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University of Nebraska–Lincoln Extension in Lancaster County

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The NEBLINE

May 2011

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

Nature, Gardening & SCIENCE

Come Together in the Butterfly Garden

By Karma Larsen
Nebraska Forest Service Communications Associate
Sarah Browning
UNL Extension Educator

Creating and maintaining a butterfly garden is an exciting and educational project for any gardener. Involving children in the butterfly garden provides them the opportunity to enjoy the outdoors, study insect lifecycles up close, become familiar with native Nebraska plants, and begin to understand the interconnectedness of plants and insects in the natural environment.

Many species of butterflies are common to Nebraska, and almost any flower garden will attract some butterflies, but by creating a garden specifically with the needs of butterflies in mind you can attract as many different varieties of butterflies, in as many different life stages, for as long as possible during the growing season.

Site

Locate the garden in a sunny area. Butterflies are coldblooded, relying on the sun to regulate their temperatures. So sunlight is a primary requisite of any butterfly garden. Following the sun as it moves through your yard during the day will give you an idea of where to plant perennials or shrubs as food sources in full sunlight for as much of the day as possible, particularly in the spring and fall when temperatures are cooler.

Place flat stones in the garden. Fieldstone pathways in sunny areas can provide additional locations for butterflies to bask in the sun.

Provide shelter from wind. Butterflies prefer areas that are sheltered from the wind, so plantings of trees or shrubs, or even fences or trellises, can keep them from being buffeted about as they gather nectar. The site doesn't need to be entirely enclosed, but it should keep out prevailing winds as much as possible.

Include damp areas or shallow puddles in the garden. Water is another requisite. Wet sand, damp soil or shallow puddles are used by butterflies to drink water and extract salts from the soil. If you have a garden pond, create an area with flat rocks that are not submerged in water, but will periodically get wet since butterflies are unable to drink from open water. Another good way to provide a butterfly water source in a small yard is to fill a bucket or container with sand up to the top inch or so and bury it in a sunny area. Additional rocks on the surface will make it an even more inviting perch. Add water as needed to keep the sand moist.

Sarah Browning, UNL Extension in Lancaster County

Plant a selection of flowers that will provide nectar throughout the entire growing season.

Use caution with insecticides in your landscape. In areas where you are trying to attract butterflies, very few or no pesticides/insecticides should be used. Even biological controls, such as Dipel or *Bacillus thuringiensis*, will kill butterfly larvae. And since aerial sprinklers wash away the pollen and nectar, also try to avoid overhead watering.

Site the garden for maximum enjoyment. A final consideration in siting a butterfly garden has more to do with your enjoyment than theirs. Can the garden be seen from the kitchen, the patio, or other living areas where you will be able to enjoy watching them? Is there a bench nearby?

Butterflies have many predators, particularly birds and other insects. Much of their beauty is actually for camouflage and diversion. Eyespots on wings and the colorful tails of some butterflies divert predators from more vulnerable areas; these areas can be damaged or lost without actually harming the butterfly. Since most of their predators descend on them from above, it's best to approach them from the side or even from below if you want to observe them close at hand.

Sarah Browning, UNL Extension in Lancaster County

The most successful butterfly gardens include plants that meet the needs of butterflies during all four stages of their life cycle: egg, caterpillar, chrysalis, and adult. Cabbage can be an attractive ornamental plant and serve as a larval butterfly food source.

Butterflies and Plants

Butterflies depend on plants in many ways. The most successful butterfly gardens include plants that meet the needs of butterflies during all four stages of their life cycle: egg, caterpillar, chrysalis, and adult.

After mating, female butterflies search for a specific kind of "host plant" on which to lay eggs. For example, monarchs lay eggs on milkweed, black swallowtails on parsley, and tiger swallowtails on tulip tree or wild cherry. Some butterflies lay eggs on more than one type of plant, while others only use one particular kind of host plant.

A few days after the eggs are laid, caterpillars begin to emerge and eat. Caterpillars are selective eaters and only feed on specific kind of plants. If the desired plants aren't available, the caterpillars will starve rather than eat another type of vegetation. Usually female butterflies lay eggs on or near the plant their caterpillars most prefer to eat.

After feeding for several weeks, the caterpillars are fully grown. They shed their skin for the final time and change into chrysalises. Inside each chrysalis the body of an adult butterfly is formed. Often chrysalises are attached to plant stems and protected by surrounding vegetation.

After emerging from the chrysalis, the adult butterfly begins to search for nectar-rich flowers on which to feed. Plants are important to butterflies during each stage of their life cycle. A garden designed with this in mind attracts the largest number and greatest variety of butterfly visitors!

Depending on the species, the life cycle of a butterfly (one generation) may take anywhere from about one month to an entire year. Nebraska butterflies may have one, two, or more

see BUTTERFLY GARDEN on page 7

Soni Cochran, UNL Extension in Lancaster County

Flat, single flowers such as this zinnia provide good "perching platforms."

FOR MORE INFORMATION

For lists of "Plants to attract butterflies" and "Commonly attracted butterflies in Nebraska," see UNL Extension NebGuide "Butterfly Gardening" (G1183) available at the extension office or online at *http://go.unl.edu/qmw*

Lancaster County 4-H Council
University of Nebraska–Lincoln
Extension in Lancaster County
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Lincoln, Nebraska 68528-1507

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NEW URBAN AGRICULTURE WEB SITE

http://food.unl.edu/UrbanAg

See page 7

Hans Kandel, North Dakota State University

Nodulation on soybean roots at the beginning of flowering.

Soil Fertility — Soybean Inoculation

Tom Dorn
UNL Extension Educator

A soybean crop requires lots of nitrogen (N). Dr. Matt Ruark, Soil Scientist, University of Wisconsin, did a review of 57 studies which showed five pounds of N were removed for each bushel of soybeans produced. This amounts to 300 pounds of N per acre to produce a 60 bushel-per acre soybean yield.

Fortunately, soybeans and other legumes have the potential to "make their own nitrogen" through a symbiotic relationship with certain strains of bacteria in the ***Rhizobia*** family. In short, the bacteria invade the root hairs of the soybean plant where they begin forming nodules about a week after planting. The bacteria draw on sugars and other nutrients from the soybean plant as a source of energy. The bacteria, in turn, convert some of the gaseous nitrogen in the air within the nodules into forms the plant is able to take up and utilize.

Dr. Ruark said nitrogen fixation begins at growth stages V2 to V3 with the highest fixation at R5/R6. He explained soybeans can regulate the N fixation process. It requires less energy for the plant to take up nitrogen from the soil than to produce it in the nodules. The nodulation process is triggered by lack of available nitrogen in the soil. Applying nitrogen fertilizer or organic sources like manure can delay nodulation, reduce the amount of N fixation, or both.

Since the process of nitrogen fixation is so crucial to producing soybeans, producers ensure the correct bacteria are present in sufficient numbers to ensure good nodulation by inoculating the soybean seed with live ***Rhizobia*** bacteria spores or buying pre-inoculated seed.

The following list is a few key best-management practices that will help ensure you receive maximum return from the use of a seed inoculant treatment containing a live ***rhizobia*** component.

1. *Rhizobia* are living creatures that require ample supplies of oxygen for survival. Also, like most other living organisms, they age and die over time. To ensure maximum ***rhizobial*** viability, use only new, fresh inoculant manufactured for the current growing season.

2. Seed treatment compatibility. Some carriers (or inert ingredients) as well as active ingredients of seed-applied fungicides or insecticides, may be toxic to ***rhizobia*** bacteria. Check product labels carefully to ensure compatibility with ***rhizobia*** inoculants.

3. Storage area temperatures. Seed treatments containing live *rhizobia* should be stored between 40–77°F. Storage nearer 40°F is preferred for longest life. Make sure storage areas are well ventilated and temperatures stay within recommended levels. Avoid leaving bags of inoculated soybean seed in the sun in the back of your pickup for long periods of time.

4. Do not use chlorinated water. Chlorinated water kills ***rhizobia*** bacteria. Some rural water systems are designed to deliver chlorinated water. If you have to use chlorinated water, de-chlorinate it by leaving it in an open container, preferably in sunlight, for a few days before mixing it with an inoculant.

5. Avoid exposure of the inoculant to direct sunlight. The sun's ultraviolet rays are harmful to ***rhizobia*** bacteria, even if exposed for a short period of time. Avoid direct sunlight exposure.

6. Calibration. Regularly calibrate and check application equipment to ensure proper application rate. This is especially critical with today's ultra-low application-rate products.

The source of the information in the bullet list is **Ag Professional** online newsletter.

Update on Effect of Increasing Energy Prices on Farming Costs

Tom Dorn
UNL Extension Educator

Gasoline and diesel prices have been climbing since the gulf oil spill and now they are higher due to the unrest in the middle east. Farmers need a handle on what effect this has on production costs.

To answer this question, you need fuel consumption estimates for farm operations. If you routinely track fuel use for various tractors and combines while performing farming operations, you probably already have the information you need. Simply multiply your historical fuel consumption by the former price per gallon and by current price and compare.

Most folks don't track fuel consumption by field operation and need a research-based, fuel-use estimate to compute the effect a rise in price will have on overall production costs. A good reference that lists fuel-use estimates is the *Minnesota Farm Machinery Economic Cost Estimates (see footnote for Web site information).*

Using the fuel consumption estimates presented in the Minnesota publication, the fuel consumption estimate per hour for power units is presented in Table 1, and the estimate of fuel consumption per acre for field operations is presented in Table 2. Note: implements with a wider swath require more horsepower overall, but the horsepower hours per acre, and the fuel consumption per acre, remain unchanged.

