (Champion)

**Flying Hoofs 4-H Club:** Brooke Bennett, Elizabeth Boender, Elizabeth Frobish, Reagan Myers, Kate Rawlinson, coach Nicole Moss (3rd place)



## Riding Skills Level Testing on April 19 and May 3

The first 2011 riding skills level testing will be held on Tuesday, April 19, 6 p.m. at the Lancaster Event Center in Pavilion 3. Anyone wishing to be tested must sign-up by April 12. Call or email Marty at (402) 441-7180 or [mcruick-shank2@unl.edu](mailto:mcruick-shank2@unl.edu).

A second testing is scheduled for Tuesday, May 3, 6 p.m. at the Lancaster Event Center in Pavilion 3. Sign-up deadline for the May 3 testing is April 26.



### 4-H Clover Challenge, April 25

A fun Clover Challenge aimed at 4-H’ers ages 10–18 interested in family and consumer sciences will be held Monday, April 25, 1 p.m. at the Lancaster Extension Education Center. Similar to a quiz bowl, Clover Challenge consists of a series of multiple choice and true/false questions based on family finance, health, foods, clothing, and home environment. Teams of two, three, or four youth participate against each other in randomly chosen tournament-like brackets. This is a good opportunity to practice for Life Challenge contests. Contact Tracy at (402) 441-7180 by April 8.

### 4-H/FFA Sheep Weigh-In, May 5

4-H/FFA members planning to exhibit market sheep need to have their lambs officially tagged and weighed on Thursday, May 5, 6-8 p.m. at the Lancaster Event Center - Pavilion 2. For more information, call (402) 441-7180.

### Clover College Instructors and Volunteers Needed

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

### Furniture Painting Workshop, May 7

All youth ages 8 and up (by Jan. 1) are invited to a “Junque to Jewels” workshop on Saturday, May 7, 9 a.m. at the Lancaster Extension Education Center. Need not be in 4-H. Bring a small piece of “junque,” unpainted furniture, such as a shelf, stool, or chair, and turn it into a “jewel!” Choose a “Red, White, & Blue” or a “Black & White” theme and learn how to prepare new and used wood furniture by sanding, sealing, painting, decorating, antiquing, and finishing. All paints and finishes will be provided. Cost is \$5. Adults are welcome to attend to help youth. Bring a sack lunch. Call Tracy at (402) 441-7180 by May 2 to register.

### Community Service Opportunity

4-H members are being asked to bring last year’s static exhibits to an independent living center and have a “show and tell” with them. Contact Tracy at (402) 441-7180 to learn more about this rewarding community service project.

### Hand Washing Kit Available

Teach 4-H’ers proper hand washing techniques by checking out the Glo Germ kit. This kit will help everyone learn best hand washing practices in a fun, hands-on manner. Contact Tracy at (402) 441-7180 for more information.



## Kiwanis Karnival, April 9

Lincoln Center Kiwanis sponsors an annual Kiwanis Karnival, a FREE family event. This year, it will be held Saturday, April 9, 6–8 p.m. at Elliott Elementary School, 225 S. 26 St., Lincoln

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

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun, and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at (402) 441-7180.

### 4-H/FFA SUPER FAIR NEWS



### 4-H/FFA Fair Books Have Been Mailed

The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books have been mailed to all 4-H & FFA families. It is also available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>.

Open Class entry information and schedule will be online by April 15 at [www.superfair.org](http://www.superfair.org). Anyone can participate in open class categories.

The fairgrounds map will be published in the Lancaster County Super Fair Schedule & Map inserted in the August NEBLINE.

### Beef and Llama Show Time Changes from Fair Book

Note two times have been changed from the printed Fair Book:

- 4-H/FFA Beef Show — Saturday, Aug. 6, Noon
- 4-H Llama/Alpaca Show — Saturday, Aug. 6, immediately following 4-H/FFA Beef Show, not to start before 6 p.m.

### Horse Schedule Changes

4-H Horse shows will run Thursday, Aug. 4–Tuesday, Aug. 9. Many horse shows have been shifted to new days and times. **Please see Fair Book for complete schedule.**

### Cat Show and Household Pets will be Thursday in Exhibit Hall

The 4-H Cat Show will be Thursday, Aug. 4 at 9 a.m. in the Exhibit Hall - North End. Check-in will be 8–8:45 a.m. in Exhibit Hall - Room 2.

