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The NEBLINE, May 2013

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MOVING TOWARD A HEALTHIER YOU

Karen Wobig, UNL Extension Educator

PHYSICAL ACTIVITY is defined as a behavior consisting of bodily movement that requires energy expenditure. It can improve your health, reduce your risk of disease, slow the aging process and may help you live longer. The many health benefits of physical activity include improving balance (thus reducing falls), encouraging normal weight, lowering blood pressure, increasing bone mass, improving cholesterol levels and stimulating brain function.

Making physical activity a part of your daily life, along with consuming a healthy diet, are the keys to achieving these benefits.

For most people, it is fairly easy to put calories in, but burning those calories takes a bit more work. That's where physical activity comes in. Balancing the calories you eat with the calories your body uses is a skill that can



help you maintain a healthy weight. Everyone has their own calorie limit. Staying within that limit can help you get to or maintain your healthy weight. The secret is learning how to balance your “**energy in**” (the calories you eat or drink) with your “**energy out**” (the calories you burn for basic body function and during physical activity).

It is important to have healthy nourishment as you increase your physical activity.

On the next page, you will find some healthy snack ideas and recipes.

The following websites will also provide you with additional information and tips as you MOVE toward a healthier you:

- www.cdc.gov/physicalactivity/everyone/videos/index.html
- www.choosemyplate.gov/physical-activity/increase-physical-activity.html
- <http://food.unl.edu/web/fnh/physical-activity>

S.M.A.R.T. GOALS

Specific, Measurable, Attainable, Reasonable, Time-oriented

The following chart shows a comparison between goals and S.M.A.R.T. goals. Make your goals specific and fit your lifestyle, then STICK to them. Record your successes on a calendar and look forward to your reward.

GOAL	S.M.A.R.T. GOAL
I will walk three times per week after work.	I will walk for 30 minutes on Tuesdays, Thursdays and Saturdays.
I will do stretching exercises every week.	I will do 3 upper body stretches (gentle neck side to side, arms in front and over the back, waist twists) and 3 lower body stretches (touch toes, point and flex toes, cross legs and bend) after every workout.
I will be more physically active this year.	I will park my car in a far away stall when I go to the grocery store or shopping center.

5 Steps to Increase Your Physical Activity

Following these 5 steps could help you gradually become more physically active as well as increasing your enjoyment of these activities.

STEP 1: Start Small

The activity wheel to the right provides a sampling of basic ideas to increase your activity. Some minor changes in your lifestyle could make a huge difference. Never underestimate the benefit of even the slightest increase in movement in your day. As you become accustomed to adding more movement to your days, it will become second nature, and you will find yourself increasing these activities not because you should, but because you want to.

STEP 2: Set Goals

The best method to track your physical activity is to set goals. Start with very small goals and increase over time. Use S.M.A.R.T. goals (see above right) to help you be successful as you engage in your physical activity.

STEP 3: Do What You Enjoy

You know what your days look like. Choose activities which will fit into your day and decide what will be the easiest way to make them happen. For example, if you enjoy walking,

decide which days, what time during the day and for how long, you would be most successful. If you prefer a more structured environment, join a gym/fitness center on, or close to, your route home or near your home. If you do best with encouragement from others, find a walking/running/workout partner. Design your activities around situations and people you most enjoy. Remember, physical activity can be free or low-cost.

STEP 4: Never Give Up

Didn't meet your goal today or this week? Tomorrow is another day! Everyone has days when plans change. Don't dwell on what you didn't do, but look forward and focus on what you will do. Keep a positive attitude.

STEP 5: Reward Yourself

Celebrate ANY and ALL accomplishments. Examples of rewards might be:

- New exercise shoes or clothes
- A relaxing bath/shower
- Girls/Guys night out
- Watching a favorite movie
- Putting money in a jar each day you reach your goal then have a “spending” day
- Get together with a friend to celebrate

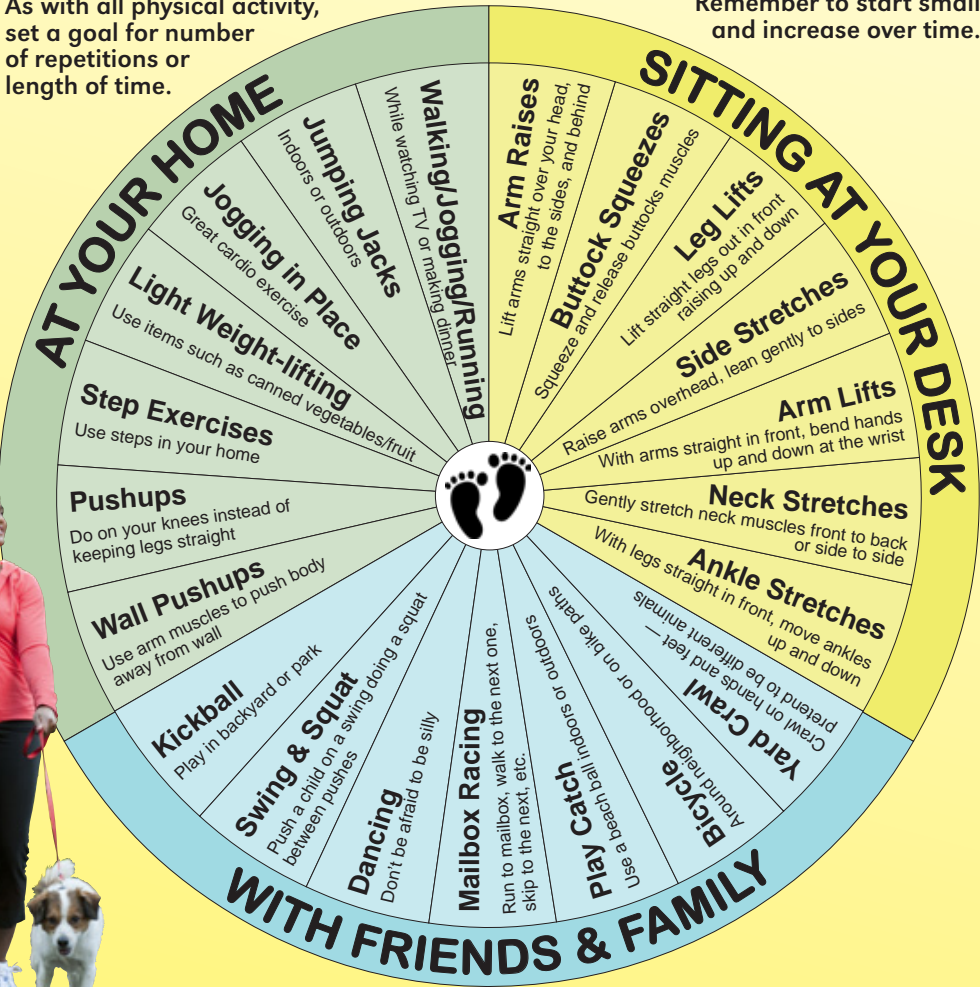


ACTIVITY WHEEL

A SAMPLING OF EASY, NO-COST ACTIVITY IDEAS

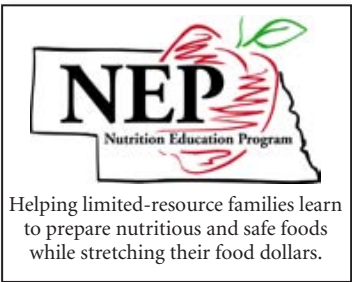
As with all physical activity, set a goal for number of repetitions or length of time.

Remember to start small and increase over time.



Healthy and Easy Snack Ideas

- Bananas
- Apples
- Yogurt
- Cereal Bars
- Popcorn
- Hummus with veggies
- Almonds and Walnuts
- Soy Nuts



Recipes from UNL Nutrition Education Program

Snack of Life

(microwave method)

- 4 cups square shaped cereal
- 2 cups pretzels
- 1 cup peanuts (or nut of choice)
- 2 tablespoons grated Parmesan cheese
- 1/4 cup butter or margarine, melted
- 1 to 2 teaspoons chili powder
- 1/8 teaspoon onion powder

Combine cereal, pretzels, nuts and Parmesan cheese in large bowl. Combine melted butter, chili powder and onion powder and mix well with cereal mixture. Sprinkle into 11 x 7 inch baking dish. Microwave on HIGH 4-6 minutes or until light, golden brown, stirring after every 2 minutes. Spread on cookie sheet to cool. Store in tightly covered container for up to 1 week.

Super Yogurt

- 1 carton plain low-fat yogurt (6 or 8 ounces)
- 2 tablespoons raisins, nuts or sunflower seeds
- 1/4 cup chopped fruit (apples, berries, peaches or bananas)
- 1 tablespoon lemon or vanilla instant pudding mix

Mix all ingredients. Refrigerate or serve immediately.



Alice Henneman, MS, RD, UNL Extension Educator

Welcome the warmer months with this colorful, vegetable-rich salad. Note: Omit or substitute a different type of mushroom, if desired.

Pasta Primavera

(Serves 4)

- 1 16-oz package Linguine or other long pasta shape, uncooked
- 3 tablespoons olive or vegetable oil
- 1 cup snow peas
- 1 cup broccoli flowerettes
- 1 cup cauliflower flowerettes
- 1 cup red and yellow bell pepper, peeled and julienned
- 1 baby carrot, peeled and julienned
- 1/2 cup shiitake, morel or chanterelle mushrooms
- 4 fresh basil leaves or 2 teaspoon minced fresh chervil
- 2 cloves garlic, minced
- 1 cup grated Parmesan cheese



Cook pasta according to package directions; drain. Heat oil. Add remaining ingredients except Parmesan. Sauté over medium heat for 3 minutes. Toss with pasta. Sprinkle with fresh herbs, Parmesan and serve.

