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## The NEBLINE, June 2011

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# The NEBLINE

June 2011

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

## Lower Platte South Natural Resources District Trails in Lancaster County Offer Recreation & Education

ON THAT FIRST real spring day, when you realize a jacket would be too warm, what's the first thing you look for out in the shed; a rake; your baseball glove? If you answered a tire pump or a saddle, you're already aware of one of Lancaster County's best assets; its recreational trails. The Lower Platte South Natural Resources District (LPS-NRD) has extended the City of Lincoln's impressive system of non-motorized thoroughfares beyond the city limits to Cortland and Wabash, for not just city-dwellers to enjoy, but rural folks, too.

The LPS-NRD maintains more than 50 miles of crushed limestone trails that are both recreational and educational. That total includes the LPS-NRD's 12-mile Oak Creek Trail, between Valparaiso and Brainard, but the majority of its trail miles reside along the MoPac East Trail and the Homestead Trail, right here in Lancaster County. LPS-NRD Resources Conservationist, Ariana Kennedy, said, "The LPS-NRD works hard to keep its trails open and safe and we think they're among the best recreational trails anywhere."

### MoPac East Trail and Charles L. Warner Equestrian Trail

"The MoPac" is a former Missouri Pacific Railroad corridor deeded to the LPS-NRD in 1991, after private fundraising efforts by the Nebraska Trail Foundation and the Great Plains Trails Network. From a trailhead just south of "O" Street on 84th Street in Lincoln, the 25-mile trail takes users through Walton, Eagle, Elmwood, and Wabash. Trail parking is available in all of those towns. Restrooms and drinking water are provided at Lincoln, Walton, Eagle, and Elmwood.

The tightly-packed, crushed-limestone path is ideal for running and biking if exercise is your mission. A leisurely or moderate walk will allow you to better enjoy the rural scenery and wildlife. The Charles L. Warner Equestrian Trail begins at 98th and "A" streets and parallels the main trail to 1.5 miles north of Elmwood. The 98th Street trailhead has plenty of space for horse trailers.

Nebraska Hall of Fame author Bess Streeter Aldrich made her home in Elmwood and the historical site is just off the trail. Eagle has embraced the MoPac with a recently-opened trailhead in the town park, near the swimming pool. Refreshments are available in all of the communities.



THE MOPAC EAST TRAIL AND CHARLES L. WARNER EQUESTRIAN TRAIL is 25 miles between Lincoln and Wabash. Above right is the Walton trailhead.



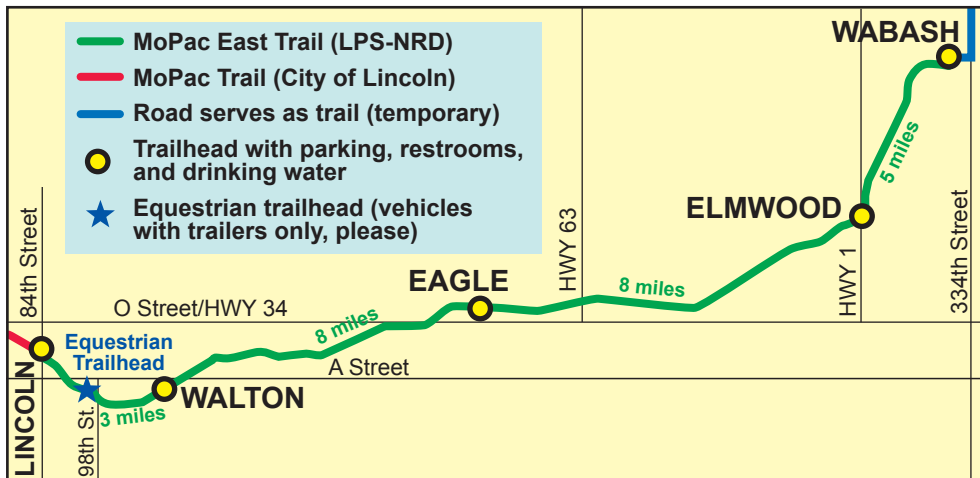
### Homestead Trail

The Homestead Trail will, eventually, stretch from Lincoln's Saltillo Road all the way to Marysville, Kansas. The Lower Platte South LPS-NRD has completed its portion, from Saltillo Road near 25th Street, to Cortland, a distance of 13 miles. Other entities are developing their segments as funding allows. The crushed limestone trail from Saltillo Road, south, is an extension of the City of Lincoln's Jamaica North trail and follows a former Union Pacific Railroad line. Trail parking is available at Saltillo Road.

