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## The NEBLINE, June 2013

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# Smart Family Finances

Lorene Bartos  
UNL Extension Educator

WHERE DOES OUR MONEY GO? There just doesn't seem to be enough to go around. How do I make the tough decisions about paying bills and buying groceries for my family? These are all questions families have at one time or another. During hard economic times stretching the dollar becomes even more of a challenge.

### Plan a Budget by Prioritizing Needs

One of the first strategies in family finances is to have a budget or spending plan. This will help prioritize the family's needs. Keep in mind spending beyond one's means lead to financial problems and debt. A budget includes income and expense. Start by listing all income — this includes pay checks as well as other resources one may receive such as Social Security, SNAP, housing allowances, etc. Changing income amounts due to the hours worked etc. can create budging challenges. Expense include all the ways money is spent — rent, utilities, food, etc. Some expenses are fixed and others are flexible which can create questions when creating a budget. Developing the skills to estimate income and expenses by creating a spending plan is very helpful. It also gives one a chance to re-evaluate how money is being used.

### Understand Wants vs. Needs

An important factor to consider when finances challenge the family is to look at wants versus needs. This influences many of the decisions made daily or even hourly. Making a list of wants and needs will help prioritize the actual needs of the family. Needs are things needed to survive — food, clothing and shelter. Wants are things that would be nice to have but not necessary — things we can live without. One important question we must ask when trying to decide what purchases to make is "Do I really need this?"



### Increase Income and/or Decrease Expenses

Taking a look at one's budget and making decisions depends a lot on the lifestyle chosen and the amount of income in the household. A choice that many times needs to be made is "How do we meet the demands of the family?" The choice comes down to increasing income OR decreasing expenses. Decreasing expenses are many times easier to do

immediately. Increasing ones income depends on factors such as the current income source, time and energy. Making a list of possible ways to decrease spending or expenses is a good place to start. Prioritize the list and cross off things that are wants. Always remember, spending more than what comes in reduces the ability to save for the future and may start a trend toward debt or make existing debt harder to decrease. Families really wanting to make changes may try increasing income AND decreasing expenses. This takes strong willpower and the desire to make immediate changes.

### Set Family Goals Together

Family discussion about the financial situation is important. Setting goals together will help everyone understand the importance of prioritizing spending. Setting short, middle and long term goals will help a family plan for the future. What are the immediate needs? What can be put on the list to save for the future? What are the wants that can be put off at the present time? Writing down these goals help families to review them and work towards what is best. If goals are written down one is more likely to refer to them and they are not forgotten.

#### FOR MORE INFORMATION

The national eXtension website has many resources on personal finance, including hot topics, in-depth information and webinars at [www.extension.org/personal-finance](http://www.extension.org/personal-finance).

## Children & Money

Children need to be taught about money. They are never too young to start learning money management skills. Children learn their money habits, values and principles by watching and listening to parents and others around them. In fact, one doesn't have to say anything to pass on good and bad habits. All family members feel the pinch when money is tight, therefore, open communication is important.

- Tips for talking with children about money:
- **Communicate with children about money** — Involve the family members when making decisions about money. Children grow in understanding and self-worth when they contribute to the resolution of financial issues.
  - **Teach the different between wants and needs** — This will help with good decision-making in the future.
  - **Help children set goals** — Every time a child asks for something such as a toy, clothing, etc. is a chance to teach goal setting.
  - **Savings vs. spending** — Have children learn to save by putting a small amount in a bank weekly. Talk about saving a percentage of their allowances and gifts.
  - **Help them start a record keeping system** — Keep receipts and keep a journal of where and how their money is saved and spent.
  - **Let them make spending decisions** — Decisions may be good or bad but each is a learning experience. Help children learn to do research before making major spending decision. Ask what else the money could be used for.
  - **Teach about debit and credit cards** — When using a card for paying in a restaurant or store, explain how it works and the importance of checking the amount and how to use them correctly to avoid fraud.



## Tips to be a Wise Shopper

Approximately one-third of the family's take home pay is spent on groceries and household items. There are ways to stretch these dollars. Start by being a wise shopper and use common sense when spending.

- Use a shopping list.
- Plan meals for a week using foods on-hand and grocery store specials.
- Shop sales. Use coupons for food and items used regularly.
- Cut down on expensive ready-to-eat salty and sweet snacks.
- Limit fast foods.
- Take your lunch instead of eating out.
- Avoid excess soda, expensive energy drinks and coffee shop drinks.
- Buy a reusable water bottle and fill it with tap water. Use in place of buying bottled water.



Many 4-H members participate in consumer management projects. At last year's Clover College, youth in the "Money, Money, Money" workshop learned the difference between wants and needs.

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Miniature Gardens are Fun and Easy  
—see page 7





# Harvest Bromegrass Hay in Early June for Most Crude Protein

Tom Dorn  
UNL Extension Educator

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

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

Brome cut in early June, soon after heads appear, will have a crude protein content of around 10 or 11 percent and TDN (a measure of energy) of 55 to 60 percent (on a dry

matter basis). According to NU Extension Forage Specialist, Bruce Anderson, that's plenty adequate for wintering most beef cows or for most pleasure horses without adding additional energy or protein.

However, when brome is cut in late summer, crude protein might be only 6 percent with TDN below 50. Anderson says all species of livestock need some supplements if fed this kind of hay.

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

J. David Aiken  
UNL Professor, Water & Agricultural Law Specialist

Reprinted from UNL Extension's Cornhusker Economics, May 1, 2013, online at <http://agecon.unl.edu/cornhuskereconomics>

Nebraska farmers and ranchers are concerned regarding meeting the May 10, 2013 deadline for preparing (but not submitting) Oil Spill Prevention, Control and Countermeasure (SPCC) plans. This newsletter discusses the SPCC program requirements for ag producers, explains the SPCC self-certification option and discusses SPCC implementation realities. Importantly, the Environmental Protection Agency (EPA) cannot legally enforce SPCC requirements against farms until Sept. 30, 2013. EPA enforcement is likely to occur only if a "significant" (my word) oil products spill has occurred (a single spill of more than 1,000 gallons or two spills, each totaling more than 42 gallons within 12 months). If you have no spills, you are unlikely to be asked for your SPCC plan, but if you are subject to SPCC, you should prepare the required SPCC plan.

**SPCC applies to a farm/parcel which:**

1. Stores, transfers, uses or consumes oil or oil products such as diesel fuel, gasoline, lube oil, hydraulic oil, adjuvant oil, crop oil, vegetable oil or animal fat; and
- 2a. Stores more than 1,320 gallons of oil or oil products on a parcel in above-ground fuel storage containers (ASTs),
- 2b. Or stores more than 42,000 gallons of oil or oil products on a parcel in completely buried containers (USTs), and
3. Could reasonably be expected to discharge oil to waters of the U.S. or adjoining shorelines, such as interstate waters, intrastate lakes, rivers and streams.

**What is a farm?** Each parcel of land is considered a separate "farm" for purposes of SPCC. For example, assume an operation included a "home place" that included fuel storage, equipment storage and maintenance facilities, and three irrigated quarters each with their own diesel fuel storage facility. This operation would have four separate parcels or farms, and each would be considered individually to see whether SPCC thresholds were met. If the diesel ASTs for the irrigation wells were, for example, 500 gallons or 1,000 gallons each, and these were the only oil storage tanks at that location, then none of the irrigated fields would be subject to SPCC. You don't add up the total fuel storage facilities for all the land you operate — you go parcel by parcel to make the SPCC determination. If the home place and shop have more than 1,320 gallons AST, the home place/shop could be subject to SPCC.

**What does "reasonably be expected to discharge" mean?** This is very important, because if your farm or parcel does not meet this requirement, SPCC does not apply to you. In most cases, if a spill occurs most of the spilled product is going into the ground, and little if any of it is going to run off (even on clay soils). EPA doesn't say this, but my impression is that if the oil storage facility is located within, say 100 feet of a creek, stream, river, lake, canal or other water body, then you may be covered by the "reasonably expected to discharge" requirement. If your oil storage facilities are located more than 100 feet from the water body, you probably are not subject to SPCC. Your local Natural Resources District or USDA Natural Resources Conservation Service representative may be able to help you make that determination, although they are probably not going to be able to give you a definitive or official yes/no answer.

**If I am subject to SPCC, what do I do?** If you have oil product storage facilities located near a stream or other water body (more than 1,320 gallons in ASTs, or more than 42,000 gallons in USTs), you may have two options: prepare your SPCC plan yourself or have your plan certified (and probably prepared) by a professional engineer (PE).

**Who can self-certify?** If you have more than 1,320 but no more than 10,000 gallons of AST, and you have a good spill history (the farm/parcel has not had a spill of more than 1,000 gallons within the last three years and has not had two spills, each exceeding 42 gallons, within any 12 month period), you are eligible to self-certify. You can download an EPA form and fill it out yourself. If you have more than 10,000 gallons AST or don't have a good spill history, your SPCC plan will need to be certified by a PE.

**If I am subject to SPCC, when will EPA contact me?** In all likelihood, they never will. If you are subject to SPCC, you must prepare the SPCC plan. But the plan is not submitted to EPA, and EPA would likely never ask to see your plan unless you have a spill. So get the plan prepared if you need to, but try not to worry about it too much.