Table 1. Diesel fuel cost per hour for various power units

	Year	2005	2006	2007	2008	2009	2010
	Price/Gal.[2]	$1.89	$2.17	$2.35	$3.23	$1.92	$2.42
	Estimated Fuel Use Gal./Hour[1]	Cost/ Hour	Cost/ Hour	Cost/ Hour	Cost/ Hour	Cost/ Hour	Cost/ Hour
TRACTORS							
40 HP	1.8	$3.39	$3.90	$4.23	$5.81	$3.45	$4.35
60 HP	2.6	$4.90	$5.63	$6.10	$8.40	$4.99	$6.28
75 HP	3.3	$6.22	$7.14	$7.75	$10.66	$6.33	$7.97
105 HP	4.6	$8.68	$9.96	$10.80	$14.86	$8.82	$11.11
130 HP	5.7	$10.75	$12.34	$13.38	$18.41	$10.93	$13.77
160 HP	7	$13.20	$15.16	$16.44	$22.61	$13.43	$16.91
200 HP	8.8	$16.60	$19.05	$20.66	$28.42	$16.88	$21.25
225 HP	9.9	$18.67	$21.43	$23.25	$31.98	$18.99	$23.91
260 HP	11.4	$21.50	$24.68	$26.77	$36.82	$21.87	$27.53
310 HP	13.6	$25.65	$29.44	$31.93	$43.93	$26.08	$32.84
360 HP	15.8	$29.80	$34.21	$37.10	$51.03	$30.30	$38.16
425 HP	18.7	$35.27	$40.49	$43.91	$60.40	$35.87	$45.16
COMBINES							
190 HP	8.4	$15.84	$18.19	$19.72	$27.13	$16.11	$20.29
220 HP	9.7	$18.29	$21.00	$22.78	$31.33	$18.60	$23.43
275 HP	12.1	$22.82	$26.20	$28.41	$39.08	$23.21	$29.22

Table 2. Diesel fuel cost per acre for field operations

	Year	2005	2006	2007	2008	2009	2010
	Price/Gal.[2]	$1.89	$2.17	$2.35	$3.23	$1.92	$2.42
	Estimated Fuel Use Gal./Acre.[1]	Cost/ Acre	Cost/ Acre	Cost/ Acre	Cost/ Acre	Cost/ Acre	Cost/ Acre
TILLAGE							
Field Cultivator	0.33	$0.62	$0.71	$0.77	$1.07	$0.63	$0.80
Tandom Disk	0.47	$0.00	$1.02	$1.10	$1.52	$0.90	$1.14
Tandom Disk (HD)	0.76	$0.00	$1.65	$1.78	$2.45	$1.46	$1.84
PLANTING							
Row Crop Planter	0.34	$0.64	$0.74	$0.80	$1.10	$0.65	$0.82
Minimum Till Planter	0.53	$1.00	$1.15	$1.24	$1.71	$1.02	$1.28
Grain Drill	0.49	$0.92	$1.06	$1.15	$1.58	$0.94	$1.18
Presswheel Drill	0.63	$1.19	$1.36	$1.48	$2.03	$1.21	$1.52
No-Till Drill	0.81	$1.53	$1.75	$1.90	$2.62	$1.55	$1.96
MISC. EQUIPMENT							
Cultivator	0.46	$0.87	$1.00	$1.08	$1.49	$0.88	$1.11
Rotary Hoe	0.18	$0.34	$0.39	$0.42	$0.58	$0.35	$0.43
Boom Sprayer	0.11	$0.21	$0.24	$0.26	$0.36	$0.21	$0.27
Anhydrous Applicator	0.55	$1.04	$1.19	$1.29	$1.78	$1.05	$1.33
Stalk Shredder	0.74	$1.40	$1.60	$1.74	$2.39	$1.42	$1.79
HARVESTING							
Mower Conditioner	0.40	$0.75	$0.87	$0.94	$1.29	$0.77	$0.97
Hay Swather	0.35	$0.66	$0.76	$0.82	$1.13	$0.67	$0.85
Hay Baler PTO (twine)	0.40	$0.75	$0.87	$0.94	$1.29	$0.77	$0.97
Round Baler (1500 lb)	0.77	$1.45	$1.67	$1.81	$2.49	$1.48	$1.86
Combine (various heads)	2.00	$3.77	$4.33	$4.70	$6.46	$3.84	$4.83

[1] *Fuel consumption information in Tables 1 and 2 are taken from* Minnesota Farm Machinery Economic Cost Estimates, *by William Lazarus, University of Minnesota. The latest version and several previous versions of this publication (2010) can be found on the Lancaster County Extension Web site machinery page at* http://lancaster.unl.edu/ag/crops/machine.shtml.

[2] *Annual average price for No. 2 Diesel Fuel — Source U.S. Energy Information Administration at* http://www.eia.gov/dnav/pet/pet_pri_dist_dcu_nus_m.htm.

Understanding Mites

American Academy of Allergy, Asthma and Immunology

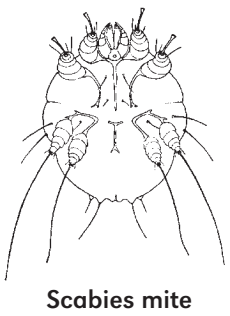
Dust mite (highly magnified)

Jim Kalisch, UNL Entomology Department

Clover mite

Jim Kalisch, UNL Entomology Department

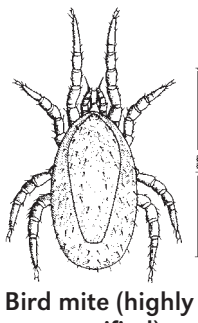
Chigger (highly magnified)



Scabies mite (highly magnified)

Blauerquerhahn, http://commons.wikimedia.org

Hair follicle mite (highly magnified)


Centers for Disease Control and Prevention Public Health Image Library

Bird mite (highly magnified)

Dr. Michael Dryden, College of Veterinary Medicine, Kansas State University

Cheyletillid mite (highly magnified)

Barb Ogg
UNL Extension Educator

Mites are tiny eight-legged arthropods and are most closely related to ticks. Mites have four basic life stages. Egg → larva → nymph → adult. Like ticks, larval mites have three pairs of legs, but nymphs and adults have four pairs of legs.

Mites have exploited a vast array of habitats and largely go unnoticed because of their small size. Many live freely in the soil or water, but there are also a large number of species which live as parasites on plants and animals.

Some of the more commonly-known plant pests include spider mites (family *Tetranychidae*) and gall mites (family *Eriophyidae*).

Some mites are parasitic on insects. Examples of two important parasitic mites of honeybees are the varroa mite (*Varroa destructor)*, which attaches to the body of the honeybee, and the honeybee tracheal mite, *Acarapis woodi*, an internal parasite which infests the respiratory system of adult honeybees.

Humans have two parasitic mite species: *Sarcoptes scabiei*, the human mange mite and *Demodex folliculorum*, the hair follicle mite. This article will discuss them and a few other important mite species.

House dust mite. The house dust mite is a scavenger. It *does not* feed on people or pets, but feeds on shed skin particles. The mite's feces and dead bodies become a component of house dust and a very powerful allergen. Allergic reactions are usually hay-fever like (runny nose and eyes, and frequent sneezing), but some people may have life threatening asthmatic reactions. An allergist can be helpful in determining if a person has a house dust allergy.

House dust mites survive when relative humidity is greater than 50 percent. One simple way of reducing dust mites is to reduce humidity inside the home (or bedroom). Installing an air conditioner, which reduces humidity in addition to lowering temperatures in the summertime, can be very helpful in reducing levels of dust mites.

Clover mite. Clover mites are usually reddish colored and have front legs about twice as long as their other legs. As their name suggests, they are plant feeders, feeding on clover and other plants. In Nebraska, clover mites are often associated with well-fertilized fescue lawns. In the fall and spring, clover mites begin moving and accidentally enter homes by the thousands. They do not bite people, but their large numbers are a nuisance. If smashed, the mites can leave a red stain so care must be taken if using a vacuum cleaner (recommended) to eliminate them. They are a temporary problem; invasions typically last only a week or two.

Chiggers. Chiggers are the larvae of the harvest mite, *Trombicula alfreddugesi*. The adult harvest mite is bright red and can be seen crawling on the soil surface when one is spading the garden during the warm days of springtime. In the early spring, adult mites lay eggs which hatch into the larval chigger stage.

The adult and nymph stages are predators; only the larval stage is parasitic on rodents, birds, poultry, rabbits, livestock, snakes, toads, and humans. Chiggers do not burrow in the skin, but crawl into a hair follicle and inject an anticoagulant to prevent blood from clotting. The fluid causes tissues to be inflamed; each bite has a characteristic red welt with a white, hard central area. The tiny red chigger in the center of the itching bump is effectively camouflaged by the inflamed tissues. After becoming fully fed, the chigger drops from its host into the ground.

In Nebraska, complaints about chiggers often begin in late May, but peak around the Fourth of July.

Scabies mite (*Sarcoptes scabiei*). A scabies infestation is caused by a tiny mite (1/50-inch) which burrows into the skin, feeds on cell liquids and lays 10–25 eggs along a horizontal burrow. Three to four days after hatching, larval mites emerge from the skin, travel to another area where they burrow under the skin and repeat the process. Many animals, both domestic and wild, can be similarly infected by their own species of scabies mite. In animals, these infestations are called *mange*.