Recipe and image courtesy of National Pasta Association at www.ilovepasta.org

Tips for Organizing Your Kitchen for Healthy Home Cooking

Alice Henneman, MS, RD
UNL Extension Educator

Ever wondered how to organize your kitchen to make finding and storing foods easier? Here are seven tips to start you thinking.

Ripening Fruit at Room Temperature

Avocados, tomatoes (botanically, they are fruits), kiwifruit, nectarines, peaches, pears, bananas and plums ripen at room temperature. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas where meat is prepared.



An inexpensive 2-tiered rack offers an attractive countertop storage space.

Find Fridge Foods Faster with a Turntable or "Lazy Susan"

Perhaps you've purchased something only to find there already was a container in the back of the refrigerator. Take a turn for the better by using a turntable. Use a smaller turntable for foods such as: refrigerated mayonnaise, mustard, nut butters, pickles, etc.



Use a larger turntable for storing bigger items such as whole grain flours and other kitchen staples.

Place turntables on solid refrigerator shelves versus open shelving. Measure the width and depth of your shelf space.

Test the turntable in the space available BEFORE removing the label and throwing away the box and receipt!

Short Term Kitchen Storage of Potatoes, Onions and Garlic

It is recommended you store garlic, onions and potatoes in a well-ventilated area in the pantry. Protect potatoes from light to avoid greening. But what if you don't have a pantry?



Photos: Alice Henneman, UNL Extension in Lancaster County

I found some storage canisters on the Internet that allowed ventilation and prevented light from reaching the potatoes. They also looked attractive on my kitchen counter.

There are also several brands of decorative cloth storage sacks that provide ventilation and protect from light. Some of the sacks can even be hung from the wall.

Individual plastic or wire baskets work well in a pantry.

Contain It!

Shallow, see-through, stackable containers help you find foods easier in the fridge. Square-type containers let you store more food in less space than round ones.



Foods also cool faster when stored in shallow containers.

Look for containers that can be used in the refrigerator as well as the freezer and that can be used to heat food in the microwave and/or the oven. Glass containers work well.

Oh, Grill of Mine!

Research by Washington State University found the best method of safely grilling meats is using a double-sided (clam-shell) type grill that cooks both sides of the meat at once. These grills are one of the fastest and easiest means of grilling meat.



An added benefit of a clam-shell grill is the ease of taking the temperature of thin cuts of meat from the side. According to a recent U.S. Department of Agriculture study, 1 out of every

4 hamburgers turns brown in the middle before it reaches a safe internal temperature. Using a food thermometer is the only way to assure a safe temperature.

Is Your Oven Temperature Off?

An oven thermometer can be left in the oven to verify the oven is heating to the desired temperatures.



It may save you time and money by helping prevent over- or under-baking foods.

Remember to remove an oven thermometer when using the self-cleaning feature on your oven!

The Spice Is Right

There are many ways to store spices and dried herbs. There are spice organizers for drawers, expanding tiered shelves (such as in the picture below) and wire spice racks that can be attached inside cabinet doors.



Whatever method you choose, use these guidelines for storing your spices. To prevent flavor and color loss, avoid moisture, light, heat and air:

- Store in tightly covered containers.
- Store in a dark place away from sunlight, such as inside a cupboard or drawer.
- Avoid storage above the dishwasher, microwave, stove or refrigerator, or near a sink or heating vent.
- If storing in an open spice rack, store in a site away from heat, light and moisture.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

Happy May Day! Go outside and enjoy the fresh air, sunshine and hear the birds sing. It’s time to keep the bird feeders filled and enjoy the



spring flowers. Be sure and read THE NEBLINE. It always has a lot of helpful hints to make our work less stressful and some good recipes. May 10 is a special day for Mothers.



Memorial Day is a time to remember our Veterans and loved ones who have passed on. School will soon be out and summer activities will be in full swing. Seniors will be making plans for their future. “Life is an Echo — what you send out comes back.”

FCE News & Events

FCE Scholarships Due May 1

A \$600 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 2013 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.

Save the Date: Sizzling Summer Sampler, July 10

The Sizzling Summer Sampler will be Wednesday, July 10, 6 p.m. at the Lancaster Extension Education Center. Theme will be “Christmas in July.” Watch for more details.



Lorene Bartos, UNL Extension Educator

Grill Care



The time of year for grilling outside is here. Keeping the grill clean is sometimes the biggest challenge of all. Many people seem to forget this important aspect of grilling and food safety.

If the grates are removable, take them out and soak them in warm water and dish soap. Brush clean with a wire brush and then reassemble the grill and let it air-dry.

If other parts require cleaning, check the manual and follow directions.

The key to a clean grill is to be diligent about cleaning it immediately after each use, rather than waiting until you’re ready to start cooking. So, the next time you take the steaks off the grill, let any cooked-food residue burn away before turning it off. This is a simple thing to do while the meat “rests.” Then turn off the grill, but while it’s still warm, use a small wire brush to clean any food particles that remain on the cooking grates.

Home Alone: Ready or Not?

Summer is just around the corner! For many working parents, considering self-care for your children even if it is for short periods of time, can be a real challenge. There is no magic age at which children develop the maturity and good sense needed to stay alone. However, there are some very specific concerns you should consider before your child is in this situation.

Answering the Phone

When children are home alone, the phone can be a source of comfort and reassurance. Calls to parents, family members or friends can make their time alone less scary. In an emergency, the telephone can reach immediate help. Children need to understand while the telephone is a valuable safety tool, it can also be a source of danger. If you have an answering machine or caller ID, you can encourage your child to screen calls before answering them. Otherwise, instruct your child to:

- Begin by only saying “Hello.” Never answer the phone by giving your name.
- Never tell a stranger you are alone or your parents are not home.
- If a stranger asks to speak to your parents, say they are busy and cannot come to the phone.
- Never give any information about you or your family.
- Offer to take a message.

Answering the Door

A knock on the door when a child is home alone may be a frightening moment. Children need to remain calm and realize most people who approach the house do not intend to harm them. When children are home alone, you may want to instruct them not to answer the door at all. But if you do expect them to answer the door, they should try to identify who is at the door before opening it. This can be done by saying, “Who is it?” through the closed door or looking through a window. Children should not open the door to a stranger.

Emergency Phone Numbers

Making emergency calls is a skill everyone needs to practice. When calling

9-1-1, be sure your child can:

- state the problem
- give first and last name
- give your complete address
- give the nearest intersection, cross streets, landmark
- give the location and/or phone number where the emergency is happening

If your house has no phone, find some way to get your children access to a phone for emergencies whether it is a trusted neighbor or a phone in a nearby store. Calling 9-1-1 is a free call.

Besides 9-1-1, parents should post other important phone numbers for easy access in case of an emergency. You may want to add numbers such as the poison control center; local power, gas or telephone companies; doctor; parents’ work numbers and trusted stay-at-home neighbors.

Emergency vs. Non-Emergency

Your children should understand an emergency is when there is a real or potential threat to their health or safety or to personal property, and they cannot handle the situation alone. Examples of emergencies include fire, severe injury or assault. In a non-emergency, children would have time to get help or they could handle the situation on their own. Examples of non-emergencies are minor injuries, the lights go out or a lost house key.

Children can handle many accidents themselves if they are well prepared. Teach them these three important rules and how to give basic first aid:

- remain calm
- call for help if it is an emergency
- give first aid to yourself or others when needed

Dealing With Fear

When children are home alone, they may sometimes feel fearful. You should encourage your children to talk about their fears and discuss how they can cope with fear. Here are a few thoughts for discussing fears with your child:

- Acknowledge your child’s thoughts and feelings. When a child shows fear, it is important for others to respect those

Nebraska Guidelines for Children Staying Home Alone

From the Nebraska Department of Health and Human Services website at http://dhhs.ne.gov/children_family_services/Pages/children_family_services_homealone.aspx

Nebraska has no law that states a specific age when children can be left home alone. Each situation must be evaluated on a case by case basis considering a number of factors. These are the guidelines that Children and Family Services use to help parents decide what is appropriate. Preschool age children (age 6 or under) should never be left alone. For older children the parent must consider:

1. The child’s age, cognitive abilities, maturity and level of responsibility.
2. The length of time the child will be alone.
3. The circumstances under which they will be unsupervised. Is it day time or night time, will the child be asleep or awake, is the home in a safe neighborhood?
4. Availability of a responsible adult to assist. Is there a neighbor the child can go to, or can the parent come home quickly?
5. Ability of the child to phone for assistance. Does the child know how to reach the parent or a relative who could respond?
6. Child’s ability to act in an emergency. Does the child know how to exit the home in a fire, what to do if a stranger?
7. Child’s feelings about being alone. Is he/she afraid, or comfortable with the plan?
8. Child’s ability to care for him/herself while alone. Can he/she fix a meal or snack, entertain themselves without getting into trouble?
9. Can the child be trusted to follow household rules such as not having other kid in the home when parents are gone, not using the stove?
10. Are dangerous things available to the child? Are the guns locked up, drugs and chemicals not accessible?
11. Is the child expected to supervise younger children?

The Department generally considers children under the age of 11 to be unable to supervise children under the age of 6. If more than one child will be left alone, the interaction of the children must also be considered. Will they play well together or will they fight?

If the child is alone and someone calls law enforcement, the responding officer will consider these factors to determine if the plan is appropriate. If the officer determines that the child is not able to stay alone safely, it is possible the parent will get a ticket for child neglect.

Nebraska has a specific law about leaving children unattended in a motor vehicle.

feelings. Make time to talk and listen to your child. Ask open-ended questions such as:

- When you’re by yourself, you feel ...
- When you’re by yourself, you really don’t like ...
- When you’re by yourself, you wish you knew ...
- When you’re by yourself, the best thing is ...

- Prepare your child. When children do not know what to expect or do not know how to react in certain situations, they may become afraid.