**Where can I go for more information?** The Nebraska Department of Environmental Quality has an SPCC Web page, go to [www.deq.state.ne.us](http://www.deq.state.ne.us) and click on May 10 Deadline for Spill Prevention Plan for Farms. UNL Extension also has helpful information and links, go to [www.extension.org/pages/31084/spillprevention-control-and-countermeasures](http://www.extension.org/pages/31084/spillprevention-control-and-countermeasures). Additional useful information can be found at the Nebraska Farm Bureau website [www.nefb.org/articles/85004/oil\\_spill\\_prevention\\_control\\_and\\_countermeasure\\_spcc\\_rule\\_information](http://www.nefb.org/articles/85004/oil_spill_prevention_control_and_countermeasure_spcc_rule_information) and the Nebraska Cattlemen website [www.nebraskacattlemen.org](http://www.nebraskacattlemen.org).

## 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.

## 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](mailto:sgerdes2@unl.edu).

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

# Increase Pasture Carrying Capacity Using Cross Fences

As your cows finish grazing corn stalks, don't put away your electric fence for the summer. You can use it to stretch your pasture.

Electric fence is the easiest and cheapest way to increase production from summer pastures. Dividing pastures with electric cross fences gives you more control of when and where your cattle graze. It helps you encourage cattle to graze pastures more uniformly and completely, including areas they normally avoid. And, it can help you improve the health and vigor of your grass by giving it time to recover and regrow after each

grazing. As a result, your grass production and pasture-carrying capacity will increase. This will be especially valuable this year following the stress of last year's drought.

I'm sure you've seen many ads promoting high-powered, high-tensile, imported electric fencing systems. I encourage using these systems in many situations. But, cross fences do not need to be permanent, nor do they need to be expensive. This is especially true if you already have electric fencing your animals respect. Using fencing equipment you already have gives you an inexpensive

opportunity to experiment with where you might eventually place a more permanent cross fence.

The electric fence keeps your cows on stalks during winter and can give you an inexpensive opportunity to try some cross fencing where you have been reluctant to try.

So, as spring growth of your pastures begins to slow down, use your winter electric fence to try some extra summer cross fencing of your pastures.

More grass, better gains and better profits might be the result

Source: Bruce Anderson, NU Extension Forage Specialist.



# Drip Irrigation: Low Flow is the Way to Go

Sarah Browning  
UNL Extension Educator

Providing water for large landscapes or windbreak plantings can be labor intensive and time consuming, and the cost of water used adds up quickly. In these situations, drip irrigation is the most efficient watering method to use — 90% efficient compared to 50–70% efficient for sprinkler irrigation — proving low flow is the way to go. Hardly any water is wasted through wind, evaporation, run-off or overspray.

Additional benefits of drip irrigation include the following:

- Drip irrigation makes supplying water to narrow, or odd-shaped areas easier. And it's great for all types of garden areas.
- Water is applied slowly, reducing the risk of soil erosion or compaction.
- Drip irrigation can be operated during windy periods, without significant water lost to evaporation.
- Low volume water application preserves a good water/oxygen ratio in the soil, which is necessary for healthy plant root growth.
- Plant disease resulting from overhead irrigation, and wetting of plant leaves, is eliminated.
- Drip, or micro-irrigation, is the best way to apply water to berms and slopes. The slow rate of water application created with these systems allows the water to soak into the soil more easily, instead of running off down the slope or side of the berm.
- Systems can be run by connecting them to an AC or battery powered controller unit, which automates the system runtime for busy homeowners.
- Drip irrigation supplies are readily available, and can be installed by do-it-yourselfers.

Soaker hoses or “leaky pipes” are the least expensive form of drip irrigation available for home landscape plantings. They weep or drip water through the sides of the hose wall. Soaker hoses can be coiled through a landscape planting and buried under mulch. They also can be automated through the addition of a battery-operated timer/valve at the hose connection.

Also known as micro-irrigation, a drip irrigation system is constructed using a network of 1/2–3/4 inch diameter black polyethylene pipe that delivers water under low pressure to plants. The main pipeline may have several lateral lines. Pipes can be laid along tree rows, through vegetable gardens or landscape beds.

## Drip Irrigation Emitters

A critical feature of every drip irrigation system is the emitter. They are designed to release water so slowly water drips or trickles from emitter's opening, which gives this watering system its name. There are two main types of emitters — pressure compensating and pressure sensitive. Pressure compensating emitters provide the same amount of water to all emitters along the length of a pipe. Pressure sensitive emitters provide a higher amount of water when higher water pressure is available. Emitters can be attached directly to the plastic piping, or connected to 1/4 inch microtubes allowing placement near plants further away from the pipe.

The amount of water applied by emitters is measured in gallons per hour, and various flow rates can be selected based on your system, or plant needs. Common emitter flow rates include 1/2, 1, 2 or 4 gallons of water per hour (gph), allowing you to choose emitters that apply water at the proper rate for your soil type and plant needs. Emitters are often color-coded by their flow rate, making them easier to identify as you install or modify your system. However, not all irrigation system manufacturers use the same color code system. So consider purchasing all your equipment from one manufacturer to keep things simple.

Bubblers are another type of emitter, applying larger amounts of water in a circular pattern. They can be used to water larger plants, or fill a basin created around the base of a new tree or shrub. Bubblers have adjustable flow rates from 0–35 gph.

Do not include microspray heads in the design of your drip irrigation system. Microspray heads put out fine streams of water a few inches above ground level, in full, half, or quarter circular spray patterns. Because of their higher water output, microspray heads should be used on their own dedicated irrigation lines.

## Soil Type Effects on Water Infiltration

Effects of soil type, including water infiltration rates and lateral water spread, are important when designing your irrigation system.

- **Clay soils** have high water-holding capacity but slow water-infiltration rates, usually 1/10–1/4 inch per hour. For this reason your drip irrigation system should be designed to apply water slowly enough to avoid runoff.
- **Loam soils** have moderate water-holding capacity and an infiltration rate of 1/4–1/2 inch per hour.



Small onion plants watered with soaker hose irrigation.

- **Sandy soils** have the fastest water infiltration rates at 1/2–3/4 inch per hour, but low water-holding capacity. Water can be applied to sandy soils more quickly with less chance of runoff; however, any water applied beyond the water-holding capacity of the soil is lost as it moves below the plant's root zone. More frequent applications may be necessary to provide plants growing in sandy soils the continuous amounts of water needed for good growth.

To measure the water infiltration rate for the soil in your landscape, cut the top and bottom out of a coffee can. Mark the inside of the can in 1 inch increments. Insert one end of the can into the soil. Be sure it goes through both turf and thatch. Check that water does not seep laterally from the can. Fill the can with water and allow time for all of it to drain into the soil. Then add water to the 2-inch mark on the can. Now measure the time for this water to sink into the soil. Divide this elapsed time by two. The number you get will be the infiltration rate for your lawn, i.e., the rate for 1 inch of water to enter your soil. Adjust your irrigation system to apply water at this rate.

If water is applied too heavily at a single application, it is forced below the depth of the plant's root system and is wasted. This happens most commonly on sandy soils.

When irrigating annuals and vegetables, the upper 5–6 inches of soil should be moistened. Herbaceous perennials should be watered to a depth of 8–10 inches and woody trees and shrubs to a depth of 12–18 inches. Most landscape plants, including ornamental annuals and perennials, trees and shrubs, and vegetables, require 1–1½ inches of water per week, although applications must be adjusted according to the type of plants being irrigated, the soil texture and microclimate they are growing in and the season of the year. Woody plants and most ornamentals require 1 inch of water applied in a single, weekly application. Vegetable plants require at least 1 inch of water per week. Determine when to water by scratching the soil. If the top 1–2 inches of soil is dry, then the vegetable garden should be watered.

## System Design Notes

Drip irrigation systems are a great do-it-yourself project because the main line does not need to be trenched into the soil, although if the lines are not

buried, they should be held in place with wire landscape pins placed every 2–3 feet. This helps eliminate the pipe as a tripping hazard in the garden. Burying the irrigation system pipes with mulch is also beneficial; it protects the pipes, holds moisture in the soil and prevents weed problems.

The most common water source is an outdoor home faucet. At the faucet, install a 1) backflow preventer, 2) 150–200 mesh filter, and 3) pressure regulator.

Backflow prevention is important when using a municipal or other potable water source. It prevents back siphoning of contaminants into the water source if a sudden drop in water pressure occurs from the water source.

A filter is installed on the main line to catch physical contaminants and prevent clogging of the emitters. The filter should be cleaned regularly so the system operates effectively.

Drip irrigations usually operate best with 10–30 pounds per square inch (psi) of water pressure, however, many municipal water systems deliver water at pressures above 30 psi. High water pressure can blow out emitters.

To estimate the water pressure of your faucet, use an old bucket and turn the water on full force. Note the number of seconds it takes to fill the bucket. Plug your numbers into the equation below.

**(Bucket size in gallons/seconds to fill bucket) x 3,600 seconds per hour = flow rate in gph**

If you are not sure of your home water pressure, the addition of a pressure reducer or regulator can be beneficial.