Scabies mites burrow easier where the skin is thin. For this reason, older persons whose skin is thinner, can be severely attacked by scabies mites. Nursing homes and daycare centers can sometimes have serious outbreaks of scabies.

Scabies mites falling off the host, die when exposed to temperatures of 120°F for 10 minutes in a dry or moist air. At 77°F, the mites can survive off the host for only 2–3 days. Drying infested clothing or bedding in a clothes dryer for 10 minutes or longer, will disinfect laundry.

Because scabies mites are so extremely contagious, it is often assumed the family or living group should also be treated. At the very least, infested persons should sleep separately from other persons in the household until treatment is over. There are several types of medications effective for scabies treatment. A scabies infestation is best treated under the expert care and experience of a dermatologist.

Although the itching and rash are characteristic of scabies, proper identification is based on finding burrows, mites, eggs, or mite feces. A dermatologist should be consulted to diagnose this medical problem.

Hair follicle mites (Demodex spp.). There are two species of human-associated follicle mites. They live exclusively in hair follicles or sebaceous (oil) glands. Experts believe these mites are harmless. These mites are commonly found in hair follicles or oil glands on the face, near the nose and eyelashes. These mites are extremely common; one research study showed more than half the people tested, had one or both mite species.

Mites on wild animals and pets. Most wild and domesticated animals have some type of parasitic mite associated with it. When people come into contact with infested animals, mites can cause bites and dermatitis in humans,

see MITES on page 10

Ah, Wildlife...

Soni Cochran
UNL Extension Associate

Q. I'm seeing lots of garter snakes in my yard. Is there anything I can do?

A. First, it is important to know, garter snakes do not hurt your lawn, won't harm your children or your pets. They cannot bite to hurt, and carry no germs or viruses that transmit to people. It is also not likely you will ever get rid of all snakes in your yard, for even just a short time, but you can try to discourage them.

If you don't want so many snakes in your yard, your best bet is to keep the yard well-groomed. Get rid of any leaf litter, limbs, rock piles, and debris. Make sure there is no place for them to hide. There are no repellents that work.

Lava rock landscaping around your foundation can sometimes reduce garter snakes hanging around your home. The snakes won't lay on the rocks because they have sharp edges. For this technique to work, the rock has to be fresh, so you'll need to add more every year. The lava rock barrier should be at least two feet wide and six inches deep. Keep in mind, landscape plants do not grow well in lava rock.

Q. Grackles are putting droppings in my birdbath (swimming pool). Why?

A. Grackles are migratory, medium-sized, black birds. After their young hatch, grackles become very tidy in order to prevent predators from finding the nest. Fecal matter from the young birds is covered with a saclike membrane which enables the adults to dispose of the waste easily away from the nest. Birdbaths and swimming pools are an attractive disposal site because the water reduces the smell from the fecal matter. Birds can also mistake glass-top patio tables, your car, and windows for water sources. You can try moving or covering these surfaces, but likely the birds will keep up the behavior.

Soni Cochran, UNL Extension in Lancaster County

Adult grackle (caught to put identification band on)

Vicki Jedlicka, UNL Extension in Lancaster County

Grackle fecal sac (shown approximate size)

Hummingbird Feeder Recipe

Soni Cochran
UNL Extension Associate

Hummingbirds migrate through our area the first few weeks of May and again in the fall. For some people, they stay around all summer. These are beautiful and fascinating birds.

You can buy commercial nectar mixes for your hummingbird feeders or make your own. Here's a simple recipe for a home-made nectar mix:

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

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

If you are lucky to have several hummingbirds visiting a feeder, consider putting up two to three feeders in different locations. You'll quickly see how competitive the birds can be when only one feeder is available.

Soni Cochran, UNL Extension in Lancaster County

Dietary Guidelines for Americans 2010 — Test Yourself: Part 2

Alice Henneman, MS, RD
UNL Extension Educator

This is the second 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*.

Regarding fats in the diet, which is more important in influencing the risk of cardiovascular disease?
A. The types of fatty acids consumed
B. The total amount of fat in the diet
C. They are equally important

Answer: A. The types of fatty acids consumed is the most important. A strong body of evidence indicates higher intake of most dietary saturated fatty acids is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol, both of which are risk factors for heart disease.

To reduce the intake of saturated fatty acids, many Americans should limit their consumption of the major food sources high in saturated fatty acids and replace them with foods rich in monounsaturated and polyunsaturated fatty acids.

Which of the following statements is TRUE?
A. Canola, olive and safflower oils are rich in monounsaturated fatty acids.
B. Soybean, corn, and cottonseed oils are good sources of polyunsaturated fatty acids.
C. Most animal fats, coconut oil, palm kernel oil, and palm oil are high in saturated fatty acids.
D. All of them are true.

Answer: D. Most animal fats tend to have a higher proportion of saturated fatty acids. Saturated fats tend to be solid at room temperature. Fish are an exception and are high in unsaturated fatty acids. Fish couldn't swim if they were high in saturated fats — they would be as stiff as a board!

Plant foods tend to have a higher proportion of monounsaturated and/or polyunsaturated fatty acids with coconut oil, palm kernel oil, and palm oil being the exceptions.

National Cancer Institute/Bill Branson

Which of the following statements about "trans" fatty acids is FALSE?
A. They lower LDL cholesterol.
B. They're formed when liquid unsaturated fatty acids are hydrogenated to make them solid at room temperature.
C. Listing the amount of trans fatty acids in a food is mandatory on the Nutrition Facts Label.
D. People should keep their intake of trans fatty acids as low as possible.

Answer: A. Trans fatty acids raise LDL cholesterol, which is the type of cholesterol associated with an increased risk of heart disease. Check the Nutrition Facts Label for the presence of trans fatty acids in foods.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%

U.S. Food and Drug Administration

What is the average proportion of calories Americans consume daily from solid fats and sugars?
A. 20%
B. 25%
C. 30%
D. 35%
E. 40%

Answer: D. Americans consume approximately 35% or nearly 800 calories per day of solid fats and added sugars (often referred to as SOFAS) which do little to contribute to the overall nutrient adequacy of the diet.

Foods containing SOFAS are no more likely to contribute to weight gain than any other source of calories in an eating pattern within calorie limits. However, as the amount of SOFAS increases, it becomes more difficult to also eat foods with sufficient dietary fiber and essential vitamins and minerals and stay within calorie limits.

For most people, no more than about 5 to 15 percent of calories from SOFAS can be reasonably included in their dietary pattern.

Approximately how many cups of fruits and vegetables per day are recommended for adults (at the 2,000 calorie level)?
A. 1 cup of fruits, 1-1/2 cups of vegetables
B. 1-1/2 cups of fruits, 2 cups of vegetables
C. 2 cups of fruits, 2-1/2 cups of vegetables
D. 2-1/2 cups of fruits, 3 cups of vegetables

Answer: C. Consuming fruits and vegetables may help reduce the risk of cardiovascular disease, including heart attack and stroke. Some fruits and vegetables may be protective against certain types of cancer.

How many of your grain servings should be whole grains?
A. 1/4
B. 1/3
C. 1/2
D. 3/4

Answer: C. At least half your grain foods should be whole grains. If the only grains in the ingredients list are whole grains, the food is a 100% whole grain food. The whole grain should be the first ingredient or the second ingredient, after water.

For foods with multiple whole-grain ingredients, they should appear near the beginning of the ingredients list.

Many foods contain both whole grains and refined grains. If your family isn't ready to eat foods that are 100% whole grains, consider choosing foods where half or more of the total weight is whole-grains. The Whole Grain Stamp (see sidebar below), found on many products containing whole grains, will help you choose whole grain products.

The Whole Grain Stamp

Foods with this Stamp guarantee the product contains at least half a serving (8g) of whole grains per serving. Inside the Stamp is a declaration of the grams of whole grains per serving for the particular food.

Here is how the Whole Grains Council describes this Stamp (retrieved March 2, 2011):

There are two different varieties of stamp, the Basic Stamp and the 100% Stamp.

- If a product bears the 100% Stamp, then all its grain ingredients are whole grains. There is a minimum requirement of 16g (16 grams) — a full serving — of whole grain per labeled serving, for products using the 100% Stamp.
- If a product bears the Basic Stamp, it contains at least 8g (8 grams) — a half serving — of whole grain, but may also contain some refined grain. Even if a product contains large amounts of whole grain (23g, 37g, 41g, etc.), it will use the Basic Stamp if it also contains extra bran, germ, or refined flour.

Image courtesy Oldways and the Whole Grains Council, *wholegrainscouncil.org*

Seeds and Nuts: Heart-Healthy, Yet Delicious

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

Mardel Meinke
UNL Extension Associate

SEED — *an embryonic plant encased in a covering which has the potential to germinate and grow into a mature plant.*

NUT — *a hard, outer coating that protects the seed.*

So, a nut is a seed, but not all seeds are nuts. A bit confusing, but the important thing is seeds and nuts are both very delicious and nutritious foods. Seeds and nuts are treasured for their essential oils, which carry the flavor but also make them high in calories. Because of their "crunchiness," they add a unique texture to foods. The FDA has focused on seeds and nuts because of their potential to reduce the risk of coronary heart disease by lowering unhealthy fat and cholesterol levels. They are rich in plant proteins, unsaturated fatty acids, dietary fiber, minerals, vitamins, and antioxidants.