- Discuss what your child should do when afraid. Make a plan for dealing with fear by keeping busy (doing homework, completing chores, etc).

Talk it Over — Act it Out

If your child will be spending time alone, talk about family rules, expectations and personal safety. Encourage your child to share their thoughts and concerns. Role-play “what if” situations.

Source: University of Illinois Extension

Cost of Pumping Water for Domestic and Acreage Needs

Tom Dorn
UNL Extension Educator

We occasionally are asked by rural residents, “How much does it cost to pump water with our domestic well?”

I will show the calculations necessary to compute the electricity consumption. Note: This discussion is for electricity cost only and does not include an estimate of depreciation and repairs resulting from use of the pumping equipment.

The horsepower and the electricity required to pump water depends on four factors:

1. The distance the water must be lifted from the pumping water level in the well to the soil surface. (Lift component)
2. The pressure in the distribution system. (Pressure component)
3. The volume of water pumped per minute, gallons per minute (GPM)
4. The efficiency of the pump and motor.

Note: The lift component and the pressure component combine to make up the total head the pump is working against. Head is expressed in feet. Each PSI of system pressure the pump must produce is equivalent to lifting water an extra 2.31 feet.

Total head (ft) = lift (ft) + PSI x 2.31 ft/PSI

Water Horsepower (the useful work imparted to the water) is computed as follows:

Water Horsepower (WHP) = GPM x Total Head (ft) / 3,960

Let’s look at the example of a domestic well pumping 10 gallons per minute while lifting water from 125 feet pumping depth and producing 45 PSI pressure in the distribution system.

Total head is 125 ft lift + (45 x 2.31 =104 ft pressure head) = 229 ft total head

WHP = 10 x (229) / 3,960 = 0.58

If we assume the pump is 75% efficient, the motor driving the pump must produce 0.58/0.75 = 0.78 horsepower to drive the pump. Assuming the single phase (220 volt) motor is 70% efficient, the pump motor consumes 1.07 kWh of electricity for each horsepower-hour. Therefore, we would expect this pump to use 1.07 kWh/hp x 0.78 hp = 0.83 kWh for each hour of operation. If the electricity rate is \$ 0.09 per kWh the electricity cost is about 7.5 cents per hour of pumping

A family of four will use about 250 gallons of water per day (91,250 gallons per year) for domestic uses.

This pump would have to run 9,125 minutes or 152 hours a year to supply domestic uses. The electricity cost would be 152 x 0.075 = \$11.40 per year for domestic uses.

If the family also irrigates a 10,000 square foot (0.23 acre) lawn an average of 0.75 inch per week from May 1 through Sept. 30, add 102,750 gallons for the lawn, making the total water used on the acreage 194,000 gallons per year. The electrical cost would be 323 hours x \$0.075 = \$24.25 per year.

Another question I get on occasion concerns what a landowner should charge for pumping drinking water for cattle on rented pasture.

In the summer months, cows nursing a calf require about 22 gallons of water per day. Each cow will drink about 22 x 31 = 680 gallons of water per month.

The pump described above would need to run 68 minutes = 1.13 hours per month to pump the water needs of each nursing cow. The electricity cost would be about 9 cents per cow per month.

May is Time to Control Leafy Spurge

Tom Dorn
UNL Extension Educator

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

Identification

Leafy spurge is a persistent, deep-rooted perennial which reproduces by seeds and roots. Leafy spurge has a somewhat woody crown below the soil surface. Each crown area produces several upright stems giving the plant a clump-like appearance. In addition, new stems arise from buds on lateral, secondary roots. Stem growth starts in April, making leafy spurge an early, vigorous competitor with forage and pasture plants. The plant bears numerous linear-shaped leaves with smooth margins. Leaves have



Leafy spurge has milky sap in its stem and leaves.



True flowering is important for timing herbicide applications.

a bluish-green color but turn yellowish or reddish-orange in late summer. If you break off a leaf, a white sap will run from the injury.

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

Spread

Seeds are borne in pods which contain three gray-brown, sometimes speckled, oblong, smooth seeds. At maturity, pods pop open, throwing seeds up to 15 feet from the parent plant. About 140 seeds are produced per stem and seeds may remain viable in the soil for up to eight years. Leafy spurge seed’s peak germination time is later-April to early-May. Leafy spurge seedlings can vegetatively reproduce within 7–10 weeks after germination. New seedlings develop throughout the summer but usually do not flower during the first year.

Control

The two best times to treat leafy spurge is at bud stage in the spring or in the fall about two weeks before the first frost.

For control methods, consult UNL Extension publication “Guide to Weed Management in Nebraska with Insecticide and Fungicide Information” (EC130), page 142 in the 2013 edition or page 138 in the 2012 edition. The publication is available at www.ianrpubs.unl.edu/sendt/ec130.pdf (download pdf or order print version) and can be purchased at the Extension office for \$11 while supplies last.

Controlling Cattails

Tom Dorn
UNL Extension Educator

Four approaches can be used for controlling cattails.

Mechanically Removing the Tops

One can keep cattails in check, and eventually obtain control, by repeatedly cutting the tops. If possible, the plants should be cut below the water line. If they must be cut above the water line, the water level should be raised to submerge the cut stems at least eight inches. Research in Iowa (Weller, 1975) found that cutting shoots two or three times during the growing season before flower production, reduced a cattail stand by 95–99% in one year. A single cutting in August followed by submergence resulted in 80% control. It is important to remove all dead and live cattail stems to achieve this control.

Power equipment that has been used to cut cattails includes sickle mowers and hand operated power trimmers equipped with metal cutting wheels instead of strings. Hand scythes, machetes (corn knives) and long-handled shovels also have been used to manually cut cattails that are close to the shoreline.

Hand Pulling

Where feasible to do so, pulling rather than cutting, will result in faster control because one is removing the structures where energy is stored by the

plant (crowns, rhizomes and roots). Repeated pulling so the plants never grow taller than three feet above the water surface will prevent seed production. Sometimes the rhizomes become so intertwined, it is nearly impossible to pull the plants out by their roots. In this case, use a shovel to first divide the clumps into square foot sections and then pull them.

Using a Contact Herbicide

A contact herbicide only kills the green tissue that comes in contact with the herbicide. It does not translocate to (move to) other parts of the plant as in the case of a systemic herbicide. Thorough coverage of the green tissue is essential for effective control. Expect plants to regrow from the roots. Treat three to four times during the growing season to prevent seed production and to eventually starve the root system.

For each 1,000 square feet of surface area treated, use:
3 Tbsp (1.5 fl oz) Reward™ + 3 Tbsp non-ionic surfactant in 2¼ gallons of water.

See last paragraph for more information.

Using a Systemic Herbicide

Systemic herbicides applied to the foliage are absorbed into the plant tissues and then translocated (moved) throughout the entire plant. Cattails are most susceptible to systemic herbicides during

growth stages when the plant is translocating larger amounts of photosynthate into the root system. The optimum treatment period is from boot stage (noticeable bulge caused by the flowering structure growing up through its protective sheath) to early flowering (green cattail head freshly emerged from the boot).

For each 1,000 square feet of surface area treated, use:
9 Tbsp (4.5 fl oz) 2,4-D ester (4L) + 3 Tbsp Methylated seed oil (MSO) or 3 Tbsp Crop Oil Concentrate (COC) in 3½ gallons of water
- OR -
4½ Tbsp (2.25 fl oz) aquatic glyphosate (Aquamaster™ or Rodeo™) + 3 Tbsp non-ionic surfactant (X-77 or equivalent) in 2¼ gallons of water

Products mentioned can be purchased at most major garden supply centers, landscape nurseries or from agricultural chemical suppliers. Be sure to read and follow all label directions.

Apply herbicide mixtures to the green foliage, not to the water, using a pressurized hand sprayer. For information on calibrating a hand-held sprayer see UNL Extension in Lancaster County educational resource “Calibrating a hand-held sprayer,” available online at <http://lancaster.unl.edu/ag/factsheets/handspray.pdf> or at the Extension office.

Credit: written with former UNL Extension Educator Don Janssen.

Growing Pesticide-Sensitive Crops? Let Others Know Through Driftwatch

Driftwatch is the Nebraska Department of Agriculture's system for tracking and locating pesticide-sensitive crops in Nebraska. This national system maintained by Purdue University provides benefits to commercial growers and pesticide applicators alike. The main advantages are as follows:

- Growers are able to draw their own property or field boundaries, leading to more accurate and informative locations.
- Applicators can register a "business area" and receive email notifications when new properties with pesticide sensitive crops are added in that geographic area.
- Aerial applicators or other applicators doing business in



more than one state, can access those states, if available, from the same website.

- County, section and township boundaries can be turned "on," if desired.
- New information and technologies may be available as need warrants.

Driftwatch uses Google Maps™ technology, which is easy to use and becoming more familiar to a large number of people. A map view, satellite view and combination view are

available.

NDA is hopeful use of the new system will greatly expand in the next few months as word gets out and encourages all applicators to use this resource. It will enable you to plan your pesticide applications to reduce pesticide drift, crop damage and potential liability.

Nebraska's data can be seen at <http://nebraska.agriculture.purdue.edu>. All states in the system can be accessed at <http://www.driftwatch.org>.

Composting Demonstrations

Learn how to be successful with composting by attending a composting demonstration taught by UNL Extension in Lancaster County Master Gardeners and sponsored



by the City of Lincoln Recycling Office. Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win a composting thermometer. Demonstrations will be held:

- Saturday, May 11, 10 a.m.
- Saturday, June 8, 10 a.m.
- Saturday, Sept. 28, 10 a.m.
- Saturday, Oct. 12, 10 a.m.