The 4-H Household Pets Show will be Thursday, Aug. 4 at Noon in the Exhibit Hall - North End. Check-in will be 10–11 a.m. in Exhibit Hall - Room 1.

### New in 4-H at Fair

See the Fair Book for detailed information about each of the following:

- The following can now be exhibited in the **Style Revue** contest: “Clothing Level 1 second complete outfit,” “Clothing Level 2 specialty wear,” “Apron,” and “Decorate Your Duds apron.”
- New Special County Exhibits include: “**Scarecrow exhibit**” and “**Jewelry accessory**.”
- General **Poster** classes are: “4-H poster,” “Photo poster,” and “Gotta Be There (theme for 2011 Lancaster County Super Fair) poster.”
- **Clothing Level 2** now includes “**Specialty wear**” (includes costume, western wear-chaps, chinks, or riding attire).
- Clothing Level 1 - **Knitting or Crocheting** now includes “Additional knitted article” and “Additional crocheted article.”
- Computers Unit 1, 2, and 3 now include “**Printed Publication**.”
- Unit 1 and 2 **Electricity** projects may use foam core for display board.
- **Forestry** and **Agronomy** classes have many changes.
- **Beef Breeding Classes** have added classes for junior and spring heifers (which cannot be double entered in feeder calf class).
- **Feeder Calf male class** has been separated into “steer” and “bull” classes.
- **Horse Dressage Tests** have changed to match new national USDF tests.

### 4-H & FFA Parking

4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 5–Aug. 3). The car pass allows a vehicle to enter the fairgrounds each day Aug. 4–8 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

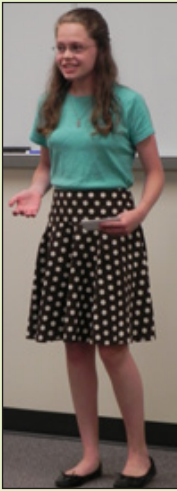
### 4-H & FFA Individual Exhibitor Admission Passes

Individual exhibitor admission passes will be available from the extension office (available July 5–Aug. 3). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day Aug. 4–13.

## 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 resources, guidelines, and examples go to <http://lancaster.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 with your name, speech title, and your age division. Contest divisions:

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

### 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, call extension at (402) 441-7180 to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on Sunday, May 1.

State 4-H asks for PSA’s to be non-county specific so winning PSA’s can be aired on radios statewide (for example, say “call your local extension office”).

- All PSA’s must use the state theme as the basis for their PSA. **The 2011 PSA theme is “Taking the Lead.”**
- All 4-H PSA’s must include the following tag line within the last ten seconds of the PSA: “Learn more about the University of Nebraska–Lincoln Extension 4-H Youth Development Program at [4h.unl.edu](http://4h.unl.edu) and ‘Know How. Know Now.’” The tag line is included in the 60 second time limit.

As always, background noises and sound effects are encouraged.



# Alternatives to Guardianship in Nebraska

Each month, as I teach Guardianship Training, participants say they wished their loved ones would have shared their wishes while they were of sound mind, in many cases preventing the need for a guardianship.  
— Maureen Burson, UNL Extension Educator

Guardianships, because they are so powerful, should be used sparingly. Other less restrictive forms of assistance may be more appropriate.

Sometimes obtaining a guardian for a person who is having difficulty in making decisions in one or more areas of his or her life is an appropriate solution. Guardianship allows a responsible person to substitute judgment for someone who cannot make or communicate decisions. Without guardianship, the person may be unprotected and lack the ability to find and use services. Even so, guardianship should be used sparingly, precisely because guardians have so much power.

Guardianship is one form of surrogate decision-making — a term used to describe situations in which one makes decisions on behalf of someone else. It is the most restrictive choice when decision-making assistance is needed. There are many more ways help can be given before proceeding to guardianship. The following is a description of less-restrictive forms of assistance listed in order of degree of restriction from the least to the most restrictive.

**Representative Payee** is a person appointed by the Social Security Administration to receive and manage benefits administered through Social Security. A representative payee is sought when a person is unable to manage the funds and do the necessary reporting required.

**Protective Payee** is an individual assigned by the Nebraska Department of Health

and Human Services to receive public assistance payments on behalf of another person. The protective payee has a supervisory and teaching role. A payee is assigned when it has been determined the person is unable to manage funds from the department or has previously mismanaged those funds.