We probably eat more **SEEDS** than we realize. Peas, green beans, legumes (dried beans and lentils), corn, and popcorn are only a few of the seeds we eat everyday. We are more likely to think about pumpkin seeds, sunflower seeds, sesame seeds, or flax seeds; although there are hundreds of other edible varieties. Because they contain the potential to perpetuate life, they are rich in nutrients. We can boost the nutritional value of foods such as salads, breads, main dishes, and desserts by adding seeds. Each seed has its own unique taste and is usually roasted to bring out those flavors and keep fresh longer. A serving of seeds is 1/2 ounce or about 1/4 cup.

A great deal of research has been done on the benefits of adding **NUTS** to our diet. The US Food and Drug Administration approved a health claim of **eating 1.5 ounces of NUTS daily can help lower the risk of heart disease** by reducing the LDL cholesterol levels in the blood. Nuts can substitute for other protein sources in our diet, not just add extra calories. One ounce of nuts is considered a serving and each half-ounce serving of nuts can substitute for an ounce of meat. The challenge is to not over-eat nuts because they are so tasty and convenient. The FDA allows the heart-health claim on **almonds, hazelnuts, peanuts, pecans, pistachios, walnuts, and some pine nuts.** (*Tufts University, Health and Nutrition Letter, August 2010*)

Peanuts — These are probably one of our best-known nuts and among the most economical. Peanuts are a unique nut because they do not grow on a tree, but are actually legumes that grow off the root of the peanut plant. Peanuts have a nutty, yet pleasantly sweet taste enhanced by roasting. Peanut butter is a food paste made from ground roasted nuts, with or without added oil. Some people have an allergic response to peanuts, as is possible with other nuts. (*www.nutrition-and-you.com/peanuts.html)*

Almonds — In structure, this nut is similar to a category of fruit called a drupe, because it has a single seed, known as an "almond nut" in a shell. Almonds are rich in dietary fiber, vitamins, minerals, and phyto-chemicals. They are especially rich in vitamin E. Store un-shelled almonds in an airtight container in the refrigerator to keep them fresh. Almond butter, which is made from almond oil has a sweet flavor and is becoming a popular spread. (*www.nutrition-and-you.com/almonds.html*)

Pecans — It is said pecans have it all! They are a versatile, rich-tasting nut offering health benefits hard to beat. Pecans are a good source of oleic acid, the same type of fatty acid fund in olive oil. Some studies also suggest eating healthy nuts, such as pecans can help with weight

see SEEDS & NUTS on next page

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Irene's Items

Irene Colborn
FCE Council Chair

I am so ready for some nice spring weather, not hot just yet. Enough to make the spring flowers grow and bloom. And hope the rabbits stay away!

Our club has made a full circle. We used to meet in the afternoons when our children were young. Then changed to evenings when the kids were under foot in the daytime. And here we are going to meet in the afternoons again. With us getting older and not wanting to drive in the evenings and some with other issues, this will work for us.

I volunteered at the **earth wellness festival** (see back page). First time ever and enjoyed the experience. Met some new people and felt it was very organized.

"We cannot change the cards we are dealt, just how we play the hand."

FCE News & Events

FCE Scholarship Applications Due May 1

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

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.

Baskets Needed

Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler. Each year a $400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the Sizzling Summer Sampler.

Sizzling Summer Sampler

Mark your calendar for our annual Sizzling Summer Sampler Thursday, July 7, 6 p.m. for at the Lancaster Extension Education Center. This year's theme is "Summertime Fun" and the program will be:

- Sarah Browning "Great Plants for Nebraska"
- Dorothy Applebee "From Beethoven To Rap"

Details of the evening will be announced in the next NEBLINE. This evening is open to everyone not just FCE members.

HOUSEHOLD HINTS

Lorene Bartos, UNL Extension Educator

Cleaning Burn Marks in Microwave

Remove burn marks from popcorn, etc. in the microwave by mixing a solution of warm water and dish detergent in a bowl until it suds up. Soak a rag or a coarse sponge in the solution and scrub gently. Wipe dry. If some residue remains, sprinkle baking soda on a damp rag or sponge and scrub. If some stains remain, make a paste of one part water to three parts baking soda. Spread it on the food stains and let it set three to four minutes. Wipe clean with a damp rag. As a last resort, scrub any remaining burn marks with a cotton ball or soft rag soaked in acetone nail polish remover. Clean the entire microwave with warm water and dish detergent to remove any residual baking soda and/or nail polish remover. Wipe dry and you're back in business!

Seeds and Nuts

from preceding page

loss. A person feels full or satisfied after eating a fairly small amount of pecans, yet they contain a healthy form of protein and fat. (*http://durdenpecan.com*)

Hazelnuts — The history of the hazelnuts goes back to about 3000 BC in China. The name filbert is the correct name for the tree and the nut produced. It was introduced in Oregon by the French and renamed the "Hazelnut" in 1981. Hazelnuts contain mostly mono-unsaturated fat, which makes them heart-healthy. They are also an excellent source of vitamin E and have a mild yet unique flavor. *(http://oregonhazelnuts.org)*

Pistachios — Pistachios are packed with antioxidants, vitamins, minerals, potassium, and other nutrients. At only 170 calories in one ounce (49 kernels), they are full of healthy benefits. This fairly small crunchy nut also provides about 3 grams of dietary fiber, equal to the same amount as oatmeal. The unique flavor of pistachios is used in many food items. (*http://pistachiohealth.com*)

Walnuts — Have been revered since ancient times as a symbol of intellect because of their interesting shape. The walnut kernel consists of two uneven, partially attached lobes resembling the appearance of the brain. There are over 30 varieties but the most popular are the English and black walnuts and are great for eating and for cooking. (*www.nutrition-and-you.com/walnuts.html*)

Pine Nuts — These are a less common nut in the U.S. but have been used in European cooking for centuries. Europe is still a leading exporter along with China. Pine nuts can be eaten out of the hand, either roasted or raw, but they are much more likely to be used for cooking, blended with meats, fish, or poultry, and used in many sauces. (*http://nutsonline.com/nuts/pinenuts*)

Seeds and nuts are among the most nutrient-rich, yet flavorful foods we have available. Consider making them part of your heart-healthy diet!

Basic Tools for Guiding Young Children's Behavior

Children do not grow up on their own; they need adults to teach them. They need to know the rules — what is okay and what is not okay. As a child care provider, your knowledge about how children learn and grow will help you guide children in ways they can understand at each age level. For example, two-year-olds have limited understanding and need a lot of redirection, but five-year-olds can learn to be good problem solvers.

Here are some basic tips for guiding children's behavior. Remember different strategies work best at different ages.

Keep rules simple and easy to understand. Discuss rules with children and write them down. Consider children's suggestions for rules. Repeat the rules often. A few rules that work well with children include:

- We help each other.
- We take care of our toys.
- We say please and thank you.
- We are kind to each other.

Say what you mean. Use dos instead of don'ts. Choose your words carefully, especially when you are guiding children's behavior. Keep sentences short and simple. Focus on what to do rather than what not to do.

- **Try saying:** Slow down and walk. **Instead of:** Stop running.
- **Try saying:** Come hold my hand. **Instead of:** Don't touch anything.
- **Try saying:** Keep your feet on the floor. **Instead of:** Don't climb on the couch.
- **Try saying:** Use your quiet voice inside. **Instead of:** Stop screaming and shouting.

Talk with children — not "at" them. Children often don't hear you when you are talking (or shouting) "at" them. You will be much more effective if you get down on their level. Look them in the eyes, touch them on the shoulder, and talk with them.

Set a good example. Children watch you all the time. They see how you talk to other children and adults. They see how you cope with anger or frustration. They watch how you deal with sadness and joy. They listen to how you say "I'm sorry." The way you handle the ups and downs of life teaches children a lot about how to behave and get along with others.

Encourage children to set good examples for each other. Children learn a great deal from each other. Encourage appropriate ways to share, play, and be kind to each other.

Give clear, simple choices. Toddlers can choose between a red cup and a green cup. Preschoolers can choose between playing "airport" and "zookeeper." Give children a choice only when there is a choice. For example, saying "It is nap time, do you want to lie down now?" is not really an option if your rule is everyone will rest at nap time.

Show respect for children. Talk to misbehaving children in private, remind them of reasons for rules, and discuss what they can do differently.

Catch children being good. All children want attention. It is better to give them positive attention for good behavior than negative attention for misbehavior. Comment on something positive about each child, each day. Better yet, strive for several times a day.

Praise like a good coach instead of a cheerleader. A cheerleader just shouts general praise: "What a great job!" or "What a beautiful picture." A good coach tells you what you're doing right, uses praise as a teaching tool, and lets you know why he or she is proud of you. If a child sets the table, you might say, "You did such a good job setting the table! You put the spoons and forks in the right place and remembered the napkins!" When you look at a child's painting, you might remark, "This painting just glows with color. You used blue, green, red, yellow, and orange. Tell me how you did this!"

Share the good news. Remember to share children's good behavior with others. When children have done something good, mention it to other children and to parents.

Use play activities to teach children social skills. Use children's books that show how children resolve problems. Play "what if" games. Become a character in children's pretend play and show children how to use good manners and be kind to the baby doll.

Teach children how to resolve conflict and problem solve. Help them recognize feelings, identify the problem, come up with ideas for solving the problem, and try possible solutions.

Teach children how to apologize. Learning how to apologize is a skill. Young children have a hard time understanding another child's feelings, but by the time they are 4 years old they should begin to recognize apologizing is a good way to make up for hurting someone else. Teach preschoolers and school-age children the four basic steps of apologizing:

- Look at the other child.
- Say the child's name.
- Say "I'm sorry."
- Say why.