Growing Brambles: Raspberries and Blackberries

Vaughn Hammond
UNL Extension Educator

Raspberries and blackberries are categorized into a group of plants known as brambles. Brambles are native plants to the Midwest including Nebraska. One of the most coveted secrets for many is that wild patch of black raspberries or blackberries they harvest each year for jelly.

Brambles are perennial, deciduous, woody shrubs that may or may not have thorns. They belong to the genus *Rubus*, in the Rosaceae family, which includes many fruits such as strawberries, apples and pears to name a few. Raspberries and blackberries are not true berries as their name implies. The fruit itself is known as an aggregate fruit rather than a berry. The fruit is made up of several individual fruits known as drupelets, each containing a seed. The drupelets are arranged on a structure known as a receptacle.

- When a blackberry is picked the drupelets stay attached to the receptacle and the unit as a whole separates from the plant resulting in a firm fruit.
- In contrast, when a raspberry is harvested the drupelets as a whole separate from the receptacle resulting in a fruit with a hollow center. This makes the raspberry a much softer, delicate fruit that can lead to a shorter shelf life.

Site Selection and Planting

Planting raspberry or blackberry starts with site selection and preparation. The site should be in full sun and free of any frost pockets. Planting on a slight slope will allow cold air to move out of the planting. You will enjoy the greatest success by starting the site preparation well before your planned planting day; preferably as much as a year in advance.

The first step is to collect a soil sample for testing which will indicate the pH, nutrient and organic matter levels in the



Heritage is an ever-bearing red raspberry which grows as canes.

soil. Brambles have a specific pH range of 6.0 to 6.5, which is slightly acidic, and are relatively high nutrient consumers that perform best with high levels of organic matter in the soil. Any soil amendment that may be needed as indicated by the soil test should take place prior to planting.

If pH modification is warranted the best results are obtained by amending for pH several months prior to planting and then retest before planting to make sure the needed change has taken place. Prepare the soil as if you are getting ready to plant a garden. Add any amendments and till in.

Early soil preparation is especially important if the planting site was in grass. Grubs may be prevalent in this situation and early ground work helps eliminate grubs that would feed on the new, tender roots and hamper the development of the plants.

Bramble Selection

Choosing what to plant requires some research and an evaluation of your time and needs. Both raspberries and blackberries have several options to choose from beyond the choices of variety. Raspberries can be classified according to fruit color and fruiting time. There are red, black, purple and yellow or golden raspberries.

The purple raspberry is a cross between the red and black raspberries. Red raspberry varieties tend to ripen first followed by black, purple and lastly yellow. Raspberries can also be categorized as a summer-bearing or ever-bearing type.

Blackberries are categorized as either thorned or thornless, and erect or semi-erect. Generally speaking, blackberries are slightly less hardy than raspberries, and thornless blackberries are less hardy than those with thorns. Site selection and mulching can help offset colder temperatures increasing the chances of survival for those less hardy varieties.

Another consideration when making your plant selection is how each type of bramble spreads, which dictates how each plant is treated throughout the season. Red and yellow raspberries and erect blackberries spread by root suckers. This means many new plants each year and your row becomes a solid row or hedge. Black and purple raspberries, and semi-erect blackberries seldom sucker and grow from the crown resulting in more individualized plants.

Once you have decided what you are going to plant it is important to purchase healthy, disease free plants from a reputable source. Obtaining plants from a friend or transplanting from an older planting



Black Butte is a new blackberry release. Fruit weighs almost twice as much as other varieties.

can greatly increase the odds of getting infected plants, and reducing the success of your planting through reduced yields and vigor.

Plants come either as dormant stock or living plants. Dormant plants can be planted early in the spring as soon as the ground can be worked. Living plants should be planted after the average last frost date. Immediate watering after planting will settle the soil around the roots. Watering after planting is essential when planting living plants to get them off to a stress free start.

How Brambles Growth, Trellising and Disease Control

There are both similarities and differences as to how these differing types of brambles grow. All brambles consist of perennial crowns and roots as well as canes that live up to two years. The first year canes are known as primocanes — these generally do not produce fruit. Two year old canes are known as floricanes, which produce fruit and then die. Once a florican produces fruits it is removed to reduce disease incidence and redirect energy to the primocanes, which are next year's fruiting canes.

However, there is an exception to the non-fruiting primocane, and that is in the situation where all the canes of an ever-bearing variety are pruned back to the 3–4 inches each year once the growing season is over. These ever-bearing varieties

then produce primocanes that fruit in the fall rather than the more extended period that they normally would.

Trellising may be required depending on the type of plants. Semi-erect blackberries require trellising. All others could benefit from trellising but it is not required. Trellising in windy environments and for simple containment can help keep your planting more manageable.

Brambles are not disease and insect free so diligence is required in order to identify problems early. Sanitation is key in reducing both disease and insect issues. Most importantly, plant healthy and disease free plants. Remove canes that have produced fruit after harvest. If there are nearby wild brambles, destroy those and keep your planting weed-free.

Pruning

Pruning is required in order to keep the plants productive. Summer raspberries are not pruned the first year. The second year, early in the season cut back the floricanes to 4–6 feet to promote lateral branching and thin to 3–4 canes per square foot. Remove canes once they fruit.

Black and purple raspberries need to have the primocanes tipped back to 24–40 inches while the more vigorous erect blackberries are tipped to 36–60 inches. Again, remove canes once the cane has fruited.

To promote a summer crop of ever-bearing raspberries, thin canes to 3 or 4 canes per foot and remove fruited floricanes and leave the rest once harvest is complete. To promote a large fall crop on ever-bearing plants cut off all canes near the ground being careful not to damage the crown once the plants have gone dormant or very early in the spring prior to growth.

FOR MORE INFORMATION

UNL Extension NebGuide "Growing Raspberries" available online at <http://go.unl.edu/xmo>

Got Ants? You Are Not Alone

Part 1 of 2: Carpenter Ants

Barb Ogg
UNL Extension Educator

Even though bed bug infestations are on the rise and in the news, a 2012 survey of pest management professionals indicated ants are the number one nuisance pest problem in the United States. We heartily agree. At the Extension office, we get hundreds of calls annually about managing ants. The three most important nuisance ants identified in the survey are also found in Nebraska:

- 1. carpenter ants
- 2. odorous house ants
- 3. pavement ants

I will talk about these three species of ant here and the next NEBLINE.

When faced with ants, folks sometimes reach for the ant and roach spray, but over-the-counter (OTC) sprays are not very useful because they do not affect the ant colony ... only the offending workers. For each worker you kill, hundreds more are foraging in other locations and in the colony.

Carpenter Ants

There are two carpenter ant species in Nebraska. The black carpenter ant, *Camponotus pennsylvanicus*, is the most common species and easily recognized. Foraging workers are black and quite large 1/4-inch to 5/8-inch in length.

The second species has no recognized common name, but we unofficially call it the “red” carpenter ant. It has a reddish-orange head and thorax and a black abdomen. It is smaller than the black carpenter ant – 1/8-inch to 3/8-inch in length.

Food — The carpenter ant diet is variable and includes, living and dead insects, honeydew from aphids and plant exudates. Inside homes, they feed on honey, syrup, apples, raisins, pastries and pet food. When producing brood in the summer and fall, carpenter ants consume protein (insects) in higher amounts. Adult carpenter ants use carbohydrates as an energy source.

Main or Parent Colonies — Most mature colonies have one main or parent colony and one or more satellite colonies. These colonies are connected by trails. The queen, eggs, early-instar larvae and workers will be found in the parent colony which has high moisture content because eggs and early-instar larvae require high humidity.

Usually, the main colony is found outdoors, in the stump of a dead tree, railroad ties, a deck, a porch or in firewood. Carpenter ants generally don’t infest a healthy living tree, but they are common inside old trees which are hollow or have dead limbs and branches. The colonies are usually in rotted, decayed wood, although some nests may extend into sound heartwood in the center of the tree.

Winged ants (swarming reproductives) inside the house indicates there is a main colony living inside the structure, probably in areas of high humidity, which indicates a moisture problem. Leaky roof, unpainted siding, windows or moisture condensation or leaky plumbing may be the reason for the parent colony inside the house.

Satellite colonies — When the brood chamber in the main colony becomes crowded, workers search for more space. Huge numbers of ants leave the main colony and relocate in damp

wood and other soft materials, like insulation board. Satellite colonies are usually close to the main colony.

Management

Eliminate Moisture — Carpenter ants inside wall voids cannot survive well without high humidity. It make take some investigating to figure out what is causing the moisture. Once you do, you may be able to eliminate the colony by eliminating the moisture source.

Baits — Baits can control some species of ants, but it is hard to control carpenter ants using baits, probably because they have such a varied diet. It can be done, but it takes attention to detail and persistence. Baits should be replaced weekly and even researchers found it still took about three months to eliminate colonies. For most homeowners and even pest control professionals, the amount of time and meticulous aspect of using baits, makes them not a very good choice for controlling carpenter ants.

Dusts — Dust insecticides (such as Sevin) labeled for use in wall voids or on trees in the landscape are suggested for control. Control of carpenter ants inside trees is not easy but may help reduce invasion of the ants into adjacent structures.



Black carpenter ants in a wall void.

Perimeter treatments — Termidor (fipronil), a professional-use product, is labeled for ant control. It can be used outdoors to areas where carpenter ants enter homes, inside wall voids, in nesting sites and on ant trails. It cannot be used inside the home on open surfaces.

Sources: PCT Magazine, August 2012. Hansen, L. D and J. H. Klotz. Carpenter Ants of the U.S. and Canada



Black carpenter ant workers and winged ants (swarmers).



Red carpenter ant workers have sharp mandibles used to excavate wood to make their colony.

Backyard Wildlife and Pesticides

Soni Cochran
UNL Extension Associate

Inviting wildlife to your backyard can be enjoyable, educational and fun for the whole family. A backyard can offer the fascination of a robin’s nest or cardinal’s song, the scurry of a squirrel, the speed of a dragonfly, and the beauty of a hummingbird or butterfly at a flower. The addition of a backyard pond can add even more opportunities to observe nature.