A drip system can also draw water from a well or pond, or utilize one valve of a high-pressure sprinkler system. For more information on setting up these systems, refer to:

- Small Acreage Low Flow (Micro or Drip) Irrigation System Design and Installation, Utah State University, [http://extension.usu.edu/files/publications/publication/AG\\_Small\\_Acreage\\_2008-03pr.pdf](http://extension.usu.edu/files/publications/publication/AG_Small_Acreage_2008-03pr.pdf)
- “Low Pressure Drip Irrigation for Small Plots and Urban Landscapes,” New Mexico State University, [http://aces.nmsu.edu/pubs/research/agmech\\_eng/rr773.pdf](http://aces.nmsu.edu/pubs/research/agmech_eng/rr773.pdf)
- “Drip Irrigation for Home Gardens,” Colorado State University, [www.ext.colostate.edu/pubs/garden/04702.html](http://www.ext.colostate.edu/pubs/garden/04702.html)



Drip emitters deliver water directly to a plant's root system.



# Common Home Nuisance Ants

## Part 2 of 2: Odorous House and Pavement Ants

**Barb Ogg**  
UNL Extension Educator

Even though bed bugs are on everyone's mind, the extension office receives more consumer calls about ants than any other group of insects.

In Nebraska, there are about a dozen species of structure-invading ants. Results of a nationwide pest control survey indicated carpenter ants, odorous house ants and pavement ants are the top three problem ants. All three are found in Nebraska. I wrote about carpenter ants last month. If you missed it, you can find it online at <http://lancaster.unl.edu/nebline/2013/may13/>.

Odorous house ants and pavement ants are similar because their workers sometimes invade homes for food and are attracted to sugary substances, particularly in the kitchen. Outdoors, these ants feed on honeydew produced by sap-feeding insects such as aphids and mealybugs.

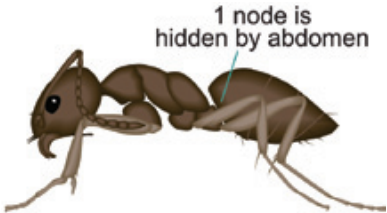


Odorous house ant workers and immatures (magnified).

Photos: Jim Kalisch, UNL Dept. of Entomology

They often forage indoors when they can't find food outside. A good example of this is after a period of rainy weather when aphids have been washed off plants. Once aphids re-colonize, these ants often disappear indoors, because their preferred food is outdoors again.

### Odorous House Ants

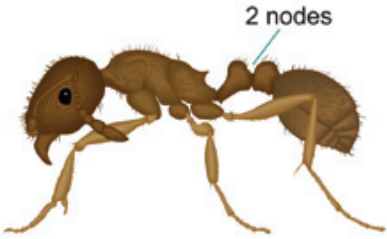


Odorous house ants are small ants (1/10-inch) and dark brown. With a hand lens or microscope, you can see they have one node that separates the abdomen from thorax (see drawing). When you look at them from above, the node is hidden. They are easiest to identify by their smell — similar to slightly rancid coconuts — when crushed.

Odorous house ants usually nest outdoors in the soil under stones, logs, mulch, debris and other items. They are the most invasive ant species we have in Nebraska. If you eliminate a colony from an area, within a few months, another colony may move into the area.

Odorous house ants can nest indoors in wall and floor voids, but a moisture source must generally be present for ants to live there. Winged ants found indoors are a sign of an indoor colony.

### Pavement Ants



Graphics: Vicki Jedlicka, UNL Extension in Lancaster County

Pavement ants are small, dark brown ants, about 1/8- to 1/10-inch long. They have a two-segmented node between the thorax and abdomen. Pavement ants have a single pair of spines on their thorax. The key feature which distinguishes them from other two-node ants is the sculptured grooves on their head and thorax (see the drawing).

The pavement ant gets its name from its habit of nesting under sidewalks, driveways, patio pavers and other locations. The common "ant hill" between sidewalk squares is usually from pavement ants.

### Management

Effective ant control requires treating the colony to eliminate the queen and all the colony members. Odorous house and pavement ant workers deposit a trail pheromone on the substrate to let other workers know about food resources. Before you take control actions, follow these trails to try to locate the colony.

**Treating ant hills** — If you find it, the simplest method of eliminating an ant colony in the yard is to pour a small amount of a diluted insecticide down the hole. This is called a drench treatment.



Pavement ants eating liquid bait (magnified).

There are a number of granular ant baits which are usually used outdoors around ant hills.

**Liquid baits** — Sometimes ant colonies cannot be found easily. Both odorous house and pavement ant workers are often attracted to syrup baits for sweet-loving ants. These baits should be placed near where ants are seen or on or along trails. Place the liquid syrup on small pieces of cardboard, index cards or painter's tape. You'll want the syrup to bead up rather than soak into the paper. Some baits come inside plastic boxes or metal traps, but many people who buy them often find the ants do not seem to be able to find the entrance to the bait box.

Ants prefer a liquid diet, so if the bait gets dried, replace it.

Don't use insecticide sprays along with bait treatments. The goal of baiting is to feed as many ants as possible so they take it to the colony to feed other ants. If an insecticide treatment kills ants, they won't be able to get back to the colony so you are counteracting your baiting effort. Be patient. It may take several

weeks or more to get rid of the ants using baits.

**Perimeter sprays** — Do-it-yourself sprays around the house perimeter may be helpful in keeping ants out of the house, but these products won't eliminate the colony.

If you are unable to control the ant problem or find the location of the colony, hire a pest control professional to do a Termidor treatment for you. When applied to ant trails or entry points, the active ingredient, fipronil, adheres to the ant body. It transfers to other ants in the colony. Termidor is a professional use product and can be only used twice a year. It cannot be used indoors.

### DIAGNOSTIC SERVICES

If you need help identifying ants or other pests, bring specimens to the UNL Extension in Lancaster County office, 444 Cherrycreek Road, Suite A, Lincoln, between 8 a.m.-4:30 p.m. on weekdays. A free service, Extension staff can identify and make control recommendations.

## 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, stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT) and 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, fertilizers, medicines/pharmaceuticals, electronics/ TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021.

**Friday, June 14 • 9 a.m. – 1 p.m.**  
Union College, South 52nd Street & Cooper Avenue

**Saturday, Aug. 24 • 9 a.m. – 1 p.m.**  
Veyance Tech, 4021 N. 56th St.

**Saturday, Sept. 21 • 9 a.m. – 1 p.m.**  
Lincoln Industries, 600 W. E St.

**Saturday, Oct. 19 • 9 a.m. – 1 p.m.**  
Woods Park (31st & J Streets)

**Friday, Nov. 15 • 9 a.m. – 1 p.m.**  
Appointment Only — Call 402-441-802

Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3606 for details.

## Nebraska's Ag Pesticide Applicators Risk Pesticide Poisoning

**Barb Ogg**  
UNL Extension Educator

As springtime gets closer, Nebraska farmers and pesticide applicators should be aware they face a significant risk of a pesticide poisoning. The American Association of Poison Control Centers reported more than 600 work-related pesticide poisonings from 2000–2011 in Nebraska. In 10 of the last 12 years, Nebraska also ranked in the top three states for rate of poisonings.

Farmers, agricultural workers, pest control workers, groundskeepers and others who handle pesticides are most likely to experience a pesticide-related illness or injury.

Poisonings can occur from accidental exposure to pesticides like fungicides, herbicides, insecticides, rodenticides and fumigants. These chemicals can enter the body through the skin, eyes, mouth or lungs. While many pesticides pose a low health risk to humans if

label instructions are followed, others are very toxic and require special precautions. To prevent accidental exposures, follow all instructions on the pesticide label. Always wear the personal protective equipment (PPE), such as gloves and goggles, as indicated on the pesticide label.

Recognizing the signs and symptoms of pesticide poisoning is also an important step to reducing health risks after exposures occur. Coming into contact with pesticides over a short period of time, such as during mixing or applying, can result in acute poisoning and can cause health symptoms like stomach pain, diarrhea, nausea, dizziness, headaches, excessive sweating or tearing, and respiratory problems.

Even exposures to very small amounts of pesticides over a long period of time, known as chronic poisoning, can lead to an increase in the risk of cancer, reproductive disorders, allergic reactions and neurological effects. Wearing appropriate PPE can reduce exposure and can also

reduce risks of chronic adverse effects from pesticides.

If you come into contact with a pesticide, immediately take action to reduce potentially serious health consequences. If you think you have a pesticide-related illness or poisoning:

- Call 911 for immediate assistance.
- Call the Nebraska Poison Center at 1-800-222-1222.
- Seek medical care from a physician or emergency room, especially when symptoms are severe or ongoing.
- If you think you were poisoned while on the job, inform your employer of the incident.

Source: Derry Stover, Epidemiology Surveillance Coordinator, NE Dept Health & Human Services

### FOR MORE INFORMATION

UNL Extension publication "Managing the Risk of Pesticide Poisoning and Understanding the Signs and Symptoms" (EC2505) available at the Extension office or online at [www.ianrpubs.unl.edu/sendlt/ec2505.pdf](http://www.ianrpubs.unl.edu/sendlt/ec2505.pdf)



## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View – Marian's Message

**Marian Storm**  
FCE Council Chair

This seems to be a slow year for the trees and flowers. I do enjoy working in the yard and digging in the dirt.



If the rabbits are eating your flowers, try spraying them with water and then sprinkle chili powder or any bad tasting powder. It has helped my problems.



It's time to be thinking about making baskets for the Sizzling Summer Sampler.

Remember to bring the Heritage Skills to the June 24 Council meeting. The Heritage Skills this year are sculpture, fiber arts, scrapbooking and photography.

## FCE News & Events

### Council Meeting, June 24

The June FCE Council meeting will be Monday, June 24, Noon, at the Governor's Residence, 1425 H St. We will have lunch, tour the residence and have our meeting. Cost is \$10 payable at the door. RSVP to Pam at 402-441-7180 and must be done by June 18. All FCE members are invited to attend. Remember to bring your Heritage Skills entries.