Keep it simple: e.g., "Lucas, I'm sorry I hit you." With time and practice, children will not have to be prompted, and their apology will be more genuine.

Teach children how to correct their misbehavior. If a child throws a bowl of peas onto the floor give him/her a dust pan and show the child how to clean it up. If a child marks on the wall, give him/her a wet cloth to clean it off.

Source: eXtension: http://www.extension.org/pages/Basic_Tools_for_Guiding_Young_Children's_Behavior

Safety in the Landscape

Mary Jane Frogge
UNL Extension Associate

As the gardening season gets started, there are several safety resources for the home gardener. Whether you are planning to dig or apply pesticides, there are organizations that can help. They are just a call or click away.

Spring is a great time to plant new trees or update your landscape with new features. However, one item commonly overlooked is the location of underground utilities. No matter how much digging is involved for your project, phone the Diggers Hotline and have your underground utilities marked. Call 811 or 1-800-331-5666 and your utilities will be marked in about 48 hours. For more information see the Web site at *www.ne-diggers.com.*

Please take care to follow all pesticide label safety recommendations. However, the reality is that accidents happen. Therefore, all Nebraskans have 24/7 access to the Nebraska Poison Control Center by calling 1-800-222-1222. Additional information is available on their Web site at *www.nebraskapoison.com.*

Gardening is one of the most popular hobbies in the United States. Please help keep kids, pets, and yourself safe to ensure enjoyment for years to come.

Pesticide Poison Prevention

Pesticides include some products you might not consider pesticides including chlorine bleach, disinfectants, rat poisons, flea and tick products, swimming pool chemicals, weed killers and insect repellants. Too often pesticides are stored or used carelessly, which can lead to accidents.

Tens of thousands of pesticide poisonings are reported each year. Many of these could have been prevented by following a few simple steps.

Tips on preventing pesticide poisoning:

- Store pesticides in locked cabinets, out of the reach of children and pets. An EPA survey showed that almost half (47%) of households with young children and 75% of homes without young children had pesticides stored in unlocked cabinets within reach of children.
- Keep children and pets away from areas being treated with pesticides. Make sure the products are safely out of reach while they are being applied.
- Close pesticide containers immediately after their use to avoid accidental spills.
- Never mix or store pesticides in food or drink containers.

Source: National Pesticide Information Center

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

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

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

Plant gladioli bulbs in late May.

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

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

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

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

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

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

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

Fragrance in the Garden

As a gardener you know there are hundreds of garden plants to choose from when you are designing a landscape. Fragrant plants are an added bonus to your garden site. Consider adding these fragrant plants to your outdoor living area.

—Mary Jane Frogge, UNL Extension Associate

Annuals

Common Name	Scientific Name	Fragrance Source	Height	Type	Location	Other Information
Basil, Sweet	*Ocimum basilicum*	Foliage	12–18 inches	Annual	Full sun	
Chamomile, German	*Matricaria recutita*	Flowers	12–18 inches	Annual	Full sun	

Vicki Jedlicka, UNL Extension
Basil, Sweet

Eran Finkle, http://commons.wikimedia.org
Chamomile, German

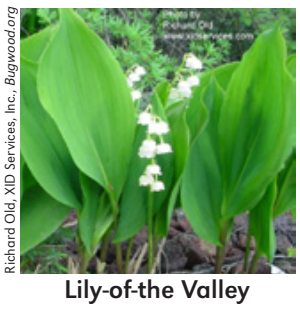
Perennials

Iris, Bearded	*Iris germanica*	Flowers	8–36 inches	Perennial	Full sun	Many colors
Lemon Balm	*Melissa officinalis*	Foliage	24–36 inches	Perennial	Full sun	Spreads easily
Lavender, English	*Lavandula angustifolia*	Flowers & Foliage	12–16 inches	Perennial	Full sun	
Lily-of-the-Valley	*Convallaria majalis*	Flowers	8–12 inches	Perennial	Part shade	Spreads easily
Oregano	*Origanum vulgare*	Foliage	12–18 inches	Perennial	Full sun	
Peony	*Paeonia lactiflora*	Flower	24–48 inches	Perennial	Full sun	
Rose	*Rosa sp.*	Flower	18–48 inches	Perennial	Full sun	Many colors
Rosemary	*Rosmarinus officinalis*	Foliage	24–36 inches	Tender Perennial	Full sun	Not hardy
Sage, Common	*Salvia officinalis*	Foliage	18–36 inches	Perennial	Full sun	
Scented Geraniums	*Pelargonium sp.*	Foliage	12–36 inches	Tender Perennial	Full sun	Not hardy, Many scents
Spearmint	*Mentha spicata*	Foliage	12–24 inches	Perennial	Full sun	Spreads easily
Thyme, Common	*Thymus vulgaris*	Foliage	8–12 inches	Perennial	Full sun	

Vicki Jedlicka, UNL Extension
Iris, Bearded

Strata Chalup, http://commons.wikimedia.org
Lemon Balm

Anika Malone, http://commons.wikimedia.org
Lavender, English


Richard Old, XID Services, Inc., Bugwood.org
Lily-of-the Valley

dnnya17, http://commons.wikimedia.org
Oregano

Vicki Jedlicka, UNL Extension
Peony

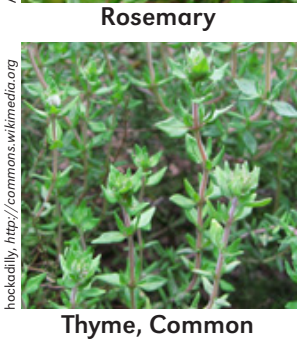
Soni Cochran, UNL Extension
Rose

Anja Jansson, http://commons.wikimedia.org
Rosemary

andreasbalzer, http://commons.wikimedia.org
Sage, Common

waterlillysage, http://commons.wikimedia.org
Scented Geraniums

Ted Kropiewnicki, http://commons.wikimedia.org
Spearmint


hockadilly, http://commons.wikimedia.org
Thyme, Common

Shrubs

Lilac	*Syringa species*	Flower	8–12 feet	Shrub	Full sun	many colors
Mock Orange	*Philadelphus species*	Flower	4–12 feet	Shrub	Full sun	
Korean Spice Viburnum	*Viburnum carlesii*	Flower	4–10 feet	Shrub	Full sun to light shade	

xamonster, http://commons.wikimedia.org
Lilac

oceandesetoiles, http://commons.wikimedia.org
Mock Orange

Vicki Jedlicka, UNL Extension
Korean Spice Viburnum

Pine Sawflies

European pine sawfly larvae

Sarah Browning, UNL Extension in Lancaster County

The larvae blend in well with the color of pine needles

Sarah Browning
UNL Extension Educator

A common pest found on evergreen trees this time of year is the sawfly and they can seriously damage conifer trees through defoliation. Several species of sawflies are present in Nebraska, including the European pine sawfly, yellow-headed spruce sawfly, and larch sawfly. Most commonly damage is seen on Scotch, Austrian, Ponderosa, Jack, and Mugo pine, along with spruce and larch. White pine is rarely damaged.

These insects overwinter as pupae in the soil beneath host trees. In spring the adult insects emerge, resembling small non-stinging, wasp-like insects or flying ants. Females cut slits in evergreen needles with a saw-like apparatus and insert eggs. A new generation of immature insects begins to hatch out from late April through May, and will feed on evergreen foliage until mid-June. The larvae resemble a caterpillar and are light to olive green with a reddish-brown to black head. Larvae usually have several darker green stripes longitudinally down their bodies. There is only one generation of this insect per year.

After hatching out in spring, the larvae feed in large groups on the branches of affected trees. At first the larvae eat only the outer portion of the pine needles, leaving behind the stringy, tough, central needle vein, which dies and turns brown. As the insects mature, they begin consuming entire needles. Due to the coloration of the insects, which blends in well with the color of the needles, the insects are often not noticed until considerable defoliation has already occurred. When disturbed, larvae rear back into a defensive "S" position.

If you're working with a small tree, or only a few larvae are present, then simply knock them off the tree either by hand or with a garden hose. They seldom find their way back up onto the tree and are very susceptible to predators such as birds, rodents, and predatory insects.

Large populations should be treated as soon as possible. Several chemical controls can be used, such as insecticidal soaps, horticultural oils, permethrin, bifenthrin, malathion, or Orthene (acephate), but all controls are most effective when the larvae are small. Dipel, or *Bacillus thuringiensis*, is NOT effective against sawflies because they are in the Hymenoptera family (ants & wasps), not the Lepidoptera family (butterflies & moths).