When we create inviting habitats for wildlife, we can also expect to have a few problem pests to make their appearance. What can you do?

Pesticides are one of the tools we can use to control problem pests like weeds, insects and rodents. These are readily available so it is tempting to just grab something off the shelf at the store and start spraying or sprinkling. But before

deciding on using pesticides, it’s important to determine if the benefits outweigh the risks. Even proper use of pesticides may kill non-target wildlife like beneficial insects/spiders. If used carelessly or improperly, pesticides can contaminate water supplies and also affect the health and well-being of your family.

We encourage everyone to practice integrated pest management (IPM) both in the home and outdoors. IPM uses three basic steps:

- 1) inspection
- 2) identification
- 3) treatment

Treatment options can include sealing cracks and crevices, removing food and water sources and/or breeding sites and then pesticide treatments, if necessary. Your goal should be to solve pest problems in the least toxic manner possible.

Here are some tips to help minimize harm to the environment:



Using pesticides safely includes selecting the appropriate product and using that product according to the label directions.

- Use your IPM approach. Identify and learn about the best way to control specific pests. Contact your local Extension office for help. Then start with non-chemical methods first like barriers, mulching, modifying habitat.
- Always read the label of any product you plan to use. Make sure you also carefully read the “Environmental Hazards” section of the label for information.
- Consider what happens once

you use the pesticide. How long will it last? Is there potential for the pesticide to move from the area? Is it worth the money and the risk?

- Don’t apply pesticides when it is raining or about to rain. This prevents pesticides from being washed into storm drains, soils, lakes, ponds or streams.
- Sweep excess granules off sidewalks and driveways back onto lawns to keep them from being washed into storm drains.
- Avoid using pesticides in areas where animals are active or raising young. If you have a butterfly garden, don’t use pesticides on the plants.
- Liquid pesticides pose the greatest risk of exposure when they are wet. Try to apply them when you are sure there will be plenty of drying time before animals encounter the area.
- Move bird baths and feeders away from areas you are treating with pesticides.
- Birds can easily mistake

granular pesticides for food. Apply these products when birds are not as active and water the granules in if the label directs.

- Use bait stations to protect non-target wildlife and pets from rodent baits and traps.
- Never dispose of pesticides in storm drains, sewer systems or waterways. When you clean your application equipment, make sure any rinse water is also disposed of properly.
- Store all pesticides out of reach of children, pets and wildlife.

If you have a question about specific pesticides, their use and risks, contact the National Pesticide Information Center at <http://npic.orst.edu> or 1-800-858-7378. Staff are available Monday–Friday, 9:30 a.m. to 5:30 p.m. CT. This service is made possible through Oregon State University and the U.S. Environmental Protection Agency.

Create Your Own Perennial Zoo Garden

Mary Jane Frogge
UNL Extension Associate

For many kids, visiting the zoo is a memorable trip. You can create your own perennial Zoo Garden right in your own landscape.



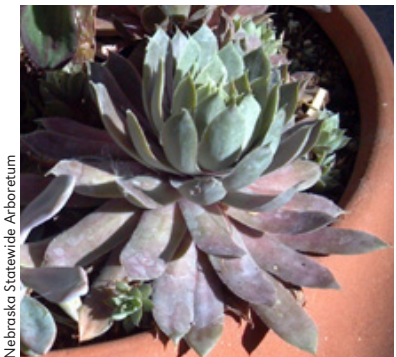
Bee balm



Butterfly milkweed



Cardinal flower



Hen and chicks

COMMON NAME	SCIENTIFIC NAME	HEIGHT
Bee balm	<i>Monarda didyma</i>	24 in.
Butterfly milkweed	<i>Asclepias tuberosa</i>	12–30 in.
Cardinal flower	<i>Lobelia cardinalis</i>	24–36 in.
Hens and chicks	<i>Sempervivum</i> spp.	2–3 in.
Lamb's ear	<i>Stachys byzantina</i>	12–15 in.
Leopard's bane	<i>Doronicum cordatum</i>	12–24 in.
Oxeye	<i>Heliopsis helianthoides</i>	36–72 in.
Solomon's seal	<i>Polygonatum odoratum</i>	18–24 in.
Toad lily	<i>Tricyrtis hirta</i>	24–36 in.
Turtle head	<i>Chelone lyonii</i>	24–36 in.



Lamb's ear



Leopard's bane



Oxeye



Solomon's seal



Toad lily



Turtle head

FOR MORE YOUTH GARDENING ACTIVITIES
UNL Extension in Lancaster County has many activity ideas at <http://lancaster.unl.edu/hort/youth>, including: composting, garden poetry, leaf rubbings, pinecone bird feeder, salsa garden and scarecrow.

All America Rose Selections 2013 Winner




The Francis Meiland rose is named to commemorate the centenary of Francis Meiland's birth and to honor the Conard-Pyle Company's historic relationship with Meiland International, the breeder behind the historic Peace rose and, most recently, the Drift

series of groundcover roses. It is the first hybrid tea rose to win under no-spray conditions. AARS members recently voted to stop all fungicidal spraying of test roses, ensuring that the winners can perform without any added chemicals. Francis Meiland is a tall

hybrid tea rose with a very large bloom, good exhibition form and strong fragrance. It is also a multiple-award-winner in Europe, where it excelled in disease resistance and aesthetics.

Source: All America Rose Selections



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

Grass clippings can be used as 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 *Bacillus thuringiensis* (Bt), a natural, non-toxic preparation available by various trade names.

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

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

Plant gladioli bulbs in mid May.

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

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

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

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

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

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

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

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

Sign Up for Free Email Horticulture Newsletter

HortUpdate is a FREE email newsletter from the University of Nebraska–Lincoln Extension which provides timely information to the lawn and landscape industry. This email includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://byf.unl.edu/web/byf/hortupdate>



May

Brian and Shannon Vogler

Lancaster County 4-H is proud to announce Brian and Shannon Vogler as co-winners of May's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Brian and Shannon Vogler began volunteering nine years ago when their oldest daughter started in 4-H by helping at the county fair. Six years ago, they started their own 4-H club, the Country Riders. Brian has served on 4-H Council and Shannon has served on the Horse Volunteers in Program Service (VIPS) Committee — both roles helping strengthen and support the 4-H horse program in Lancaster County. The Voglers have volunteered as level testers, co-organized roping clinics and superintended various 4-H Horse Shows at the Lancaster County Super Fair.

"It's rewarding to support youth who are interested in horses, help them grow and learn new skills around horsemanship, and develop as young people," the Voglers say. "Our favorite experience as 4-H volunteers is having fun as a group with our horses. It's the impromptu moments of riding together or hanging out at a show or the fair which are the richest. We love seeing the youth as they leave the arena with a big ol' smile on their face no matter what ribbon they received. They had a good time and did their best. That's all that matters. 4-H is one of the least expensive ways to build character and develop new skills in young people which can last a lifetime. But in the bigger picture, it also can build relationships within a family. The reward is quality time and memories which we truly value and treasure."

Lancaster County 4-H thanks the Voglers for donating their time and talents. Volunteers like them are indeed the heart of 4-H!



4-H/FFA Sheep Weigh-In, May 2

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

4-H Pre-Fair Leader Training, May 16

New leaders, experienced leaders, 4-H members and parents are invited to a Leaders Training on Thursday, May 16, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrycreek Road. Meeting will focus on static exhibits, opportunities for 4-H members and more. Learn about fair entry, contests and important county fair information. It is a great opportunity to connect with other parents and leaders. **MUST** preregister by May 14 by calling 402-441-7180.

4-H Garden Project — Amethyst Beans

4-H families are invited to participate in a special garden project — growing Amethyst Beans. Fifteen seed packets of these purple beans are available on a first-come, first-served basis starting April 22. Cost is \$1.25 for one seed packet per family. Please stop by the UNL Extension in Lancaster County front desk to register, pay for and pick up your seeds. We are unable to take orders over the phone or reserve seeds in advance.

4-H Cat Clinic, May 29

A 4-H Cat Clinic will be held on Wednesday, May 29, 6–8 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. **CORRECTION: There is a \$5 fee per youth.** This clinic will be conducted by Dr. Lisa Karr-Lilienthal, UNL Companion Animal Specialist, and is open to 4-H'ers and interested youth ages 8–18. You will learn information on general cat care, health and showmanship. You do not need to bring a cat, but if you do, it must be in a pet cage. Please preregister before May 27 by calling 402-441-7180.

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

All 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle, llamas/alpacas and rabbits which will be exhibited at county fair, state fair and/or the Ak-Sar-Ben 4-H Stock Show must have Identification/Ownership Affidavits submitted to extension by June 15. Forms are available at <http://lancaster.unl.edu/4h/fair> and the extension office.

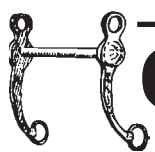
4-H Life Challenge Contests

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

- **County-level Junior** (for ages 8–11) **AND Senior Life Challenge** (for ages 12 and up) will be held Saturday, June 1, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 30 by calling 402-441-7180 (there is no entry form). Contact Tracy for a study packet for the Junior Life Challenge.
- **Statewide FCS Life Challenge** (for ages 12 and up) will be held July 1 & 2 on UNL East Campus. To participate, contact Tracy at 402-441-7180 by June 4. Information will be online at <http://pase.unl.edu>.

All Lancaster County 4-H Volunteers Must be Rescreened in 2013

Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2013, is the year our district must be rescreened. The form is available at the Extension office or online at <http://lancaster.unl.edu/4h/club>. The screening ensures a safe, positive and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact Extension at 402-441-7180.