### Baskets Needed

Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler on July 10. Each year a 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.

### FCE Scholarship Deadline Extended to Aug. 30

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. The deadline has been extended to Aug. 30. Applications are available at the extension office and online at <http://lancaster.unl.edu/home/fce>.

Lancaster County Association for Family and Community Education presents

## SIZZLING SUMMER SAMPLER



Guests welcome!

Wednesday, July 10 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln



**PROGRAM: No-Till Education Around the World**

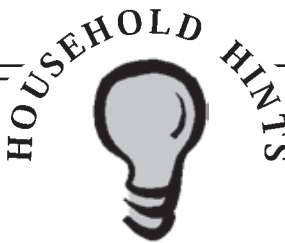
presented by Paul Jasa, UNL Extension Engineer

Paul has traveled to Canada five times, Ukraine four times, Turkey twice, and to China, Brazil and Mexico to share his no-till knowledge and experiences.



Cost \$10. Make checks payable to FCE Council.

Send reservations and check by June 28 to: Pam Branson, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528



Lorene Bartos, UNL Extension Educator

### Water Saving Tips

- **Fix dripping or leaking faucets** — A faucet that drips 1 time each second will waste almost 9 gallons per day (over 3,000 gallons per year).
- **Fill the dishwasher** — The same amount of water is used for a full dishwasher as a half full dishwasher. A standard dishwasher uses 15 gallons.
- **Washing dishes** — When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
- **Select the proper level for each load of laundry** — A full cycle at the top level uses 40 gallons per wash.
- **Reuse water** — Collect the water you use for rinsing fruits and vegetables, then reuse it to water houseplants. When you have ice left in your cup at home or from a take-out restaurant, don't throw it in the trash, dump it on a plant.
- **Check your water meter and bill** — Talk to family members about setting water conservation goals for indoor water use.

## Staying Clean During Summer Activities

As the weather warms up, everyone wants to spend more time outside enjoying all the offerings of the season, including trips to the park, local fairs and festivals — maybe even a night or two camping in the great outdoors. While nothing is better than relaxing outdoors with friends and family, don't be tempted by all the leisure to skip proper handwashing.

Public parks may not have well-stocked or clean bathrooms, and if they do, they always seem to be located far away from where you've set up your blanket and umbrella.

"Don't worry," says Nancy Bock, Senior Vice President of Education at the American Cleaning Institute, "it's still easy to keep your family's hands clean, even on the longest of summer outings, as long as you've packed the right stuff. Just follow these simple tips to keep clean."

- Stock your bag with a "clean kit" containing a hand sanitizer, gel or a package of hand wipes.
- Keep one kit in the car, and another in your carry-on bag if traveling by plane or train. (Just remember: If you are traveling by plane, you can only carry on containers of 3 ounces or less.)
- Use the sanitizer and/or wipes before eating or drinking, even if you've just taken a dip in the lake or pool.
- If kids are going to have a snack after spending time in the car, hand them a wipe first.
- Always remember to clean your hands first with the sanitizer or wipes before taking food out of the cooler.
- There are a variety of wipes on the market, so be sure to read the label and use products as directed.

Not only is it important to

use these products frequently, but it's also key to use them correctly. The best way to use a hand sanitizer is to use one or two squirts of the product, and then rub your hands together briskly, including the front and back, between fingers, and around and under your nails until your hands are dry. Do this for yourself, as well as for children not old enough to clean their own hands.

If using wipes, wipe all areas of your hands until they are visibly clean, using as many wipes as necessary. Do this before eating, even if hands do not appear dirty. Dispose of used wipes in an appropriate trash container, and let your hands air-dry. Then feel free to unpack your picnic or pick up that burger, and enjoy!

If you're lucky enough that your park or favorite summer retreat has restrooms with running water and soap, be sure to wash hands frequently throughout the day — again, taking special care before eating. To ensure a thorough handwashing, follow these simple steps:

- Wet hands with clean, running water and apply soap.
- Rub hands together to make a lather and scrub well. Don't forget the backs, between the fingers and under the nails. Again, help kids here — most seem to think only the palms matter!
- Rub for at least 20 seconds — if you hum "Happy Birthday" twice, that should do it.
- Rinse under running water and dry using a clean towel, or air-dry.

Enjoy your outdoor summer activities while being safe and keeping everyone clean and healthy.

Source: American Cleaning Institute.

## June is Home Safety Month

It is important to keep our homes safe for all family members. A quick check of your home can protect young children from being unintentionally injured. Most causes of injury to children are unintentional and can be prevented. Safe Kids Worldwide suggests these tips:

### Prevent Falls

- Use stair gates at the top and bottom of steps.
- Install window guards on upper windows.

### Prevent Poisonings

- Keep cleaners, medications and cleaning products in a place where children can't reach them. Use child safety locks
- For Poison Help call

1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.

### Prevent Fires and Burns

- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Use back burners and turn pot handles toward the back of the stove.
- Set your hot water at 120°F to prevent burns.

### Prevent Choking and Suffocation

- Keep coins, latex balloons and hard round foods such as peanuts and hard candy where

children cannot see or touch them.

- Things that can fit through a toilet paper tube can cause a young child to choke.
  - Place babies to sleep on their backs, alone in their crib. Don't put pillows, blankets, bumpers, comforters or toys in cribs. These things can sometimes keep a baby from breathing.
- ### Prevent Drowning
- When your children are in or near water, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas — even buckets of water.

Source: Safe Kids website, [www.safekids.org](http://www.safekids.org)



# Add Taste, Nutrition and Color with Fresh Herb Garnishes

Alice Henneman, MS, RD  
UNL Extension Educator

Edible fresh herb garnishes add appealing color, plus flavor and added nutrients to foods. Here are some foods that pair well with herb garnishes:

- Soups
- Salads
- Vegetables
- Desserts
- Beverages
- Protein dishes
- Fruits
- Grains

The following photos give ideas how different forms of various herbs can be used in foods.



Basil (leaf)



Basil (chiffonade)



Chives (chopped)



Chives (stems)



Chives (flowerettes)



Dill (chopped)



Dill (small, tender sprig)



Mint (in smoothie)



Mint (with fruit)



Parsley (chopped)



Parsley (leaves of flat-leafed parsley)



Thyme (individual tiny leaves)



Thyme (young thyme with tender, edible stems)

## Use These Techniques for Chopping Herbs



- Chives:**
- Quickly snip small bundles of chives with a kitchen scissors OR
  - Cut bundles on a cutting board with a very sharp chef's knife



- Cilantro, parsley and other small-leaved delicate herbs:**
- Remove leaves (OK to include some tender stems)
  - Bunch on cutting board
  - Place fingertips on tip of a chef's knife and rock blade briefly back and forth. Re-gather leaves and chop again if a smaller size is desired.



- Thyme, oregano, rosemary, tarragon and other sturdy stemmed, small-leaved herbs:**
- Hold thumb and index finger together; run down the stem in the opposite direction the leaves have grown.
  - Chop the same as other herbs, if desired.

**Basil, mint, sage and other large, leafy herbs** — a technique called "chiffonade" can be used:



- Stack 5 or 6 leaves, and roll tightly

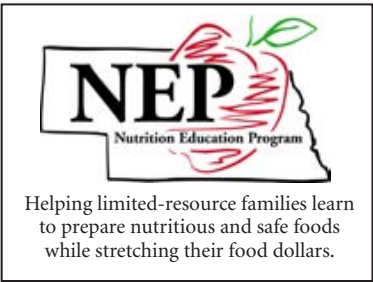


- Cut crosswise



- This method cuts herbs into narrow ribbons

# \$tretch Your Food Dollar with Fruits and Vegetables



Lisa Kowalski  
Extension Assistant

When it comes to nutrient density and great taste, fruits and vegetables top the charts. But most Americans aren't consuming enough. Adding more fruits and vegetables to your diet can be overwhelming if you are not sure where to begin or how to add more without breaking your budget. Building your meals around fruits and veggies is a great way to make sure you include them in meals and snacks. Before you shop, look for sales and deals

on fruits and vegetables in the grocery store ads and plan your week's meals around them. If some of your favorite recipes call for specific fruits or vegetables, consider whether substitutions can be made with a more budget-friendly fruit or veggie. Try these tips to stretch your food dollar while adding more fruits and vegetables:

- **Check out the fresh produce aisle.** Search for deals, and buy only what you will be able to use before it spoils. Fruits and vegetables in season usually offer the best price per serving. To save money, choose produce that is not pre-washed or cut.
- **Don't overlook the freezer case when shopping for healthy produce.** In a recent article in the Tufts University Health & Nutrition Letter, Alice Lichtenstein, DSc, director of Tufts HNRCA Cardiovascular Nutrition Laboratory, explained

frozen fruits and vegetables are at least as nutritious as fresh. In addition to being nutritious, frozen fruits and vegetables are a smart choice because they are just cents a serving, will not quickly spoil and are fast and convenient. Try frozen fruit in smoothies or as a topping for yogurt or ice cream. Add frozen vegetables to pastas, casseroles or steam in the microwave for a quick and tasty side dish.

- **Consider canned or dried fruits and vegetables.** If canned vegetables are on sale, try adding them to a stir fry or other main dish. If dried fruit is the week's special, make a trail mix and divide into baggies for an on-the-go snack.
- **Grow your own.** Growing your own food can be a fun, rewarding and inexpensive way to add more fruits and vegetables.