New Urban Agriculture Web Site

Resources for Growers and Consumers

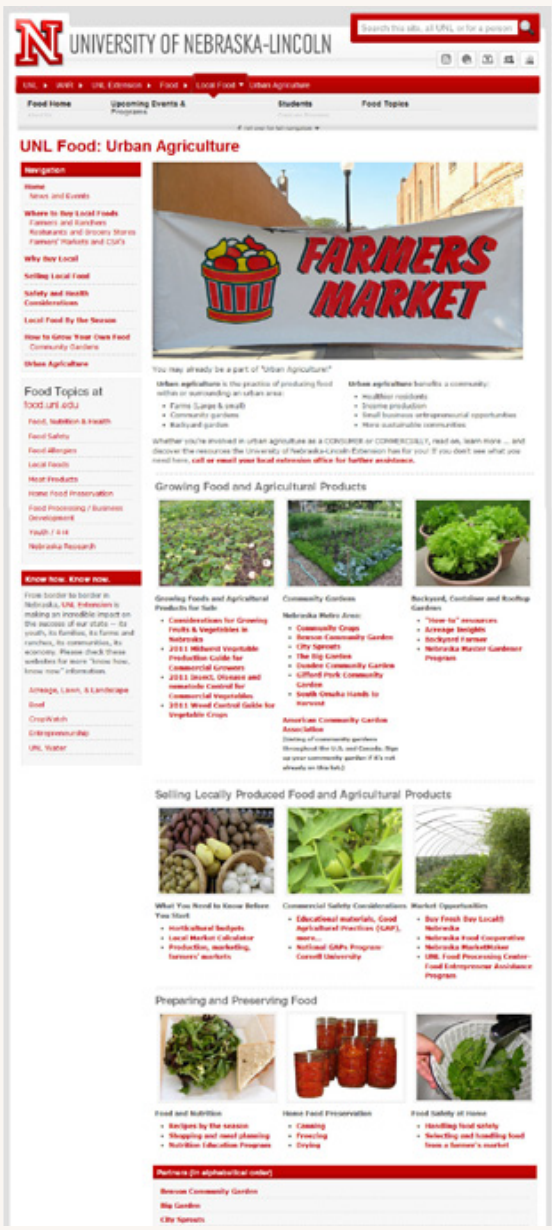
Urban agriculture is the practice of producing food within or surrounding an urban area, including farms (large & small), community gardens, or backyard gardens. It benefits a community through income production, creating small business entrepreneurial opportunities, and sustainable communities. The result is the consumption of more fruits and vegetables, and a healthier diet for residents.

University of Nebraska–Lincoln Extension has a new Urban Agriculture Web site with information on:

- What you need to know before you start
- Resources for commercial growers
- Growing fruits and vegetables for sale
- Marketing opportunities
- Community gardens
- Backyard, container, and rooftop gardens
- Food nutrition & preservation
- Food safety at home

Whether you're involved in urban agriculture as a consumer or grower, discover the resources on this Web site!

http://food.unl.edu/UrbanAg



Butterfly Garden

continued from page 1

generations (broods) per year. Usually, the most common butterflies are multiple-brooded and provide a continuous array of color and activity to your butterfly garden throughout the season.

Larval Food Sources

Include larval host plants in your garden design. The fragrance of some host plants may actually elicit egg-laying in the female butterfly. Monarchs lay their eggs only on members of the milkweed family. Swallowtails lay their eggs on members of the parsley family — dill, fennel, Queen-Anne's lace, etc. The caterpillar of the viceroy butterfly feeds on willows.

Adult Food Sources

Use large splashes of color in your landscape. Even from miles away, butterflies can identify their favored nectar plants. It's best to plant these flowers in masses rather than singly, both to attract butterflies to your garden initially and to get them to stay, as they will tend to select the most prevalent nectar source available in one area and remain there.

Goldenrod provides a nectar source in fall.

Butterflies have highly refined senses of sight, smell, and taste. Unlike humans, they can see ultraviolet light, so they can differentiate between blossoms that would be identical to the human eye. Bob Henrickson, with the Nebraska Statewide Arboretum, says "There are no universal rules about what flowers work best in a butterfly garden, but lavender, purple, and pink appeal to many butterflies. Swallowtails are more likely to visit red flowers, including beebalm and zinnias."

They also tend to prefer some of the more fragrant plants — lilacs, lavender, sweet alyssum, and fragrant viburnums. For fragrance, Henrickson says, "Stick to old-fashioned varieties more than the faint-scented modern forms of the same flower (garden phlox for example)." As far as taste, another butterfly gardener writes that "Monarchs respond to sugar solutions of .0003%, a taste sensitivity 1408 times greater than that of humans."

Plant for continuous bloom throughout the growing season. Butterflies are active from early spring until late fall. Plant a selection of flowers that will provide nectar throughout the entire growing season. Long-blooming annuals can fill in any gaps: zinnias, cosmos, marigolds, sunflowers, sweet alyssum, coneflowers, verbena, passionflower, petunias, etc. In the vegetable garden, cabbages, broccoli, collards, carrots, and beans are excellent food sources. But be prepared to tolerate a few holes in the leaves of your plants! Or plan to leave a few plants, such as cabbage, unprotected and available for butterfly egg laying. Other cabbage plants can be protected with row covers and reserved for your family's use.

Many butterflies, like monarchs, migrate south in the fall to spend the winter in warmer climates. Including fall-blooming forbs like asters and goldenrods in your garden will help them along on their journey. For species that overwinter in Nebraska, it's helpful to leave wood, brush piles, or thickets where they can spend the winter as eggs, chrysalises, caterpillars (some roll themselves up in leaves for the winter), or as adult butterflies–hibernating in the hollows of trees, etc.

Select single flowers rather than double flowers. The nectar of single flowers is more accessible and easier for butterflies to extract than the nectar of double flowers, which have more petals per flower. The size of the flower's "perching platform" is also important, as it will determine the size of butterfly that will be attracted to it. Butterflies tend to prefer plants whose flowers occur in clusters so they don't have to fly from one flower to another to collect more pollen. They rarely visit flowers hanging downward from a stem or vine.

Add some native or ornamental grasses to your butterfly garden. Grasses provide resting and hiding places, along with larval and adult food sources. Plant height can vary from a few inches to several feet.

- Big bluestem, *Adropogon gerardii*
- Little bluestem, *Schizachyrium scoparium*
- Prairie dropseed, *Sporobolus heterolepsis*
- Sideoats grama, *Bouteloua curtipendula*
- Switchgrass, *Panicum virgatum*
- Indiangrass, *Sorghastrum nutans*

Leave a weedy patch in part of your garden. This final recommendation is perhaps the simplest to follow. Thistles, nettles, clover, violets, fleabanes, and other weeds are preferred host and nectar sources for some butterflies. If you have fruit trees, they'll also be attracted to the rotting fruit. Even pet droppings are a food source for some butterflies.

May

Heart of 4-H Award

Jill Greff

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

A volunteer for about six years, Jill is project leader of the Happy Hearts 4-H Club, assistant leader of the Sunbeam 4-H Club, and Superintendent of the Lancaster County Super Fair 4-H Bicycle Safety Contest. She has also taught several workshops at the annual 4-H Clover College.

"I like being a 4-H volunteer because I have the opportunity to learn new things alongside the members," Jill says. "Last year during our club project on gardening we tried drying herbs in the microwave and it worked! I probably wouldn't have tried it, but because I'm a 4-H leader I thought we should experiment a little. My favorite experience as a 4-H volunteer was helping to lead our club project Youth in Motion three years ago. The members were so enthusiastic about trying their hand at new sports, it was inspiring and just plain fun!

Congratulations to Jill. 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.

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.

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.

Livestock Quality Assurance Training

All 4-H/FFA exhibitors showing market animals at the county fair or state fair must be meat quality assurance certified. Lancaster County 4-H plans to have a training soon (the May 19 training has been canceled). Look in upcoming Neblines for details.

Livestock Auction Meeting, May 12

We invite all 4-H/FFA livestock families to attend the Lancaster County Super Fair Livestock Auction Meeting which will be held on Thursday, May 12, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. At this meeting the committee will be looking for new ideas and generating a new donor list. Your help is needed to ensure the success of this year's auction. We hope to see you there!

Wildlife Habitat Evaluation Program

The Wildlife Habitat Evaluation Program is a fun and challenging outdoor adventure where 4-H and FFA members learn about wildlife, conservation, and management. The statewide contest will be held June 19–21 at Niobrara State Park by Niobrara, Neb. Junior (age 12–13) and senior (age 14–18) division teams (individual participation possible) compete in the contest. The novice group (ages 8–11) does not compete, but learns about wildlife through fun educational activities and games. Please indicate intention to participate by May 21. June 4 is the last day to register by mail. Cost is $47.50 per person. For more information, go to *http://4h.unl.edu/whep* or contact (402) 441-7180.

Pre-Fair 4-H Leader Training, May 26

New leaders, experienced leaders, 4-H members, and parents are invited to a leader training on Thursday, May 26, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrycreek Road. Bring questions and ideas. Learn about fair entry, contests, and important county fair information. Get opportunity to connect with other parents and leaders. MUST preregister by May 24 by calling (402) 441-7180.

Life Challenge Contests

County-Level Senior, June 4

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H'ers, need not be enrolled in a specific project. Contact Tracy at (402) 441-7180 for more information.

- **County-level Senior Life Challenge** (for ages 12 and up) is scheduled for Saturday, June 4, 9 a.m. at the Lancaster Extension Education Center. Preregister by June 2 by calling (402) 441-7180 (there is no entry form). Contest questions will be based on the following 4-H curriculum areas: food and nutrition, child development, and design. This is a Lancaster County Super Fair 4-H Contest.
- **Statewide FCS Life Challenge** (for ages 12 and up) will be held Monday, June 27 and Tuesday, June 28 on UNL East Campus. To participate, please contact Tracy at (402) 441-7180 by June 9. Information is online at *http://pase.unl.edu.*
- **County-level Junior Life Challenge** (for ages 8–11) will be held Saturday, July 9 at 9 a.m. at the Lancaster Extension Education Center. Preregister by July 7 by calling (402) 441-7180 (there is no entry form). Contact Tracy for study packet. This is a Lancaster County Super Fair 4-H Contest.