**Fiduciary** is an individual or legal entity (such as a bank or nursing home, guardian, or conservator trustee) “who is acting under authority from a court or under authority other than a court appointment who has control of money or property of the ward pursuant to that legal authority.” This includes an individual appointed by the Veterans Administration to manage VA benefits for a veteran who is incompetent or for a minor dependent of a veteran who is incompetent. The VA determines a person is incompetent when he/she lacks the mental capacity to conduct or manage his/her own affairs, including the disbursement of funds.

**Power of Attorney** is a document that authorizes one to act on another’s behalf. It is the delegation from the person creating the document (the principal) to the person to whom he/she is granting the power to act (the agent). Powers of attorney can be either limited or general depending on the principal’s wishes. A limited power of attorney gives authority to act only with regard to very specific matters. A general power of attorney authorizes the agent to act on behalf of the principal in a wide variety of actions. A power

of attorney is also terminated by the principal’s death, disability, or incompetence.

**Durable Power of Attorney** is a power of attorney lasting beyond the disability or incapacity of the principal. Otherwise it is just like a power of attorney. It can be revoked or modified at any time as long as the principal is competent.

**Advance Directives** inform others of a person’s choices for medical treatment made prior to the need for treatment. The most common types of advance directives are living wills, health care power of attorney, code/no code orders, and medical directives.

- A Living Will is a written statement describing the type of care a person wishes to receive in the event he/she is suffering from a terminal illness or is in a persistent vegetative state. A person can change his or her mind and revoke the living will at any time, regardless of mental or physical condition.
- Health Care Power of Attorney is, quite simply, a durable power of attorney through which a principal authorizes an agent to make health care decisions on his/her behalf. If a person is competent, he/she can cancel the health care power of attorney at any time.
- Code/No Code Orders are directions one gives regarding his/her wishes in relation to CPR and other emergency medical procedures. These are common in nursing homes and hospitals. The patient is generally asked upon admission whether or not he/she wants emergency procedures undertaken should a medical situation warrant the need for such procedures.
- A Medical Directive is a specific list of medical procedures on which a person may check various procedures he/she

wants, does not want, or is not sure about. A medical directive is quite specific and is often incorporated into either a living will or a health care power of attorney.

Many of the options for help with the various types of decisions can be voluntary and entered into by a person, with the person often choosing the type of assistance wanted, and who will be the surrogate decision-maker. When one is no longer able to make a conscious choice regarding the type of surrogate decision-making most appropriate—for the situation, it may be necessary to pursue a more restrictive option of conservatorship or guardianship.

**Conservator** is an individual or corporation appointed by the court to manage the estate, property, and/or other business affairs of an individual whom the court has determined is unable to do so for himself/herself.

**Guardianship** provides for the care of someone who is not able to care for himself/herself. The court may appoint a guardian if there is clear and

convincing evidence he/she requires continuing care or supervision. Nebraska law allows for, and favors, the appointment of a limited guardian. This is a guardian who looks after a limited number of the person’s personal needs. The court is required to look at 10 items listed in the guardianship law and state with which of the individual items the person needs assistance. A limited guardianship is less restrictive than a full guardianship. A full guardianship is established when it is determined surrogate decision-making is needed in all of the areas the court is required to review.

*Source: University of Nebraska—Lincoln Extension NebGuide (G1596) “Alternatives to Guardianship” by development team: Eileen Krumbach, Extension Educator, University of Nebraska; John DeFrain, Extension Family and Community Development Specialist, University of Nebraska; Bruce Cudly, Region V Services; Dina Rathje, Family Counselor; Carol Lieske, Nebraska State Department of Health and Human Services, Adult Protective Services; Rene Ferdinand, Arc of Nebraska; Mary Evans, Guardian; Mary Gordon, Nebraska Developmental Disabilities Planning Council/Nebraska Department of Health and Human Services*

## UNL Extension Guardianship Trainings

State appointed guardians/conservators manage finances, submit reports to the court, and provide other vital roles which impact wards of the court. This court mandated educational program, created in part by UNL Extension, prepares guardians to better serve their wards and fulfill the legal responsibilities to the court. More than 4,500 guardians/conservators have taken the training since the mandated program started in 2005. In 2010, 91 educational programs were offered to 888 guardians/conservators. The Nebraska State Bar Association provides volunteer legal expertise during the training.

Upcoming dates at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, include:

- Tuesday, April 19, 5:30–8:30 p.m.
- Tuesday, May 17, 1:30–4:30 p.m.