Source: Tufts University Health & Nutrition Letter, April 2013, Volume 31, No. 2.

## Fruit Salsa\* and Cinnamon Chips

(6 Servings)

- 2 kiwi, peeled and diced**
- 1 apple, cored and diced**
- 6 ounces raspberries**
- 1/2 pound strawberries, sliced**
- 1-1/2 tablespoons fruit preserves (raspberry, strawberry, etc.)**
- 6 whole wheat tortillas**
- 1/4 cup cinnamon and sugar mixture (1/4 cup sugar and 1 teaspoon cinnamon)**

In a large bowl, gently mix kiwi, apple, raspberries, strawberries and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

Preheat oven to 350°F. Coat one side of each tortilla with cooking spray. Sprinkle each "sprayed" side of the tortilla with cinnamon and sugar mixture. Cut into wedges and arrange on a single layer on a large baking sheet. Bake 8-10 minutes or until wedges are crispy. Serve with chilled fruit mixture.

\*Substitute other fruits as preferred or use frozen or canned fruits if they are more budget-friendly.

Recipe adapted from UNL Extension Nutrition Education Program 2011 Calendar.



# Miniature Gardening

Mary Jane Frogge  
UNL Extension Associate

“A miniature garden is the perfect blend of tiny trees, plants, hardscaping and garden accessories that are in scale with one another to create a lasting, living garden scene or vignette.”  
—Janit Calvo, co-owner of Two Green Thumbs Miniature Garden Center and co-writer of *Gardening in Miniature: Create Your Own Tiny Living World*.

A miniature garden is gardening on a smaller scale. Your mini garden can be in a container or a garden in the landscape. Mini gardens are fun to design and easier to maintain than large traditional gardens because of their small dimensions. Before you start, it may be helpful to plan your garden on paper first.

Select plants to fit your small scale garden. Select dwarf evergreens like pygmy juniper, mini mugo pine, dwarf spruce and dwarf hemlock. There are dwarf cultivars of deciduous plants too. Boxwood, barberry, cotoneaster and elm are just a few.

Select perennials such as creeping speedwell veronica, stonecrop sedum, Heron’s bill, creeping bluestar, sea thrift, elfin thyme, red thyme, woolly thyme, brass buttons, mondo grass, dwarf fern, Scotch moss and Irish moss.



Dwarf boxwood, creeping bluestar and red thyme

Add hardscape garden features to your mini garden. Use little tile pieces or small, flat river stones to make a walk way or patio. Consider a tiny fence, miniature bench or bridge. Add a pond or water feature. Tell a

story or follow a theme. You can make this garden as simple or elaborate as you want. No matter what theme you choose, it will be your creative miniature garden for you to enjoy and add to for years to come.



Creeping bluestar and fern



Red thyme around pond

Photos: Mary Jane Frogge, UNL Extension in Lancaster County

## HERBAL FESTIVAL

Saturday, June 22 • 9:30 a.m.–2:30 p.m.

Pioneers Park Nature Center – Chet Ager Building

*Special guest Betsy Williams of Andover, Mass. will be leading workshops on “Making the Ordinary Extraordinary” and “Flavor and Fragrance: Planting a Container Herb Garden.” Other workshops will include “Flavors from the Republic of Georgia” and “Medicinal 101.”*

Register early — limited space. Call 402-441-7895 for brochure.  
Fee: \$25 for 2 workshops, \$40 for 3 workshops

## Pollinator Week, June 17–23

Mary Jane Frogge  
UNL Extension Associate

In 2007, the U.S. Senate unanimous approved and designated a week in June as “National Pollinator Week” to mark a necessary step toward addressing the urgent issue of declining pollinator populations. Pollinator Week is an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles. The week of June 17–23 will spotlight a unique opportunity to learn about some fascinating and fundamental animals, the pollinators. Often overlooked or

misunderstood, pollinators are in fact responsible for 1 out of every 3 bites of food that we eat. In the United States, bees alone undertake the astounding task of pollinating over \$15 billion in added crop value, particularly for specialty crops such as almonds and other nuts, berries, fruits and vegetables. Beginning in 2006, pollinators started to decline rapidly in numbers. Participating in Pollinator Week can help save these important animals. What you can do to help pollinators:

- Educate yourself on pollinators that live in your area.
- Avoid or limit pesticides in your home landscape.
- Plant a pollinator garden using

native plants.

- Provide nesting sites, like bee houses or insect hotels, for pollinators.
- Provide a water source such as a bird bath, small pond or water feature.
- Go to the Pollinator Partnership website to learn more about pollinators, <http://pollinator.org>
- Share the information you learn with others.
- Establish green corridors by working with your neighbors to include several backyards in a pollinator habitat plan.

Sources: Pollinator Partnership, Life Cycles Project



## Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

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

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

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

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

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

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

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

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

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

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching and watering correctly, planting in well drained soil and not cultivating deeper than one inch within one foot of the plant. Also avoid the use of high nitrogen fertilizers.





## 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. 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. A variety of hands-on activities will include working with cats, cat foods, housing design, vet care, etc. You do not need to bring a cat, but if you do, it must be in a pet cage. A \$5 fee will be charged. Please preregister before May 27 by calling 402-441-7180.

## Clothing Level 1 Workshop, June 1

A "Tips and Tricks for Clothing Level 1" workshop will be held at Hancock Fabrics, 6800 P St., Lincoln, on Saturday, June 1, 2-3 p.m. The workshop is open to anyone but will focus on 4-H Clothing Level 1 skills. No cost and no preregistration. Learn what types of patterns to choose and what to watch for when you select your fabric. We will also cover techniques you should do that might not be mentioned in the pattern and what the judge is looking for. Did you know you can choose from four different waistband styles for Clothing Level 1? For more information, contact Kath Conroy at 402-421-7111.

## Donated Sewing Machine To Go To a 4-H'er

This is the fifth year Kath Conroy, a 4-H clothing super-intendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. All papers should be sent by Friday, June 28 to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

## 4-H Bicycle Safety Contest, June 8

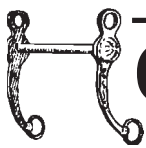
The 4-H Bicycle Safety Contest will be held Saturday, June 8, 9 a.m. at the Lancaster Extension Education Center. The contest is open to all 4-H'ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. You MUST preregister by June 3 by calling 402-441-7180 (there is no entry form). Late registrations not accepted. There are two parts of the contest. In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

## 4-H Plant Science Contests, June 11

Three Plant Science Contests will be held Tuesday, June 11, 10 a.m.-Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8-18. Preregistration is not required — enter the day of contest. Youth choose which portions of the contest to participate in:

- tree identification
- grass-weed identification
- horticulture contest

**Nebraska 4-H is offering an online Horticulture Judging Contest** at <http://go.unl.edu/jyv>. The quiz will be available June 14-24. Youth will need to enter their name, age and county — the password is Nebraska.



## HORSE BITS

5th annual

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

**Saturday, June 1, 2013 • 9 a.m.**

**Lancaster Event Center • Pavilion 3 • (84th & Havelock, Lincoln)**

*The Lancaster County Horse VIPS committee is hosting a very special 4-H clinic/show to help everyone prepare for Districts and State!*

#### NEW! WALK/TROT CLASSES

Newer riders and green horses can practice for district competition, too! Walk/trot pleasure and equitation classes have been added for all 4-H divisions. You and your horse may show in both the walk/trot classes and canter/lope classes since we have limitations on our warm-up times.

#### PRACTICE FOR DISTRICT SHOWS

This clinic/show will be set up in the district format and all 4-H age groups can participate in English and Western classes. Reining and games are now available for each 4-H age division, too. Nebraska 4-H attire and 4-H armbands required, but ID sheets are not needed for this show.

#### COMBINED CLINIC/SHOW FORMAT

Depending on size of the classes and show, the judge will be able to do some teaching and commenting at the end of the classes. This feedback is designed to help participants learn how to further improve their riding.

#### YOUR CLASS FEES SUPPORT 4-H

There will be a one time office charge of \$5 and a \$3 charge per class. Proceeds support the Horse 4-H Program in Lancaster County. Thank you for your support!

#### FACILITY NOTES

Concessions will be available onsite. A limited number of \$15 stalls and \$20 campsites are available plus \$8/bag shavings, all payable to Lancaster Event Center on show day. Horses may be shown from trailers.