HORSE BITS

District/State Horse Show Entries, ID's Due May 6

4-H'ers competing in district and state horse shows must be 12 years of age by Jan. 1 and have at least horsemanship level II completed. All Lancaster County 4-H'ers participating in district/state horse shows must submit entries, horse identifications and completed horsemanship levels to the UNL Extension in Lancaster County, 444 Cherrycreek Rd., Ste. A, Lincoln NE 68528 by Monday, May 6. No late entries will be accepted! Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits are available online at <http://animalscience.unl.edu/web/anisci/anscdistrictand-state4hshows> and at the Extension office.

County Fair 4-H Horse ID's Due June 1

4-H horse identification forms for the Lancaster County Super Fair are due to the Extension office by June 1. Late ID forms will not be accepted. Please take the time to fill out the forms completely and thoroughly. Draw your horses markings as accurately as you can. Also, be sure and indicate the horse's color on the drawing. ID forms are available online at <http://animalscience.unl.edu/web/anisci/anscextensionequine4hhorseprogram> and at the Extension office. If you do use the online form, be sure and make a copy for yourself before sending it to the Extension office.

Horse VIPS Pre-District Show/Clinic/Fundraiser, June 1

To help everyone prepare for districts and state, the Lancaster County Horse VIPS Committee is hosting a special pre-districts show/clinic/fundraiser on Saturday, June 1, 9 a.m. at the Lancaster County Event Center - Pavilion 3. All counties are welcome.

Although districts are only for the junior and senior age groups, elementary riders are also encouraged to ride in this show in hopes that the practice will help them prepare for the "real" districts in years to come. There will be walk-trot classes.

We plan to have two on-the-rail individual workout demonstration rides. We are asking the judge to narrate throughout the demonstration rides explaining exactly what district judges will be looking for.

Tack Swap-Apalooza During Pre-District Show

Buyers and sellers of horse tack, books, attire and anything horsey are welcome at the Lancaster County 4-H Horse VIPS Committee's second annual tack swap, which will be held at the same time as its Pre-District Show/Clinic/Fundraiser on Saturday June 1, 8 a.m.–3:30 p.m. at the Lancaster Event Center in Pavilion 3. Items

We also plan to have a judge's comment sheet for each 4-H'er after their individual rail rides. The purpose is to provide riders with a brief evaluation of strengths and weaknesses of the ride.

Preregistration is not required. Riders must be in 4-H attire. Concessions will be available on site. Stalls are available for \$15 a day. Lancaster Event Center shavings must be used (\$8 a bag). Stall arrangements must be made through the Lancaster Event Center at 402-441-65445. Show flyer will be posted at <http://lancaster.unl.edu/4h/horsenews.shtml>. For more information call Marty at 402-441-7180.

Stay for Sunday's Open Horse Show presented by Salt Creek Wranglers. For more information, go to www.saltcreekwranglers.com.

will be accepted day of, so dust off unused items in your closets, garages and barns for a good cause and some extra cash! It's free to list items or to shop at the swap! Ten percent of all sales will be donated to the Horse VIPS Committee. Unsold items can be donated to 4-H or picked up at 3:30 p.m.

Clover College

Tue., June 18–Fri., June 21

Lancaster Extension Education Center, 444 Cherrycreek Road
Open to youth ages 6 & up

Four days of “hands-on” workshops full of fun and learning!

Youth may attend as many workshops as they wish.

All supplies will be provided unless otherwise noted.

Youth attending workshops that overlap the lunch period

should bring a sack lunch. Food will not be available

(unless otherwise stated in the workshop description).

If you have questions, contact Tracy at 402-441-7180.



WORKSHOP DESCRIPTIONS

4-Day Workshops

1 Clover Kids Day Camp

Clover Kids will participate in hands-on activities while learning about animals, food fun, science, the outdoors and more. Refreshments provided for this workshop.

TUE–FRI, JUNE 18–21;

8AM–12:15PM

AGES 6 & 7 • FEE \$25

2 Rocketry

Build your own rocket and launch it. Receive a rocket kit and one engine.

TUE–FRI, JUNE 18–21; 8–10AM

AGES 8–12 • FEE \$10

Instructor: Ron Suing, 4-H

Volunteer

3 Clover Chess Tourney

Play in a unique chess tournament.

Children play 2 rounds per day all

four days, alternating colors. Time

controls Game/20, Swiss system.

Boards, sets and clocks provided.

TUE–FRI, JUNE 18–21;

10:15AM–12:15PM

AGES 8–12 • FEE \$10

Instructor: James Walla, 4-H

Volunteer

2-Day Workshop

4 Classic & Antique Cars

Learn about the automobile and how it was developed. Build a 1/25th

scale model of a vintage or classic

car. Can exhibit in 4-H at the fair.

TUE & WED, JUNE 18–19; 3–5 PM

AGES 8 & up • FEE \$10

Instructors: Myron Smith & Nathan

Smith, 4-H Volunteers

1 Workshop - 2 Time Slots in a Row

5 “Dress” Up Old Jeans

Bring an old pair of jeans (upper portion in good condition, working zipper) 1 or 2 yards of prewashed, cotton fabric based on how long you want the skirt, and working sewing machine. Must have completed Clothing Level I and know how to use and thread your machine.

TUE, JUNE 18; 12:45–5PM

AGES 10 & up • FEE \$3

Instructor: Janet Anderson, 4-H

Volunteer

6 Fishing Fun

Bring your fishing pole, line, hook and bobber for fishing fun at a

nearby lake. Extra tackle is optional.

Bait provided. First-timers get first priority in this class. Wear closed toe shoes and sun protection.

WED, JUN 19; 8AM–12:15PM

AGES 9 and up • FEE \$5

Instructors: David Smith, Extension

Technologist & Soni Cochran,

Extension Associate

1-Day Workshops

7 Fox Walking & Stalking

Learn how to fox walk and the stalking steps needed for quiet, undetectable movement in the wilderness. Dress for the weather and bring a blindfold.

TUE, JUNE 18; 8–10AM

AGES 8 & up • FEE \$3

Instructor: BJ Spring, Nyakuwalk

owner, Primitive Survival Skills

8 Beginning Soccer Skills

Learn a few moves and fancy footwork. Wear closed toe shoes, shin guards and bring your own soccer ball.

TUE, JUNE 18; 8–10AM

AGES 8 & up • FEE \$3

Instructors: Bailey and Kayla

Johnson, 4-H Volunteers

9 Creative Doodling

Learn techniques on how to make expressive, creative doodles.

TUE, JUNE 18; 8–10AM

AGES 12 & up • FEE \$3

Instructor: Rhonda Griess, 4-H

Volunteer

10 Super Yarn Balls

Create giant balls made from wrapped yarn and then used for decoration.

TUE, JUNE 18; 8–10AM

AGES 8 & up • FEE \$10

Instructor: Jhoni Kucera, 4-H

Volunteer

11 Wonderful Wildlife

Birds, snakes, turtles, oh, my! Come and explore wildlife and nature.

TUE, JUNE 18; 10:15AM–12:15PM

AGES 8 & up • FEE \$2

Instructors: Lower Platte South NRD

and Pioneers Park Nature Center

12 Outdoor Cooking

Everything tastes better when cooked outside! Join us for some cooking fun.

First-timers get first priority.

TUE, JUNE 18; 10:15AM–12:15PM

AGES 10 & up • FEE \$8

Instructor: Soni Cochran, Extension

Associate

13 Modeling Madness

Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Style Revue.

TUE, JUNE 18; 12:45–2:45PM

AGES 8 & up • FEE \$2

Instructor: Sheridan Swotek, 4-H

Volunteer

14 Rabbits, Rabbits!

Learn to care for rabbits and about rabbit showmanship with live rabbits.

TUE, JUNE 18; 12:45–2:45PM

AGES 8 & up • FEE \$3

Instructors: Cindy & Alyssa Zimmer,

4-H Volunteers

15 Engineering Experiments

Have fun participating in basic engineering experiments.

TUE, JUNE 18; 12:45–2:45PM

AGES 8 & up • FEE \$3

Instructor: Teri Hlava, Extension

Assistant

16 Pop-Up Engineering

Make a pop-up card, cards that slide and a scrapbook layout.

TUE, JUNE 18; 3–5PM

AGES 8 & up • FEE \$3

Instructor: Karen Wedding, Extension

Staff

17 Recycled Wall Hanging

Create a one of a kind art piece that will have you thinking about toilet

paper tubes in a whole new way!

TUE, JUNE 18; 3–5PM

AGES 8 & up • FEE \$3

Instructor: KayCee Wanser, 4-H

Volunteer

18 4-H₂O

Explore water’s incredible journey through hands-on activities.

TUE, JUNE 18; 3–5PM

AGES 8 & up • FEE \$4

Instructor: Stephanie Mack, 4-H

Volunteer

19 Creative Kirigami

Create amazing snowflakes, 3–D decorations and more.

WED, JUNE 19; 8–10AM

AGES 10 & up • FEE \$3

Instructor: Rhonda Griess, 4-H

Volunteer

20 Creative Community Service

Learn about giving back and prepare “Bundle of Books” for donation.

WED, JUNE 19; 8–10AM

AGES 8 & up • FEE \$5

Instructors: Jen Smith and Paige

Roach, 4-H Volunteers

21 Bead Bonanza

Create an original beaded keepsake box.

WED, JUNE 19; 10:15AM–12:15PM

AGES 8 & up • FEE \$5

Instructors: Lianne, Victoria and

Elizabeth Garza, 4-H Volunteers

22 ¡Viva el Español!

An action-packed class filled with authentic food, craft, language and dances of Spanish-speaking cultures.