For more information about the trainings or to access other NebGuides about Guardianship (available in English and Spanish), go to [www.extension.unl.edu/guardianship](http://www.extension.unl.edu/guardianship).

## EXTENSION NEWS

### Extension Staff Deanna Karmazin To Become Director of Nebraska Ag in the Classroom



Deanna shows students dairy calves don't have upper front teeth.

April 11 will be UNL Extension Associate Deanna Karmazin’s last day with extension. She will become Director of Nebraska Agriculture in the Classroom. Deanna has been with UNL Extension in Lancaster County for 14 years and coordinated several 4-H areas, including livestock, llama/alpaca, dog, Speech & Public Service Announcement Contest, and the Citizenship Washington Focus program. She also coordinated the Ag Awareness Festival in Lincoln (pictured above) and helped with many statewide events and programs.

The public is invited to an Open House to thank Deanna Karmazin for her service on Friday, April 8, 3–5 p.m. at the Lancaster Extension Education Center.

## Youth, Adults Can Enter 2011 Master Conservationist Program, Entries Due April 1

Both adults and youth are eligible to enter the 2011 Master Conservationist Program which includes categories for new and traditional soil and water conservation practices in urban and rural areas.

This annual Nebraska recognition program began in 1983 and now includes categories for farm/ranch, residence/acreage, community-private business, and youth entries.

There are five Master Conservationist program districts across Nebraska for farm and ranch entries. Entries in community-private business or public, residential and youth individual, or group projects, compete for five statewide awards. The residential category can range from a typical home yard to 10 or more acres with less than \$1,000 in sales.

Master Conservationist brochures are available at local University of Nebraska-Lincoln Extension, Natural Resources District, and USDA Natural Resources Conservation Service offices. The brochure appears on the UNL Institute of Agriculture and Natural Resources (IANR) home page at <http://ianrhome.unl.edu> under “Timely Topics.” Online applications can be made at [www.owh.com](http://www.owh.com) and clicking on “In the Community” link.

All entries will be judged by members of IANR at UNL, Nebraska Association of Resources Districts, Natural Resources Districts, and the USDA Natural Resources Conservation Service. Master Conservationists will be recognized at the annual banquet of the Nebraska Association of Resources Districts, Sept. 26, at the new Younes Conference Centre in Kearney.

This program is sponsored by the Institute of Agriculture and Natural Resources at UNL and the Omaha World-Herald.

**Master Conservationist Local Recipients**

1984 – Harold F. & Thomas L. Sieck, Pleasant Dale – Production Agriculture  
1989 – Charles L. Warner, Waverly – Production Agriculture  
1992 – Lyle & Alice Sittler, Martell – Production Agriculture  
1997 – Mark Whitehead - Community – Private Business  
2000 – Marvin & Doris Hall – Production Agriculture  
2001 – Jerry & Bobbie Newsham, Ashland – Production Agriculture  
2003 – Norris FFA, Doug Malone, Agricultural Educator – Youth Group Division  
2004 – E. Jerry Barger & Tammy Steidley, Greenwood – Production Agriculture  
2005 – Nielsen Family – Wayne & Wanda Nielsen, Karen & Lowell Schardt, Cheryl Nielsen a& Ward Freeburg, Nancy & Joe Peschel, Dave & Vicki Nielsen, Lincoln – Production Agriculture



# EXTENSION CALENDAR

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

## March

- 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.

## April

- 1 **All 4-H/FFA Market Beef ID's Due to Extension**
- 2 **4-H Jammie Jamboree**..... 9 a.m.
- 4 **Family & Community Education (FCE) Council Meeting, Greenfield's Pancake House & Restaurant, 87th & Hwy 2** ..... 12:30 p.m.
- 5 **4-H Council Meeting** ..... 7 p.m.
- 2–3 **2011 Shaggy Horse Dressage Show, Lancaster Event Center**
- 8 **Extension Board Meeting**..... 8 a.m.
- 8 **Open House for Deanna Karmazin** ..... 3–5 p.m.
- 9 **Kiwanis Karnival, Elliott School, 225 S. 26 Street** ..... 6–8 p.m.
- 10 **4-H Teen Council Meeting** ..... 3 p.m.
- 12 **Composting Workshop, Loren Corey Eiseley Library, 1530 Superior St.** 6:30 p.m.
- 12 **Sign-Up Deadline for April 19 4-H Horse Level Testing**
- 14 **Initial Pesticide Training**..... 8:30 a.m.
- 19 **Guardian/Conservator Training** ..... 1:30–4:30 p.m.
- 19 **4-H Horse Level Testing, Lancaster Event Center** ..... 6 p.m.
- 19 **Composting Workshop, Bess Dodson Walt Library, 6701 S. 14th St.** ..... 6:30 p.m.
- 21 **Parents Forever Class**..... 9 a.m.–12:30 / 5:30–9 p.m.
- 23 **4-H Paws On Dog Clinic, Lancaster Event Center - Exhibit Hall** 10 a.m.–4 p.m.
- 25 **4-H Clover Challenge** ..... 1 p.m.
- 25 **CDs Due for 4-H Public Service Announcement (PSA) Contest**
- 26 **Sign-Up Deadline for May 3 4-H Horse Level Testing**