- 8:00 a.m. Registration & Warm-up for all entered in English classes  
8:45 a.m. Posting of Colors and National Anthem  
8:50 a.m. Judge's Comments to All Exhibitors, then show starts at 9 a.m.
1. English Walk/Trot Pleasure (walk/trot, novice, elementary)
  2. English Walk/Trot Pleasure (junior, senior, green horse)
  3. English Walk/Trot Equitation (w/t, novice, elem, no pattern)
  4. English Walk/Trot Equitation (jr, sr, green, no pattern)
- ALL English riders report to gate for individual class workouts (district pattern) followed by group rail work (all pleasure first).**
5. English Pleasure/Equitation (seniors first)
  6. English Pleasure/Equitation (juniors after seniors)
  7. English Pleasure/Equitation (elementary after juniors)
- Warm-up for all entered in Western classes**
8. Western Walk/Jog Pleasure (walk/trot, novice, elementary)
  9. Western Walk/Jog Pleasure (junior, senior, green horse)
  10. Western Walk/Jog Horsemanship (w/t, novice, elem, no pattern)
  11. Western Walk/Jog Horsemanship (jr, sr, green, no pattern)
- ALL Western riders report to gate for individual class workouts (district pattern) followed by group rail work (all pleasure first).**
12. Pleasure Ponies (all ages, English or Western tack)
  13. Western Pleasure/Horsemanship (seniors first)
  14. Western Pleasure/Horsemanship (juniors after seniors)
  15. Western Pleasure/Horsemanship (elementary after juniors)
- Warm-up for all entered in Reining & Games**
16. Reining (seniors)
  17. Reining (juniors)
  18. Reining (elementary)
- Break, arena worked, and set up for Games**
19. Pole Bending (seniors)
  20. Pole Bending (juniors)
  21. Pole Bending (elementary)
  22. Barrel Racing (seniors)
  23. Barrel Racing (juniors)
  24. Barrel Racing (elementary)

**Questions?** Jennifer Rawlinson, 402-560-3319, [jcrawlinson@windstream.net](mailto:jcrawlinson@windstream.net)

Stephanie Wachter, 402-217-8328, [stephwachter@neb.rr.com](mailto:stephwachter@neb.rr.com)



**STAY OVERNIGHT FOR SUNDAY'S OPEN SHOW!**  
Details at [www.salt-creekwranglers.com](http://www.salt-creekwranglers.com)

### 4-H Horse Tack Swap-Apalooza, June 1-2

Buyers and sellers of horse tack, books, attire and anything horsey are welcome at the Lancaster County 4-H Horse VIPS Committee's 2nd 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.-5 p.m. at the Lancaster Event Center in Pavilion 3 — Exhibit Hall. **NOW EXTENDED** — tack swap will also be held Sunday, June 2, 9 a.m.-1 p.m. 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. If you have any questions, contact Jennifer at [jcrawlinson@windstream.net](mailto:jcrawlinson@windstream.net) or call 402-560-3319.

### 4-H Super Fair 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.

### State 4-H Hippology and Judging Forms Due June 3

Hippology and judging entry forms for the State 4-H Horse Expo at Fonner Park are due to the Extension office on June 3. Please note, although the entry form directs you to return the forms to Lena Cottle, forms **must be returned to the Extension office**. All entry fees will be paid by the Lancaster County 4-H Council. Contest entry forms and contest information can be found at <http://animalscience.unl.edu/web/anisci/anscdistrictandstate4hshows>. For more information or if you have questions, contact Marty at 402-441-7180.

### 4-H Riding Skills Level Testings, June 18, June 25 and July 2

Level testing for the riding skills horsemanship levels will be held on Tuesday, June 18, 5:30 p.m. at the Lancaster County Event Center — Amy Countryman Arena. Anyone wishing to test must sign up by June 11 by contacting Marty at [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu) or 402-441-7180. Testings will also be held on Tuesdays June 25 and July 2 at the same location and same time. All of the written horsemanship level requirements must be completed and submitted to Marty Cruickshank before the riding can be scheduled. July 2 will be the last date to test in order to ride in the Lancaster County Super Fair.

### New Date Set for Middle Cross Dressage Schooling Show

Due to inclement weather, the Middle Cross Schooling Show scheduled for May 4 was postponed until Sunday, June 2. If interested in riding, call Jennifer at 402-560-3319 to check on availability of open ride times. Everyone is invited to come watch and learn. The show will be located at Middle Cross Stables, 500 Sprague Rd., Roca, NE (just west of Hwy 77).



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>.

Portable Dog Agility Set-up Available

4-H dog exhibitors who would like to practice agility at home, Lancaster County 4-H has a portable dog agility set-up you can use free of charge. Contact Cole at 402-441-7180 for more information.

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 Ak-Sar-Ben 4-H Stock Show must have Identification/Ownership Affidavits submitted to extension by June 15.

Forms are available online at <http://lancaster.unl.edu/4h/fair> and the extension office. If you plan on showing market sheep, market hogs, feeder calves or market goats at state fair or Ak-Sar-Ben, you will need to have DNA collected by this deadline also.

Premier Animal Science Events (PASE), July 1–2

The statewide Premier Animal Science Events (PASE) will be held July 1–2 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests:

- livestock, meats and poultry judging
- livestock skill-a-thon
- livestock quiz bowl.

For more information, go to <http://pase.unl.edu>. To participate, contact Cole at 402-441-7180 by June 15.

Livestock Quality Assurance Certification Must be Done Online by June 15

All 4-H/FFA members wanting to show market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry and rabbits at county fair, State Fair or the Ak-Sar-Ben 4-H Stock Show must complete Quality Assurance training. Horse exhibitors and livestock exhibitors showing only breeding animals do not have to complete it.

Again this year, the Quality Assurance certification is online. In the past, youth must have completed an in-person training; now everything is online. This new format will be more user friendly, youth will complete activities that pertain to their age (no more sitting through a class where it is either over your head or way to simple for you), and youth will be able to complete the trainings at their own pace

and time allotment. As always, this must be done by June 15.

Instructions are online at <http://4h.unl.edu/qualityassurance> and will be mailed to club leaders. Please pass along all of this information to youth in your club who will need to be QA certified. If you have any questions regarding this new format, contact Cole at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or 402-441-7180.



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

WORKSHOPS WITH OPENINGS AS OF MAY 14

4-Day Workshops

**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

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

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

**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

**9 Creative Doodling**  
Learn techniques on how to make expressive, creative doodles.  
TUE, JUNE 18; 8–10AM  
AGES 12 & up • FEE \$3

**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

**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

**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

**18 4-H 0**  
Explore water's incredible journey through hands-on activities.  
TUE, JUNE 18; 3–5PM  
AGES 8 & up • FEE \$4

**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

**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

**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

**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

**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

**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

**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

**38 Floral Fun**  
Explore floral fun and learn floral design elements. Take home your floral creation.  
THU, JUNE 20; 12:45–2:45PM  
AGES 8 & up • FEE \$10

**43 Fun with Agriculture**  
Try these tasty treats and guess where they come from in nature.  
THU, JUNE 20; 3–5PM  
AGES 8 & up • FEE \$5

**46 Basketball Basics**  
Learn the basic skills needed to be a successful basketball player. Basketball included to take home.  
FRI, JUNE 21; 8–10AM  
AGES 8 & up • FEE \$10

**48 Broadway Bound**  
Learn how to perform and showcase your performance through the use of dance and music. No experience needed.  
FRI, JUNE 21; 8–10AM  
AGES 8 & up • FEE \$2

**53 Candyland Cottage**  
Assemble a gingerbread house and adorn it with candy. Bring leftover candy to add to the supplies.  
FRI, JUNE 21; 12:45–2:45PM  
AGE 8 & up • FEE \$4

**54 Agriculture & Pizza**  
What does agriculture have to do with pizza? Make a pizza and find out!  
FRI, JUNE 21; 12:45–2:45PM  
AGES 8 & up • FEE \$5

**55 Steady Hand Tester**  
How steady is your hand? Build this game and find out and then enter it in the fair!  
FRI, JUNE 21; 12:45–2:45PM  
AGES 8 & up • FEE \$5

June

Tony & Nichole Scott

Lancaster County 4-H is proud to announce Tony and Nichole Scott as co-winners of June's “Heart of 4-H Award” in recognition of outstanding volunteer service.

Volunteers for five years, the Scotts help lead the Jolly Ranchers 4-H club and are co-superintendents of the 4-H/FFA Sheep Show at the Lancaster County Super Fair. They also contribute by helping with sheep weigh-ins, hosting practices for livestock judging teams and volunteering at the 4-H Food Booth at Super Fair. Last year, they helped with Lancaster County 4-H's community service project of painting trash cans for the Lancaster Event Center. The Scotts are active members of the Livestock Booster Club and also sponsor trophies for the Super Fair.

The Scotts say, “We believe in the opportunities that 4-H provides kids to gain confidence as they experience success. The lessons the kids learn in 4-H will help them for the remainder of their lives. Our favorite experience as 4-H volunteers are helping as sheep superintendents at the Super Fair. Helping around the ring is always a lot of fun. Plus, it's always fun to watch the kids continue to improve and gain confidence as they grow.”

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

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



Be a Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at [tanderson14@unl.edu](mailto:tanderson14@unl.edu) or 402-441-7180.

For registration form and current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>



# Volunteerism: A Tool for Positive Youth Development

Maria Rosario T. de Guzman  
UNL Adolescent Development Specialist

While negative stereotypes abound on the outlook, lifestyles and attitudes of young people today, most youth in the country are actually healthy, happy and productive members of society. In fact, the majority of youth in this country engage in some form of volunteer activity, and many see the value of helping others.

When youth volunteer, benefits are reaped by almost everyone involved — the targeted population, the community and especially the volunteers themselves. More importantly, volunteerism has important implications for positive youth development. Among other things, it encourages a sense of service and responsibility toward others, provides a venue for developing skills and relationships, and facilitates the development of various social skills such as empathy, a sense of service toward others, and a stronger sense of identity.

It is thus essential that young people are encouraged to participate in volunteer endeavors.

## Facts About Volunteerism in the United States

### What is “volunteerism?”

Volunteering is the act of providing services to others for no cost. However, volunteering sometimes provides some small stipends, often to cover costs of operations or to help the volunteers maintain their participation. This can include small monetary incentives, grades or school credit, or other forms of rewards.