WED, JUNE 19; 10:15AM–12:15PM

AGES 8 & up • FEE \$5

Instructors: Nancy Smith and Paige

Roach, 4-H Volunteers

	TUE, JUNE 18	WED, JUNE 19	THU, JUNE 20	FRI, JUNE 21
8:00–10:00	CLOVER KIDS ROCKETRY FOX WALKING & STALKING BEGINNING SOCCER CREATIVE DOODLING SUPER YARN BALLS	CLOVER KIDS ROCKETRY FISHING FUN CREATIVE KIRIGAMI CREATIVE COMMUNITY SERVICE	CLOVER KIDS ROCKETRY BABYSITTING BASICS PLANT BABIES	CLOVER KIDS ROCKETRY BASKETBALL BASICS QUILLING BROADWAY BOUND
10:15–12:15	CLOVER KIDS CLOVER CHESS TOURNEY WONDERFUL WILDLIFE OUTDOOR COOKING	CLOVER KIDS CLOVER CHESS TOURNEY FISHING FUN BEAD BONANZA ¡VIVA EL ESPANOL!	CLOVER KIDS CLOVER CHESS TOURNEY ARCHERY – A WIND ENERGY AMERICA’S ROSE	CLOVER KIDS CLOVER CHESS TOURNEY WILD SCIENCE EXPERIMENTS WONDERFUL WALL ART
12:45–2:45	MODELING MADNESS RABBITS, RABBITS! “DRESS” UP OLD JEANS ENGINEERING EXPERIMENTS	POP TAB BRACELETS CELEBRATE CRAFTS FOOD PRESERVATION CONTROL THE FLOW	ARCHERY – B YOU CAN DRAW – A FLORAL FUN CRAZY CAKE POPS WALKING TALL	NAIL ART YOU CAN DRAW – B CANDYLAND COTTAGE AGRICULTURE & PIZZA STEADY HAND TESTER
3:00–5:00	CLASSIC & ANTIQUE CARS POP-UP ENGINEERING RECYCLED WALL HANGING “DRESS” UP OLD JEANS 4-H ₂ O	CLASSIC & ANTIQUE CARS AMAZING APPLIQUES MONEY BASICS LET’S GET COOKING TERRIFIC TABLE SETTING	ARCHERY – C READY, SET, CLICK FUN WITH AGRICULTURE DOUGH FUN DECORATIVE CORK BOARD	NO CLASSES

23 Pop Tab Bracelet

Lean how to up-cycle your pop tabs into a custom bracelet! Bring 4-6 flat

buttons with 4 holes in each.

WED, JUNE 19, 12:45–2:45PM

AGES 8 & up • FEE \$3

Instructor: Anita Stougard, 4-H

Volunteer

24 Celebrate Crafts

Celebrate crafts as you create your

masterpiece.

WED, JUNE 19; 12:45–2:45PM

AGES 8 & up • FEE \$5

Instructor: Cindy Zimmer, 4-H Volunteer

25 Food Preservation

Learn the basics of canning and how to dry herbs in the microwave. Bring

a paring knife, vegetable peeler and cutting board.

WED, JUNE 19, 12:45–2:45PM

AGES 12 & up • FEE \$6

Instructor: Leia Noel, 4-H Volunteer

26 Control the Flow

Explore the “Magic of Electricity” by creating a light switch you can enter

in the fair!

WED, JUNE 19; 12:45–2:45PM

AGES 8 & up • FEE \$5

Instructor: Erica Peterson, Extension

Intern

27 Amazing Appliqués

Create an adorable tea towel

appliqué project. Bring extra scrap cotton or knit fabric, if you have any, a

sewing machine, thread, scissors and basic sewing supplies.

WED, JUNE 19, 3–5 PM

AGES 10 & up • FEE \$3

Instructors: Susie and Molly

Kasperek, 4-H Volunteers

28 Money Basics

Learn about money management — from how to spend money to opening

a checking account.

WED, JUNE 19; 3–5PM

AGES 8 & up • NO FEE

Instructors: Union Bank and Trust

29 Let’s Get Cooking!

We’ll cook up lots of fun in this class.

Learn cooking basics and enjoy our

tasty treats!

WED, JUNE 19; 3–5PM

AGES 8 & up • FEE \$7

Instructor: Nicole Russman, Owner of

Plate & Table

30 Terrific Table Setting

Create an awesome centerpiece

and learn all you need to know to

participate in the 4-H Table Setting

contest at the fair.

WED, JUNE 19, 3–5PM

AGES 8 & up • FEE \$5

Instructor: Rachel Pickrel, Extension

Intern

31 Babysitting Basics

Learn the basic skills needed to be a

responsible and creative babysitter.

Focus is on activities, making snacks

and toys.

THU, JUNE 20; 8–10AM

AGES 11 & up • FEE \$5

Instructor: Lorene Bartos, Extension

Educator

32 Plant Babies

Learn all about planting, propagating

and growing your own flowers. Have

a potted plant ready for the fair.

THU, JUNE 20; 8–10AM

AGES 8 & up • FEE \$5

Instructor: Jean Pedersen, Master

Gardener and 4-H Volunteer

33 Archery – A

Learn the basic skills to be a successful archer. Equipment provided.

THU, JUNE 20; 10:15AM–12:15PM

AGES 8 & up • FEE \$2

Instructor: Christy Christiansen,

Nebraska Game and Parks

34 Wind Energy

Make a simple turbine to study blade design. Receive supplies for a project

to enter in the fair.

THU, JUNE 20; 10:15AM–12:15PM

Ages 8 & up • FEE \$10

Instructor: Thaddeus Fonck, Amateur

Inventor

35 America’s Rose

Learn how to plant, care, grow and show roses. Receive a small rose

bush to grow at home.

THU, JUNE 20; 10:15AM–12:15PM

AGES 10 & up • FEE \$5

Instructors: Lincoln Rose Society

Members

36 Archery – B

Same description as #33.

THU, JUNE 20; 12:45–2:45PM

AGES 8 & up • FEE \$2

Instructor: Christy Christiansen,

Nebraska Game and Parks

37 You Can Draw – A

Explore figure drawing and still-life drawing using pencil and charcoal.

THU, JUNE 20, 12:45–2:45PM

AGES 10 & up • FEE \$7

Instructor: Marty Cruickshank,

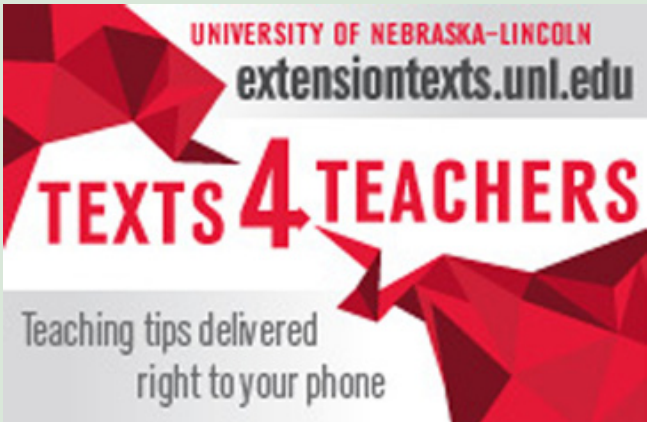
Extension Associate

38 Floral Fun

Explore floral fun and learn floral design elements. Take home your

floral creation.

THU, JUNE 20; 12:45–2:45PM



University of Nebraska–Lincoln Extension’s Texts4Teachers delivers text messages for teachers of children from birth through age 8 that focus on the critical areas of:

- Child development
- Family involvement
- Social and emotional development
- Health, safety and nutrition
- Curriculum and activities

Texts4Teachers is designed to share information and resources offered through UNL Extension that can support your work. When you subscribe, you will receive weekly short informational tips and links to existing resources where you can learn more. Normal text message rates apply. You can opt out anytime by replying STOP.

You can subscribe in 3 easy steps:

- 1) Visit the website at <http://extensiontexts.unl.edu>
- 2) Select the age group you teach and add your information.
- 3) Voila! Begin receiving texts.

For more information about Texts4Teachers, call Jen Gerdes 402-472-9828.

Nebraska LEAD Program

Nebraska Agricultural Leadership Council

Applications are now being accepted for the Nebraska LEAD Group 33 which begins the fall of 2013. 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>

Keep Your Family Safe in Rural Areas

Sharry Nielsen
UNL Extension Educator

Summer is a time when many children visit family and friends who live in the country. You may be hosting young guests at your acreage or farm during the next few months. According to injury surveillance data, the greatest number of farm accidents occur during the summer. July has the highest accident rate. Over one-third of children injured in farm accidents, don’t live on farms. Take a few extra minutes to teach your children about safety. ATVs, tractors and ponds are among the causes of injuries and fatalities. Here are some ways in which you can keep your guests and family safe as you create positive summer memories.



Tractor Safety is Everyone’s Business

“Higher, Grandpa, higher!” Gleefully shouted 4-year-old Mikey Dobberpuhl to his grandfather, Harlow. His grandfather was feeding cattle with a front-end loader on a brisk March day in South Dakota. Mikey loved shadowing his grandfather’s every move at chore time, even on a snow-packed winter day like this one. As he had done many times before, Mikey jumped in the scoop of the tractor-loader.

With Mikey in tow, his grandfather drove toward the haystack. Once there, Harlow briefly glanced backward. Horrified, he saw Mikey’s body

lying in the snow. “I was hoping the soft snow would have cushioned him, but it wasn’t enough,” his grandfather said. Today, the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, S.D. works feverishly to educate local children, youth and farm families about not only tractor safety, but all aspects of farm safety. *(Reprinted with permission from the Dakota Farmer)*

Annually, in the United States, over 350 fatalities are related to tractor incidents. Thirty percent of farm machinery related deaths are among children under the age of five. Tractors are essential to modern agriculture, but unfortunately, in the U.S., are identified as the largest hazard on the farm. Roll-over protective structure (ROPS) and seat belts, when worn, are the two most important safety devices to protect operators from death during tractor overturns. As parents, it is important to both teach and model safe behavior when operating a tractor. When teaching and supervising teens, practice these tips:

- Securely fasten your seat belt in tractors with ROPS or cabs.
- Reduce speed when turning, crossing slopes, and on rough, muddy or slick terrain.
- Avoid slopes that are too steep for safe operation.
- No riders. Riders are allowed only for teaching or supervising purposes.
- Be sure everyone is clear before moving.
- Set brakes and use park locks, if available.
- Remove keys when leaving the tractor.