## Scholarships Available for Big Red "Entrepreneurship" Camp

High school students interested in exploring entrepreneurship should plan to attend the upcoming Big Red "Entrepreneurship" Camp, June 13–17. Scholarships in the amount of \$300 are available to 16 campers who enroll in the Entrepreneurship Camp. Enroll by April 1 today to secure a spot!

To qualify for the scholarship, each camper is required to submit two short essays and pay the up-front cost of the camp upon registration. Scholarships will then be awarded to campers when they attend the Entrepreneurship camp. Additional information about

the scholarship requirements is available at <http://4h.unl.edu/web/4hcamps/campfinance>.

Come, learn, and grow! During the five-day camp, campers will address in-depth entrepreneurship skills such as creativity, innovation, research analysis, customer engagement, marketing, and sales. They will learn from professionals on how to best navigate the start-up process and practice skills from concept creation to closing the sell. Throughout the week, individuals and teams will compete for prizes, including which team creates the best TV commercial and feasibility concept.

Hosted by the Paul Engler Agribusiness Entrepreneurship Program, the Entrepreneurship Camp is part of the 2011 Big Red Academic Camps. These career exploration camps are a chance for campers to explore the UNL campus, meet people from across the country, spend time investigating an interest or potential career, and have lots of fun. For more information about the different camps and to register for the Entrepreneurship camp, visit <http://bigredcamps.unl.edu> or contact Marilyn Schlake, Camp Director at (402) 472-4138. The early bird registration deadline is April 1.

## Pioneer Farm Award Nominations Due May 1

For more than 50 years, the Knights of Ak-Sar-Ben Foundation has been proud to provide the "Pioneer Farm Family Award". This program has honored farm families in Nebraska whose land has been owned by the same family for 100 years or more. To date,

more than 8,000 families in all 93 Nebraska counties have been honored at various county fairs. Each honoree receives an engraved plaque and gatepost marker as permanent recognition of this milestone. Nebraska Farm Bureau Federation is the sponsor of the Pioneer Farm

Awards and is supported by the Nebraska Association of Fair Managers. Plaques and gatepost markers are presented at the annual county fair in which the land is owned. For an application, call the Lancaster Event Center at (402) 441-6545. Deadline is May 1.

## Lancaster Ag Society Seeks Hall of Fame Nominations by May 1

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled a new Ag Society Hall of Fame located at the Lancaster Event Center. This wall formally recognizes those individuals who have dedicated time and effort to the Lancaster County Agricultural Society

beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair. Last year's inductees were Gordon Chapelle, Larry Hudkins, Franklyn Manning, and Charlie Willnerd.

If you know of a person who is deserving of this honor, please nominate them. Nomination forms and more information can be requested by calling the Lancaster Event Center at (402) 441-6545. Nomination forms will be due by May 1.



## Watch Chicks Hatch Online with EGG Cam!

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

Embryology resources include incubation, candling, raising poultry, and more!



Find us on Facebook!