**What types of volunteering are there?** There are many types of volunteering. This includes (but not limited to) participating in community development, mentoring others and giving services to those in need. Volunteering can be done through school, religious groups/churches, community organizations, nonprofit groups and others. There also are differences in the set-up of rewards. Many volunteer efforts are done with no cost; others pay a small stipend or its equivalent, while others are done to fulfill requirements for school (e.g., service-learning) or other entities. It is important for youth to realize that there is a wide range of opportunities for them and that adults should help them find a way to find a good match between what experiences they are looking for and the activity they will engage in.

**Approximately what percentage of youth engages in volunteer activities in the U.S.?** 60%. A large number of youth engage in some form of volunteerism yearly. This participation is done through school programs, family volunteering, community organizations, church or other efforts.

**Approximately how many hours do teenage volunteers contribute annually?** 2.5 billion hours. Teens volunteer a significant number of hours per year. Most youth volunteer an average of 3.5 hours per week, totaling 2.5 billion hours.

**In dollars, approximately how much does teenage volunteering contribute to the U.S. economy yearly?** 3 billion. Volunteerism benefits the economy. If the number of hours contributed are converted to dollar values, it actually comes out to a substantial amount. Teens contribute \$35 billion annually. All together, youth and adult volunteers contribute more than \$150 billion per year. This allows services to be more available to a broader range of people.

**What best describes the volunteer trends among teens in**

**the United States?** In recent years, the percentage of youth who volunteer has been increasing. Among youth, it has increased 12 percent over the last decade.

**Which of the following best describes the status of volunteerism in the Midwest?** Volunteer rates in the Midwest are much higher than the national average. Volunteerism in the Midwest is relatively high — more than 30 percent higher than the national average.

## Who Benefits from Volunteerism?

Volunteering is an activity that helps multiple people and entities.

**Benefits for the specific target group.** Obviously, youth volunteerism helps the targeted group. For instance, if youth volunteer to help children, the children benefit. Volunteering also helps the organizations, for instance, cutting down costs of organizations and making services available to a larger audience. In the United States, it is estimated that over \$60 billion is contributed annually to the United States economy by virtue of volunteer services.

**Benefits for the community.** When youth volunteer, the larger community benefits. As mentioned above, there are practical benefits that targeted recipients and organizations receive, including the lowering of costs of operations, making services available to a larger community, and the like. In addition, volunteerism encourages positive citizenship among youth. Volunteerism encourages youth to be more engaged in their communities. Studies show that youth who volunteer feel more connected to their community, are more likely to show concern, and stay in or return to their communities. Thus, youth volunteerism contributes substantially to community vitality.

**Benefits for the youth volunteers.** Ironically, while volunteerism is focused on helping others, perhaps the biggest benefits to volunteering are reaped by the volunteers themselves. Studies suggest that volunteerism helps those who volunteer — contributing to identity development, enhancement of skills (including increasing job marketability), increased self-esteem, development of empathy for others, and other changes related to positive youth development. Often, volunteer endeavors also facilitate the development of significant relationships — be it with the people they are volunteering, or the target group of their efforts.

## Should I, or Shouldn't I? Factors That Encourage and Inhibit Volunteerism

Knowing these facts can help adults consider how to encourage sustained volunteerism.

**Reasons why youth DON'T volunteer.** According to the Bureau of Labor and Statistics, the top reasons why youth do not volunteer are the following:

- Lack of time and other responsibilities. Young people today are getting busier and busier. Between school, sports, after-school activities and other events, it is often difficult to find time to do anything else. Among youth and across all age groups, lack of time is stated as the number one reason (64 percent) for not volunteering. In addition, having family responsibilities (4.5 percent) also was stated. Adults can help deal with this barrier to volunteerism. This can include helping youth structure their time better and helping them choose which activities might be best for them. This also includes helping them decide

## Many 4-H Youth Do Community Service

Many 4-H clubs and individual members volunteer with community service projects. Some of the community service projects local clubs did last year included:



The Fantastic 4 club hosted a “Boo Bash” party for homeless youth living at People’s City Mission.



Rock Creek Ranchers club donated stuffed animals to give to the fire department and other organizations.



4-H Explorers club helped with Lincoln Children’s Zoo spring clean up.



Super Shamrock club made tray favors for a nursing home.



Joe’s Clover Knights club made a quilt to donate to a church.

the amount and length of time they will commit.

- Practical concerns: Includes lack of information, lack of transportation or expenses. Sometimes, even if individuals have the time and are willing to volunteer, there are practical barriers such as those stated above. This is the second most commonly stated reason by youth for not volunteering (5.8 percent).
- Lack of interest or activity was not enjoyable (5.2 percent). For youth to continuously be involved in volunteer efforts, it is helpful if the activities are interesting or of significance to them. Adults can create interest and enjoyment among youth. Here are some possibilities.
  - Match the young person’s interest with the activity. Think about what interests the young person. Consider whether he enjoys face to face interactions (e.g., mentoring) or solitary activities (e.g., community gardening).
  - Make it developmentally appropriate. If tasks are too difficult or too easy, the youth might give up or become bored. Try to help youth find volunteer opportunities that are age appropriate.
  - Try to find something rewarding. While the essence of volunteering is really to provide service without rewards, there are some intangible rewards that youth can take. This includes praise and recognition, improved skills and learning and enjoyment.
- No one asked. Finally, another top reason why youth don’t volunteer is that they simply weren’t asked (3.1 percent). Sometimes, all it takes for youth to start thinking about volunteering is for them to be approached and given information about opportunities.

**Why youth volunteer.** Youth get involved in volunteer work for various reasons. The top reasons mentioned by respondents include:

- Approached by an organization. 40% of youth start getting involved in volunteer work because they were approached by an organization. So simply exposing youth to opportunities, perhaps having them talk to recruiters, often can lead to starting volunteerism.
- Asked by someone in school or organization they are involved in. 21% of youth get involved in volunteer activities because people in school ask them. Schools and other organizations in which youth are involved can be effective ways by which youth can get involved in volunteer efforts.
- Asked by relatives or friends. 16.5% of youth report becoming involved in volunteerism because they were asked by people they knew — friends and family. Directly communicating an expectation for service, or providing direct communication can encourage youth to volunteer. “Asking” youth to volunteer also is more effective if you set good examples. If you yourself volunteer or volunteered in the past, or if you help others in some way, youth are more encouraged to volunteer.

Source: University of Nebraska–Lincoln Extension publication “HE Form 566, Leader Guide.”

## COMMUNITY SERVICE IDEAS

UNL Extension has a compiled list of “366 Community Service Ideas” online at <http://lancaster.unl.edu/4h/serviceideas.shtml>

Volunteer Partners matches volunteers’ interests with the needs of organizations in Lincoln and Lancaster County. Contact: [www.volunteerpartners.org](http://www.volunteerpartners.org) or 402-435-2100



EXTENSION CALENDAR

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

May

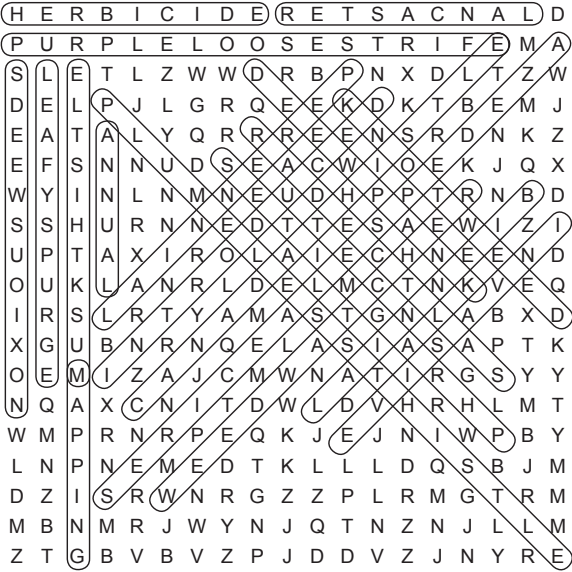
- 29 4-H Cat Clinic ..... 6–8 p.m.
- 30 Preregistration Deadline for 4-H Junior and County-Level Senior Life Challenge Contests

June

- 1 4-H County Fair Horse ID’s Due to Extension
- 1 4-H Life Challenge Contest – Junior & County-Level Senior ..... 9 a.m.
- 1 4-H Pre-District Horse Show/Clinic/Fundraiser, Lancaster Event Center - Pavilion 3..... 9 a.m.
- 4 4-H Council Meeting..... 7 p.m.
- 8 4-H Bicycle Safety Contest ..... 9 a.m.
- 8 Composting Demonstration, Pioneers Park Nature Center’s backyard composting demonstration area ..... 10 a.m.
- 11 4-H Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID ..... 10 a.m.– 12 noon
- 14 Extension Board Meeting, Educare Center, 3435 N. 14th St. .... 8 a.m.
- 18–21 4-H Clover College
- 11–19 4-H Horse District Shows, various cities
- 15 4-H Club Enrollment Forms Due to Extension — Must List Project Area(s) Each Member Plans to Enter at County Fair
- 15 4-H/FFA Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits ID Forms Due to Extension
- 18 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena ..... 5:30 p.m.
- 24 Family & Community Education (FCE) Council Meeting, Governor’s Residence, 1425 H St. .... 12 noon
- 25 Guardian/Conservator Training ..... 5:30–8:30 p.m.
- 25 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena ..... 5:30 p.m.
- 27 Co-Parenting for Successful Kids ..... 9 a.m.– 12:30 p.m.