4-H/FFA Animal ID's and DNA Due June 15

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

If you plan on showing market sheep, market hogs, or feeder calves at state fair or Ak-Sar-Ben, you will need to have DNA collected by this deadline also.

HORSE BITS

Riding Skills Level Testing on May 3, June 21, and June 28

A 4-H riding skills level testing will be held on Tuesday, May 3, 6 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to be tested must sign up by April 26 by contacting Marty at (402) 441-7180 or mcruickshank2@unl.edu. Testings will also be held June 21 and 28, 6 p.m. at the Lancaster Event Center – Amy Countryman Arena. Reminder: All Lancaster County riding skills level tests must be done in group testings. Individual tests done by leaders are no longer accepted.

District/State Horse Show Entries, IDs, Levels Due May 9

4-H'ers competing in district and state horse shows must be 12 years of age by Jan. 1 and have at least a level II. Exhibitors must pass riding skills level tests for many classes at districts/state horse. All Lancaster County 4-H'ers participating in district/state horse shows must submit entries, horse identifications, and completed levels to the UNL Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 by Monday, May 9. No late entries will be accepted! Anyone planning on going to state must have ALL horsemanship level requirements passed and submitted to the extension office by Monday, May 9. Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits are available at *http://go.unl.edu/aeb* and the extension office.

County Fair 4-H Horse IDs Due June 1

4-H horse identification forms for the Lancaster Country Super Fair are due in the extension office by June 1. Late ID forms WILL NOT be accepted. Take the time to fill forms out completely and thoroughly. Draw your horse's markings on the picture as accurately as you can. Also, be sure to indicate the horse's color on the drawing. Please, if possible, do not use the online horse identification form — use the carbon copy form available at the extension office. If you do use the online ID form, be sure and make a copy for yourself before sending it to the extension office.

Lancaster County Horse VIPS Pre-District Show/ Clinic/Fundraiser, June 4

To help everyone prepare for districts and state, the Lancaster County 4-H Horse VIPS Committee is hosting a special pre-districts show/ clinic/fundraiser on Saturday, June 4 beginning at 9 a.m. at the Lancaster Event Center - Pavilion 3. All counties are welcome.

The show will follow the district format and all age groups — elementary, junior, and senior — can participate in the English Pleasure and Equitation, the Western Pleasure, and Horsemanship. All age groups can compete for prizes in a Hippology Contest. This will be an excellent opportunity for all 4-H riders to practice for districts and for elementary age riders to experience the district format even if they aren't yet old enough for state. Depending on size of the classes and show — if there is time, the judge will be able to do a little teaching/comments at the end of each class. Reining, poles, and barrels are included in the show, but are available to junior and seniors only.

Horses may be shown off the trailer. Limited stalls are also available. If you would like to reserve a stall ahead of time and or wish to camp overnight at the Lancaster Event Center please mail checks made out to Lancaster Event Center for stalls ($15 each) and camping with electricity and water ($20 a night) to Marty Cruickshank, UNL Extension in Lancaster County, 444 Cherrycreek Rd, Ste A, Lincoln, NE 68528. Lancaster Event Center shavings must be used. Shavings are $8 a bag and should be acquired the night/day of the show.

This is a fundraiser for the Lancaster County Horse VIPS so there will be a one time office charge of $5 and a $3 charge per class. Pre-registration is not required. Riders must be in 4-H attire. Concessions will be available on-site. For more information call Marty at (402) 441-7180.

Nebraska LEAD Program
Nebraska Agricultural Leadership Council

Applications are now being accepted for the Nebraska LEAD Group XXXI (31) which begins the fall of 2011. Up to 30 highly motivated individuals with demonstrated leadership potential will be selected.

The Nebraska LEAD Program is specifically designed for both men and women involved in production agriculture or agribusiness. Nebraskans in the general age range of 25–50 who are intent in providing quality leadership for the future of Nebraska agriculture are encouraged to apply.

Application deadline is June 15.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at (402) 472-6810 or email sgerdes2@unl.edu.

More information is located at *http://lead.unl.edu*

Knowing Facts About Severe Weather Can Prevent Harm

Many myths surround spring severe weather, but knowing all of the facts about safety and preparation can save lives.

Be Prepared

The first thing a family can do to prevent harm is buy a weather radio. A weather radio costs roughly the same as a family of four going to see a movie. Instead of using a phone or looking outside, find out about severe weather through a weather radio.

When traveling in a car during severe weather, make sure to listen to the radio. Take out the CD, the MP3 player or turn from an FM station to a local AM station covering the weather going on in the area.

Make a photocopy of everything on paper of value in a home or business. This may include insurance information, car information, licenses, passports or other forms. Keep those copies stored in a safe location, preferably away from home. Surviving severe weather is important, but returning to normal life will be much easier with backup copies.

Families should also have a communication plan set in place. Relatives or friends could overload authorities' phone lines trying to find out if their loved ones are safe. Designate a relative to be the head of a "communication tree." That person can find out information about family in the disaster and let relatives and friends know about their condition.

Families need to have plans in place for safety areas and meeting places during a storm. Kids home alone on school days need to know a meeting place and designated tornado shelter in their home. Children have died from panicking during a storm and not knowing a safe place to take cover.

Watch vs. Warning

People should know the difference between a watch and a warning. A watch is telling citizens to just watch out for the hazard, to be more aware of the weather. A warning means something is happening now and everyone near should seek shelter and safety.

> A watch is telling citizens to just watch out for the hazard, to be more aware of the weather. A warning means something is happening now...

Lightening

Many myths surround lightning from severe thunderstorms. Many people believe no phones are safe during an electrical storm. Phones on land lines are not safe because charges can travel through wires. However, cell phones are safe.

Get inside immediately after hearing thunder during a storm. A house, car, or well-enclosed picnic area in parks are good options. If caught outside, crouch to the ground, don't lie on it. Lying on the ground puts the heart closer to the ground, which increases the chance of an electrical charge reaching the heart and stopping it.

Don't hide under a tree. Trees stand high from the ground and a charge can run through them. If a person's hair begins standing up, it means static electricity is in the air and he or she should find cover immediately. However, don't run. Running in a storm increases static electricity that attracts lightning.

Another huge myth is visibly seeing the sun or being outside rainfall means lightning won't strike close. Lightning can strike more than 15 miles away from the storm. A "bolt in the blue" occurs when lightning strikes out the side of a storm system. These are some of the most common lightning fatalities. In fact, lightning is more dangerous than tornadoes. Lightning is the number one severe weather killer.

Many people think a human body will hold the charge from a lightning strike, but that's not true. The person struck needs CPR immediately. He or she may just need a few chest pumps to get the heart going again, but if you don't, the person could be dead by the time paramedics arrive. Paramedics can talk a person through CPR over the phone.

Tornadoes

Tornadoes have their share of myths as well, though many are disappearing. Bathrooms aren't safe to stay in if they are connected to an exterior wall. Also, it doesn't matter if a window is opened or closed during a tornado. Windows will be damaged either way, though if closed, they could prevent debris from coming inside.

Staying safe under overpasses is a common misconception as well. They are not safe from storms and traffic safety would be a concern as well.

Many people believe if a tornado approached from the southwest, it would be safer to stay in the southwest corner of the home. They think it would blow the house over to the northeast, so the southwest side is the safer choice. The center of the home, preferably in a basement, is the safest point.

Source: Ken Dewey, Ph.D., UNL extension climatologist

ADDITIONAL RESOURCES

Extension Disaster Education Network (EDEN) provides disaster education resources to reduce the impact of natural and man-made disasters; online at *http://eden.lsu.edu*

Lancaster County Emergency Management provides information or presentations. Contact (402) 441-7441 or go to *http://www.lincoln.ne.gov/Cnty/civil/index.htm*

Mites

continued from page 3

although these infestations are temporary and will disappear after contact with the infested animal is over. The most common problems are:

1. Bird mites. Poultry and wild birds frequently carry parasitic bird mites. These mites may attack humans, but cannot permanently establish themselves on people. The most common scenario is when birds nest close to a dwelling. When the fledgling birds leave the nest, they leave high populations of mites behind. These mites are visible to the unaided eye, but so tiny they readily crawl into small cracks and come into the house.

2. Cheyletiellid mite: *Cheyletiella parasitivorax*. This highly-contagious mite does not burrow into the skin, but lives on the surface of the animal's skin. Animals infested by cheyletiellid mites include rabbits, dogs, and cats. Through close contact with their pet, owners can be bitten by the mite which causes multiple red, itchy bumps on the arms, legs, and trunk.

A veterinarian can diagnose and treat pets for cheyletiellid mites. Topical flea medications will often control cheyletiellid mites on pets.

There are many other mite parasites which infest wild animals. Most of these are closely associated with a specific animal or group of closely related animals and cannot colonize humans. Once the host animal is gone, the mites will die and the infestation will disappear.

FOR MORE INFORMATION

About these mites, go to University of Nebraska–Lincoln Extension in Lancaster County's Web site at http://lancaster.unl.edu/pest/mites.shtml.

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 BRING 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

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.

From Recipe to Reality Seminar, June 3

The University of Nebraska–Lincoln Food Processing Center's "From Recipe to Reality" seminar is the first step in developing a food business. It is specifically designed to provide entrepreneurs with an understanding of the key issues they will need to consider when starting a food business. Participants include individuals interested in marketing a family recipe, individuals with a product idea or concept, producers considering adding value to an agricultural product, restaurateurs exploring the manufacturing of a house specialty, and storeowners contemplating the development of a private label product.