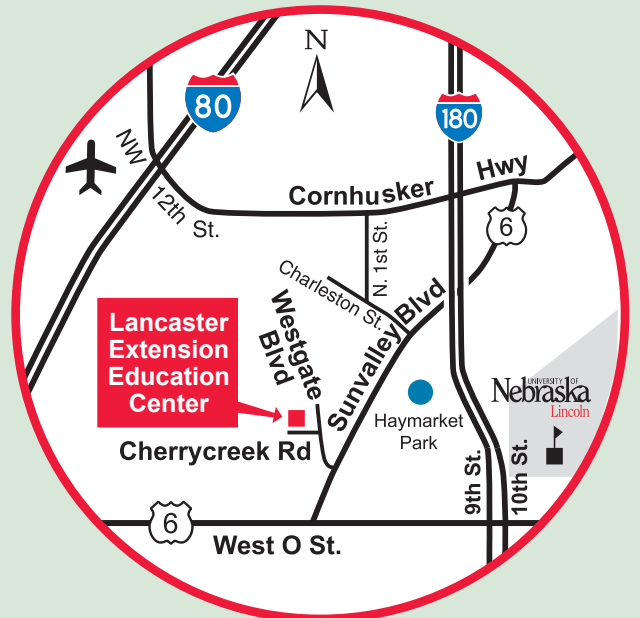


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Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at (402) 441-7180.

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Gary C. Bergman

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## THE NEBLINE

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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



# Can You Guess It?



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

Did you guess it from the February NEBLINE?  
The answer was: Water with red food coloring leaching down into sand.

# Teen Council 4-H's Practice Leadership at Lock-In



Teens led large group games as ice breakers to help youth meet new friends.

In January, more than 26 4-H Teen Council members organized and led the overnight 4-H Lock-In for 75 fourth & fifth graders. The teens prepared snacks, led games, presented craft activities, and more.

## Clues Add Up to Extraordinary Lock-In

All the leads added up to reveal an extraordinary 4-H Lock-In this year. With the theme "Get a Clue" 75 fourth and fifth graders got to learn about detectives and even do a little investigation of their own among fun activities. This Lock-In is a great experience for both the kids and Teen Council.

—Spencer Farley  
President

## Glad to Have Opportunity

This year's 4-H Teen Council Lock-In went amazingly. We had a mystery theme which involved the kids obtaining clues throughout the night of who stole our hostesses necklace. In all my years of



The education committee created fun learning activities.

Teen Council I have never had a Lock-In go as well as it did. The group of 75 kids we had were engaged and entertained all night. The Teen Council staff were super involved as well. Each member of the Teen Council staff spent their night making sure all the kids were included, entertained, safe, and well behaved. I was so glad to be able to be a part of this year's Lock-In and I'm glad I had the opportunity to work with all the amazing staff and kids.

—Lexi Trumbley, Secretary

## Fun For All

Both teens and children had oodles of fun this past January at the 4-H Teen Council "Get a Clue" Lock-In. The night was filled with making mystery messages, playing fun games, munching on snacks, and solving mysteries. The teens learned valuable lessons about educating and helping children, while inspiring others about 4-H. As usual it was a great success for everyone.

—Emily Steinbach

## TSC Paper Clover Campaign April 15-25

The two Tractor Supply Company (TSC) stores in Lincoln will join 4-H in support of local youth with the 4-H TSC Paper Clover Campaign, a national in-store fundraising effort to benefit state and local 4-H programming in each of the communities where a TSC store is located. Beginning Friday, April 15, through Monday, April 25, shoppers at Lincoln's TSC stores will have the opportunity to support 4-H in Lancaster County by purchasing paper clovers for just \$1 at checkout. All funds raised will be donated to 4-H.



# Open House Events

## JUNIOR WEDNESDAYS

Wednesdays through April 27 — a Husker Weekday tailored for juniors.

## BIG RED OPEN HOUSE

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.

## HUSKER SUNDAY

April 10 at Westfield Gateway Shopping Mall.

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



University of Nebraska State Museum's Sunday with a Scientist is a series of presentations highlighting the work of museum scientists and those from other institutions. It educates kids and families on a variety of topics related to science and natural history. Presenters share scientific information in a fun and informal way through demonstrations and activities or by conducting their science on site. Hours are 1:30-4:30 p.m. every third Sunday of the month. Location is Morrill Hall which is south of 14 and Vine street on UNL campus. There is a cost to enter the museum. For more information, go to [www.museum.unl.edu](http://www.museum.unl.edu) or call (402) 472-3779.

- April 17 – Fruit Diversity
- May 15 – Extreme Weather
- June 19 – Tissue Mechanics
- July 17 – Fishes of Nebraska
- Aug. 21 – Climate Change
- Sept. 18 – Plants, Feeding the World
- Oct. 16 – Fossils
- Nov. 20 – Viruses
- Dec. 18 – Minerals & Gemstones



Amazing floral diversity within a single species of *Eriolarynx fasciculata*, a wild species in the tomato family.

Explore the fascinating world of fruit on April 17!