Weed Awareness Hidden Word Find Solution

Here is the solution to the Hidden Word Find printed in the Weed Awareness special section (produced by the Lancaster County Weed Control office) in the April NEBLINE. Congratulations to Judy Andrews of Lincoln whose name was drawn from 65 submitted entries. She received a *Weeds of the Great Plains* book published by Nebraska Department of Agriculture.



Sharing the “Buzz”

UNL Extension in Lancaster County is working on a special project to enhance the habitat for native pollinators and wildlife at the Extension office. Check out “The Buzz at Cherry Creek” blog to learn more and follow the progress! We hope you’ll be inspired to try some of the ideas. <http://buzzatcherrycreekunl.wordpress.com>



Pollinator Workshop, June 20

A free Pollinator Workshop will be held during National Pollinator Week on Thursday, June 20, 9 a.m.–3 p.m. at Spring Creek Prairie Audubon Center, 11700 SW 100th St. near Denton. The workshop is sponsored by Pheasants and Quail Forever, the Nebraska Environmental Trust, and Nebraska Game and Parks Commission. Topics will include: beginning beekeeping, different types of pollinators and why they are important, butterflies, importance of pollinator habitat, plant identification. Lunch will be provided. Preregistration appreciated. For more information or to preregister, contact Bruce Sprague at 402-269-2361 ext. 3.

4-H’ers Qualify for Regional Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held April 21. Thirty Lancaster County 4-H youth competed in this year’s communication events. The top winners will represent our county at the regional Speech & PSA contest on Thursday, May 23 at University of Nebraska-Lincoln’s East Campus. Here are the Lancaster County 4-H’ers who qualified for regional. **Speech contest:** Junior (8–10 years): Emmi Dearmont, Riley Peterson, Grace Spalding Intermediate (11–12 years): Lily Noel, Addison Wanser, Alyssa Zimmer Senior (13–18 years): Peter Greff, Emma Noel, Renae Sieck **Public Service Announcement contest:** Junior (8–10 years): Cassie Brown, Ruby Molini, Riley Peterson Intermediate (11–12 years): Nate Becker, Jordan Nielsen, Addison Wanser Senior (13–18 years): Ivy Dearmont, Taylor Nielsen, Max Wanser



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Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



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- ADMINISTRATIVE AIDE  
Jenny DeBuhr
- EXTENSION EDUCATORS  
Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig
- EXTENSION ASSOCIATES  
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THE NEBLINE

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





Photos by Jim Budka

## Nearly 300 Attended Kiwanis Karnival


Nearly 300 4-H families and Elliott School students and their families attended this year's Kiwanis Karnival held April 13 at Elliott Elementary School. Lincoln Center Kiwanis sponsors the free, family event by providing snacks and prizes.

Eight 4-H clubs created and ran 16 carnival-type games for the kids. The participating clubs were: Coddington Clovers, 4-H Explorers, Fantastic 4, Pet Pals, Rabbits 'R' Us, South Prairie Wranglers, Super Shamrocks, Teen Council and the Cuttler Family. 4-H Teen Council also ran Bingo for adults.

David Swotek (age 10) with the 4-H Explorers club said, "All the kids had lots of fun and they liked the candy and prizes."

Alyssa Zimmer (age 12) with the Coddington Clovers club said, "When you volunteer, it isn't like work — you're giving back and helping others."

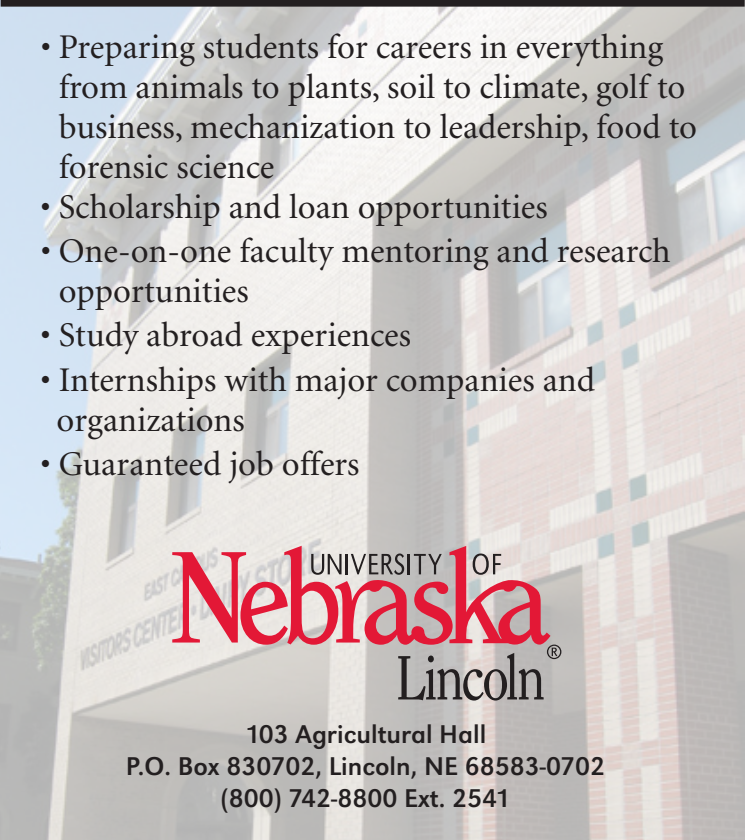




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### EXTENSION NEWS

## Farewell Ag Educator Tom Dorn

Tom Dorn, Extension Educator, has been with University Nebraska–Lincoln Extension for 33 years. In June he will be recognized for his contributions to UNL Extension in Lancaster County and statewide. **The public is invited to Tom's farewell party on Wednesday, June 26, 4–6 p.m.** at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Tom is on medical leave as of May 1.

Tom has worked at UNL Extension Lancaster County since 1997 as the Extension Educator focusing on agricultural profitability and sustainability. He has also served as Extension's statewide contact for grain storage questions.

Tom began his Extension career in 1980 as an Extension Technologist in Biological Systems Engineering. After a year, he became Irrigation and Conservation Specialist at the Northeast Research and Extension Center near Concord (now Haskell Ag Lab). In 1984, Tom became the Ag Agent in Holt County, and then in Fillmore-Thayer-Nuckolls County in 1990.

Some of Tom's many accomplishments in Extension include:

- presenting and co-presenting numerous workshops, such as Computerized Farm Financial Recordkeeping, Ten Easy Ways to Boost Profit \$20 Per Acre, Crop Protection clinics, private and commercial pesticide applicator certification trainings, nitrogen management trainings and new computer technology trainings for farmers
- writing articles, published in THE NEBLINE, CropWatch and NebGuides which have been reproduced and referenced in publications and websites across the nation
- appearing as a guest on Market Journal
- maintaining UNL Extension in Lancaster County's Agriculture and Acreage website at <http://lancaster.unl.edu/ag>
- developing spreadsheets posted online, such as Irricost\* (to estimate annualized costs of owning and operating an irrigation system), Long Term Pump\* (to calculate long-term irrigation pumping plant performance from records), Fuel Cost Estimator and Grain Drying Models\* (\*indicates UNL Extension is developing these spreadsheets into apps for mobile devices)
- managing Extension's Pesticide Container Recycling program for Lancaster and surrounding counties, and helping coordinate unwanted pesticide product collections



Tom Dorn displays the Agriculture and Acreage website he maintained and Irricost spreadsheet he developed.

- consulting with many ag producers — answering questions and diagnosing crop and livestock problems
- serving on the USDA's Extension Service/ Federal Crop Insurance Corporation Advisory Committee in 1995 and 2013 which worked on the National Program on the Crop Insurance Reform Act

During his career, Tom earned many awards and honors, including:

- 2008 — UNL Institute of Agriculture and Natural Resources: one of four statewide Holling Family Awards for Teaching Excellence
- 2007 — UNL Extension: statewide Distinguished Educator Award
- 2007 — Nebraska Cooperative Extension Association (NCEA): Outstanding Service to Members
- 2001 — National Association of County Agricultural Agents (NACAA): Distinguished Service Award for Excellence in Extension Education Programs
- 2000, 2001, 2002, 2007 — NACAA: national winner or finalist for Communication Awards
- 1986 — Nebraska Cooperative Extension Service: Excellence in Programming Award

Other professional accomplishments include serving as president and treasurer of the Nebraska Agribusiness Club; president, vice president and treasurer of the Nebraska Section of the NACAA; treasurer of NCEA; and member of Gamma Sigma Delta (the honor society of agriculture).

Originally from Tekamah, Neb., Tom received his B.S. and M.S. in Mechanized Agriculture from UNL. His first job out of college was with Servi-Tech as a crop consultant.

Tom lives in Lincoln with his wife of 41 years, Cecelia. They have two children and two grandchildren.

## Discover, Learn, and Grow at 4-H Summer Camps

4-H Summer Camps & Trips are a great place to discover, learn and grow! Camps are open to all youth ages 5–19 — need not be in 4-H.

There are more than 45 camps at two Nebraska locations near Halsey and Gretna. [note: the South Central 4-H Center at Alma was recently closed.]

The Nebraska 4-H Camps and Centers' mission to provide unique educational opportunities that empower people of all ages to be active in the pursuit of self-improvement in a safe, inclusive and fun environment.

2013 4-H Summer Camp brochures have complete information and registration forms — available online at <http://4h.unl.edu/camp> or at the Extension office.