"From Recipe to Reality" provides a general overview of the many issues involved in developing a food manufacturing business. Seminar topics address important questions every entrepreneur should consider.

- Market research and selection
- Product and process development
- Food regulatory issues and agencies
- Packaging and labeling
- Pricing and cost analysis
- Product introduction and sales
- Promotional material package
- Food safety and sanitation
- Business structure

Upcoming seminars held in Lincoln at UNL East Campus will be Friday, June 3, Friday, Aug. 19, and Saturday, Oct. 22. Pre-registration required and space is limited. For additional information, contact Jill Gifford at (402) 472-2819 or jgifford1@unl.edu or go to *http://fpc.unl.edu/Entrepreneur/recipe.shtml.*

EXTENSION CALENDAR

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

April

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**

May

1 **4-H Speech Contest** ..... 1 p.m.
1 **Deadline for Scholarship by Lancaster County Family & Community Education (FCE) Council**
3 **4-H Council Meeting** ..... 7 p.m.
3 **4-H Horse Level Testing,** *Lancaster Event Center* ..... 6 p.m.
5 **4-H/FFA Sheep Weigh-In,** *Lancaster Event Center - Pav. 2* ..... 6–8 p.m.
7 **4-H "Junque to Jewels" Furniture Painting Workshop** ..... 9 a.m.
9 **Lancaster County Deadline for 4-H District/State Horse Show Entries, ID, Level Tests**
12 **4-H/FFA Lancaster County Super Fair Livestock Auction Planning Meeting** ..... 7 p.m.
13 **Extension Board Meeting** ..... 8 a.m.
14 **Composting Demonstration,** *Pioneers Park Nature Center's backyard composting demonstration area* ..... 10–11:30 a.m.
17 **Guardian/Conservator Training** ..... 1:30–4:30 p.m.
19 **Parents Forever Class** ..... 9 a.m.–12:30 / 5:30–9 p.m.
26 **4-H Leader Training** ..... 9:30 a.m. & 6:30 p.m.

Lancaster County 4-H'er Earns President's Volunteer Service Award

Lancaster County 4-H'er Erika Warner has been honored for her exemplary volunteer service with a President's Volunteer Service Award.

The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was presented by The Prudential Spirit of Community Awards program on behalf of President Barack Obama.

Warner has volunteered more than 940 total hours in over four years doing community service for:

- Lincoln Children's Zoo in the Critter Encounter and Ponies areas
- Meadowlane Private Pool, helping with yearly clean up and 4th of July Pool Party
- 4-H activities, including helping at horse shows — through her club South Prairie Wranglers she has volunteered at Haven Manor Assisted Living in Hickman and with Kiwanis Karnival at Elliott Elementary School.
- B.E.S.T. Tutoring at Elliott Elementary School helping students in the English Language Learners program
- Boy Scouts of America aiding in volunteer work for an Eagle Award project, a fundraiser, and helping a younger boy scout earn his horseback riding merit badge.

Erika Warner's (at right) volunteer service includes helping her 4-H club South Prairie Wranglers with a petting zoo at Haven Manor.

Sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), The Prudential Spirit of Community Awards program recognizes youth people across America for outstanding community service activities.

CLOVER COLLEGE REGISTRATION FORM

SEE PAGE 9 FOR CLOVER COLLEGE WORKSHOP INFORMATION

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

Classes fill up quickly!

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 10. Registrations are handled on a "first come" basis and will only be accepted upon receipt of fees. **No telephone or online registration.** All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed.

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

Registration opens May 2 for currently enrolled 4-H members.
Registration opens May 9 for non-4-H members.

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

Name _____ Age _____

Parents Name(s) _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ E-mail _____

Special Needs (allergies, etc.) _____

_____

Workshop(s) #_____ Title _____ Fee _____

#_____ Title _____ Fee _____

_____ Title _____ Fee _____

#_____ Title _____ Fee _____

#_____ Title _____ Fee _____

Use additional sheet of paper if needed Total _____

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

Parent/Guardian Signature: _____ Date: _____

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

University of Nebraska Lincoln EXTENSION

University of Nebraska–Lincoln Extension in Lancaster County
444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528-1507
(402) 441-7180
http://lancaster.unl.edu
Email: lancaster@unl.edu • Fax: (402) 441-7148

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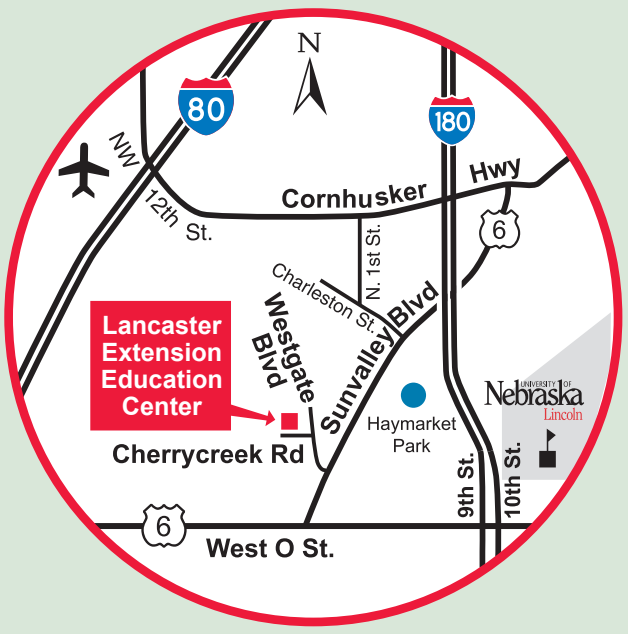
Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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THE NEBLINE

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

The Nebraska Library Commission's Talking Book and Braille Service records THE NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to *www.nlc.nebraska.gov/tbbs* or call (402) 471-4038 or (800) 742-7691.

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❑ Order subscription ❑ Change of address

Name _____

Address _____

City _____ Zip _____

Phone _____

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

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

Eastern Nebraska 4-H Center FREE Open House May 15

The Eastern Nebraska 4-H Center will host a FREE Open House on Sunday, May 15 from 1–4 p.m. to showcase its summer camp programs for the upcoming 2011 season. Bring your kids out so they can see all the activities they can do this summer including: two rope courses, fishing, canoeing, archery, arts & crafts, a 25-foot high waterslide, and so much more. The 4-H Center has camps for all kids ages 5–15 (they do not need to be a 4-H member). It is located five miles south of I-80 exit #432, next to Schramm Park. For more information, go to *http://4h.unl.edu/camp* or call (402) 332-4496.

Can You Guess It?

Karen Madden, UNL Extension in Lancaster County

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

Did you guess it from the April NEBLINE?
The answer was: Using chicken wire to protect spring flowers from rabbits

4-H'ers Offered Incentives to Complete President's Active Lifestyle Award Challenge

4-H is taking on the 4-H President's Active Lifestyle Award challenge in a big way. On April 1, 4-H launched efforts to have 100,000 4-H'ers complete the challenge by September 2011.

Healthy living has been at the core of 4-H and remains one foundation of our pledge (I pledge…my health to better living…). 4-H strives to equip youth with healthy living knowledge and skills that will prepare them physically, emotionally, and socially to meet the challenges of the 21st century.

National 4-H Council and Kraft are offering incentives. Are you a 4-H'er? You can join the effort and compete for our incentives by:

1) Going to *https://www.presidentschallenge.org/account/register.php*
2) Filling out the registration form.
3) When you arrive at your personal dashboard page, click on the "Go to Groups" radio button, push "submit," and then click on the groups tab at the top of the page and insert the following information:
   - Your Group ID Number: **96548**
   - Your Group Name: **National 4-H Program**
4) After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

For questions or if you want to get more involved, contact Suzanne Le Menestrel, slemenestrel@nifa.usda.gov or Lindsey Jewell, ljewell@nifa.usda.gov.

It's Easy to Earn the Presidential Active Lifestyle Award

All it takes is a nearly daily commitment to physical activity for 6 out of 8 weeks. Stick with the program and you'll earn an award in less than two months.

Kids and teens (anyone between 6 and 17 years): You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).

3,000 5th Graders Attend 17th Annual earth wellness festival

This year, the 17th annual **earth wellness festival (ewf)** had record numbers with 3,006 Lancaster County fifth graders from 45 schools attending on March 28 and 29 at Southeast Community College. Students discovered and explored the relationships and interdependency of land, water, air, and living resources through hands-on activities. Classrooms attending the festival received pre-festival learning kits in October.

More than 200 volunteers, area educators, environmentalists, and government representatives make this educational experience possible. The festival is organized by 10 local agencies, including University of Nebraska–Lincoln Extension in Lancaster County. More photos and a video of "The Raptors" presentation are online at *http://lancaster.unl.edu/ewf*.

"The Raptors" (bald eagle pictured above right) presentation by the World Bird Sanctuary of St. Louis, Mo. is the culminating session.

In the "Scoop on Poop" session, fifth graders learned they are recycling every time they flush in Lincoln.

Ag Awareness Festival Teaches 4th Graders About Agriculture

Nearly 530 fourth graders from Lincoln area schools attended the Ag Awareness Festival held on April 6 and 7 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 10 interactive stations: Nebraska Ag Production Across the State, Grain Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production, and Hay & Forages.

The Ag Awareness Coalition, led by University of Nebraska–Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations, and food industry companies. This is the 11th year the festival has been held in Lincoln.

Fourth graders got a close up look at a horse (above) and dairy calf (at right).

Students learned about farm equipment and the importance of safety (below).