Young children should never be allowed to ride along on a tractor. Remember: No extra riders, no injured riders. It can’t get any simpler.

Safety Around Ponds

Drowning ranks second only to motor vehicle mishaps as the most common cause of accidental death for children.



Children under age four are especially high risk. Even adults are at risk in water muddied by silt, plants and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs when a child is left alone or accidentally falls into a pool or pond. Farm ponds can look inviting, but many times they are deep with a sudden drop-off. A person can go from knee deep water to water 50 feet deep in seconds. Additionally, weeds growing from the bottom can entangle a person, making it difficult or impossible to return to the surface.

If you live close to a pond or irrigation source, take steps this spring to keep your family safe. Begin with these:

- Provide children over 3 years with swimming lessons.
- Fence off ponds and other water areas as feasible.
- Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
- Adopt a “swimming buddy” policy for children. Where swimming is allowed, be sure children always swim with a friend or adult.
- Insist children use personal flotation devices, such as buoyant vests, cushions or rings.
- Keep rescue equipment near water areas. Purchase a flotation device or make one from a gallon plastic jug and attach a rope. Install a safety post near the pond. Tie the loose end of the rope to the post. Add a laminated poster with instructions on how to use and other water safety tips near the top of the post.
- Teach older children and teens “Reach, Throw and Wade,” so they do not risk their lives to help a drowning victim.
- Be sure all swimmers know how to get help quickly. Older teens and adults should learn CPR.
- Never swim during storms or lightning. Drowning rates are three times higher in rural areas than in urban areas and often occur in water like farm ponds and irrigation canals.

These tips also apply to rivers and creeks.

Summer and water go together, so help keep your family safe with adult supervision of young children and teaching water safety measures to all family members.

Upcoming Tractor Safety Courses for Youth 14–15

University of Nebraska–Lincoln Extension Tractor Safety/Hazardous Occupations Courses will be offered at seven locations in Nebraska during May and June.

All youth aged 14 and 15 and working on a farm or ranch other than their own MUST be certified through a Hazardous Occupations Course. Successful completion of the course will allow trained youth to operate a tractor 20 PTO horsepower, or to connect or disconnect an implement or any of its parts to or from a tractor.

Classes consist of two days of instruction plus homework assignments. Classes are 8 a.m.–5 p.m. each day. Dates and locations include:

- June 10–11, Osceola, Fairgrounds
- June 17–18, Grand Island, College Park

Pre-registration is strongly encouraged at least one week before a location’s start date. Cost is \$60, which includes educational materials, testing, supplies, lunches and breaks. For more information, go to <http://kearney.unl.edu> or contact Sharry Nielsen at 308-832-0645.

EXTENSION CALENDAR

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

April

30 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.

May

1 Family & Community Education (FCE) Scholarship Applications Due to Extension
1 4-H Council Camp Scholarship Entries Due to Extension
1 Gardening at Lunch Webinar, "Outdoor Insects,"
online only..... 12:05–12:55 p.m.
2 4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2..... 6–8 p.m.
6 Lancaster County 4-H Deadline for District/State Horse Show
Entries, ID, Level Tests
7 4-H Council Meeting..... 7 p.m.
10 Extension Board Meeting..... 8 a.m.
11 Composting Demonstration, Pioneers Park Nature Center's
backyard composting demonstration area 10 a.m.
16 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
16 4-H Leader Training 9:30 a.m. & 6:30 p.m.
21 Guardian/Conservator Training 1:30–4:30 p.m.
29 4-H Cat Clinic 6–8 p.m.
30 Preregistration Deadline for 4-H County-Level Junior and Senior Life
Challenge Contests

World Food Prize Nebraska Youth Institute Opportunities For High School Students

High school students interested in helping solve the huge challenges of feeding the world's growing population can make their voices heard when they participate in the World Food Prize Nebraska Youth Institute.

Participants gain knowledge of issues affecting world hunger and have opportunities to apply for international internships while in high school, and USDA scholarships once in college.

Students must be in high school now and in the fall of 2013 to participate. All participants work with a mentor (who can be a high school teacher, UNL Extension staff member

or 4-H club leader) to research, write and submit a paper on a key global issue concerning food security and agriculture.

Students' papers — due June 1 — earn them a place as a participant in the World Food Prize Nebraska Youth Institute. The broad theme for papers this year is "Ending Hunger in Our Lifetime: A Call to Action."

During the World Food Prize Nebraska Youth Institute on Friday, Sept. 20 at UNL East Campus, students present their paper findings, hear and discuss the findings of others, and interact in various activities with CASNR faculty, staff and

students. Each student who attends will receives a \$500 scholarship to the UNL College of Agricultural Sciences and Natural Resources.

Based on their papers and presentations, six Nebraska students will be selected to attend the World Food Prize Global Youth Institute in Des Moines, Oct. 17–19.

For more information, go to www.worldfoodprize.org/en/youth_programs/global_youth_institute/nebraska or contact jnelson5@unl.edu or calberts1@unl.edu, or call 402-472-3031 or 402-472-9707.

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 are handled on a "first come" basis and will only be accepted upon receipt of fees. **No telephone or online registration.** No refunds unless class is already filled or canceled. May photocopy this form if needed.

Confirmation letters and schedules will not be sent. 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 _____ Email _____

Special Needs (allergies, etc.) _____

Workshop(s) # _____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

Total _____

Use additional sheet of paper if needed

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

I give permission for my child to complete workshop evaluations to assess educational impact and life skill development. All information is obtained and reported as aggregated data. ☐ yes ☐ no

Parent/Guardian Signature: _____ Date: _____

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



UNL Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
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 Horse Bowl team of Kate Rawlinson, Hannah Ronnau, Elli Dearmont, Lexi Wolfe and Ivy Dearmont earned champion.

4-H Horse Stampede Results

The statewide 4-H Horse Stampede was a huge success with 147 kids participating in four events; horse bowl, public speaking, demonstration and art contest. There was tough competition and great sportsmanship demonstrated. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster purple ribbon winners. Champions are qualified to compete at national 4-H contests.

HORSE BOWL

Lancaster Team 1 (Champion): Kate Rawlinson, Hannah Ronnau, Elli Dearmont, Lexi Wolfe and Ivy Dearmont; coach Kendra Ronnau

PUBLIC SPEAKING

Junior Division: Jenna Wolfe (Champion)

Senior Division: Hannah Ronnau (Champion), Sierra Nelson (Reserve Champion), Megan Luedtke

DEMONSTRATION

Senior Individual Division: Erika Warner (Reserve Champion)

Senior Team Division: Kenzie Wolfe and Megan Luedtke (Reserve Champion)

ART CONTEST

Junior Division: Cyndi Weber (Champion), Emmi Dearmont (Reserve Champion), Anna Cooper, Carmen Hillhouse, Breanna Kirby, Tylre Sampson, Grace Spaulding

Senior Division:

Ivy Dearmont (Reserve Champion), Holly Cushman, Elli Dearmont, Brianna Kroeger, Sarina Kyhn, Kelsie Shriver, Madison Sobotka, Alyia Whitehall, Jenna Wolfe, Kenzie Wolfe



Ivy Dearmont earned reserve champion in the Senior Art Contest.

5th Graders Learn About Environment at Earth Wellness Festival

Approximately 3,100 Lancaster County fifth graders from 50 schools attended the 19th annual Earth Wellness Festival (EWF) on March 25 and 26 at Southeast Community College. Students learned about the environment and the importance of natural resources in fun, interactive sessions. More than 175 educators and volunteers make this educational experience possible.

The festival is organized by 10 local agencies, including University of Nebraska–Lincoln Extension in Lancaster County. Classrooms attending the festival received pre-festival learning kits in October.

More photos and a video of the “Wow Wind!” presentation by Science Reconnect are online at <http://lancaster.unl.edu/ewf>.



New this year, UNL Master Gardeners presented Compost It!, teaching students about composting and looking at soil critters that contribute to decomposition.



In Trees R Terrific! presented by UNL Extension Associate Tracy Anderson, students learned about tree biology, products, etc.



UNL Extension Educator Barb Ogg taught the Scoop on Poop! — that locally, biosolids are recycled as fertilizer for crops.

4th Graders Gain Understanding of Agriculture at Ag Awareness Festival

Nearly 500 fourth graders from eight Lincoln area schools attended the Ag Awareness Festival held on April 3 and 4 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 Sheep & Goats.

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 13th year the festival has been held in Lincoln.



Students learned about farming technology with a close-up view of a combine and tractor.



Extension Assistant Cole Meador, who organized the Ag Awareness Festival, showed 4th graders an automatic milking machine’s claw with shells and inflations.



New this year was a Sheep & Goats station, where students took a hands-on look at three-month-old boer goats.

HELP US GROW 4-H OUT HERE

SUPPORT YOUR LOCAL 4-H CLUBS.

\$1

PLEASE ADD ONE DOLLAR AT CHECKOUT

DONATE MAY 8TH - MAY 19TH

100% of the proceeds from the sale of paper clovers will be split among state and county 4-H programs and National 4-H Council. To learn about the TSC and 4-H partnership, please visit tractorsupply.com/4-h.

Lancaster County 4-H thanks the Lincoln TSC stores and people who donated at checkout during last fall’s TSC Paper Clover 4-H fundraiser.