The LPS-NRD-titled portion opened in 2007. More than 30 volunteers spent their weekends that summer installing decking and railings to 12 bridges along the Homestead Trail. Kennedy said the summer-long project, "was an indicator of the strong support we have for our trails. It's always gratifying for those volunteers and the LPS-NRD," she said, "to see people enjoying them."

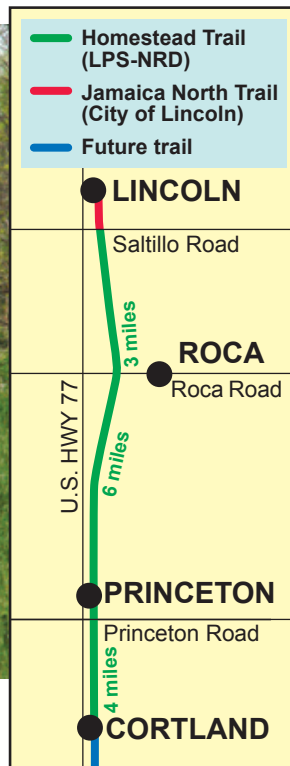
The LPS-NRD believes their trails not only help improve fitness, but also help educate users about nature and agriculture. Iron boxes along the trails collect voluntary trail pass donations that are used exclusively for trail maintenance. Rules are posted at trailheads and detailed rules and regulations, along with trail maps and more information, can be viewed on the LPS-NRD's Web site, <http://lpsnrd.org>, click on Recreation. Have fun on the trails and be safe.

Source: Lower Platte South Natural Resources District



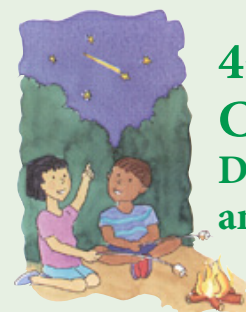
Photos: Lower Platte South Natural Resources District

THE HOMESTEAD TRAIL is 13 miles between Saltillo Road and Cortland.



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### 4-H SUMMER CAMPS

Discover, learn, and grow!

—see page 12

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## Cost of Pumping Water for Domestic and Acreage Needs

Tom Dorn  
UNL Extension Educator

We occasionally are asked by rural residents, "How much does it cost to pump water with our domestic well?" I will show the calculations necessary to compute the electricity consumption. Note: This discussion is for electricity cost only and does not include an estimate of depreciation and repairs resulting from use of the pumping equipment.

The horsepower/electricity required to pump water, depends on four factors:

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

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

$$\text{Total head (ft)} = \text{lift (ft)} + \text{PSI} \times 2.31 \text{ ft/PSI}$$

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

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

$$\text{Water Horsepower (WHP)} = \text{Gallons per Minute (GPM)} \times \text{Total Head (ft)} / 3,960$$

$$\text{WHP} = 10 \text{ GPM} \times (125 \text{ ft} + 45 \times 2.31) / 3,960$$

$$\text{WHP} = 10 \times (125 + 289) / 3,960$$

$$\text{WHP} = 10 \times 414 / 3,960$$

$$\text{WHP} = 1.05$$

If we assume the pump is 75% efficient, the motor driving the pump must produce  $1.05/0.75 = 1.4$  horsepower to drive the pump. Assuming the single phase (220 volt) motor is 70% efficient, the pump motor consumes 1.07 kWh of electricity for each horsepower-hour. Therefore, we would expect this pump to use  $1.07 \text{ kWh/hp} \times 1.4 \text{ hp} = 1.5 \text{ kWh}$  for each hour of operation.

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

This pump would have to run 9,125 minutes or 152 hours a year to supply domestic uses. Total annual electrical use for domestic use is  $152 \text{ hours} \times 1.5 \text{ kWh/hour} = 228 \text{ kWh}$ . At \$0.09 per kWh the cost for pumping water for the household would be \$20.52.

If the family also irrigates a 10,000 square foot (0.23 acre) lawn an average of 0.75-inch per week from May 1 through September 30, add 102,750 gallons for the lawn, making the total water used on the acreage 194,000 gallons per year. The electrical cost would be  $323 \text{ hours} \times 1.5 \text{ kWh/hour} = 485 \text{ kWh} \times \$0.09 \text{ per kWh} = \$43.65$ . One of the questions I get on occasion concerns what a landowner should charge for pumping drinking water for cattle on pasture.

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

The pump described above would need to run 68 minutes = 1.13 hours per month to pump the water needs of each nursing cow. The electricity usage would be  $1.74 \text{ kWh} \times 1.13 \text{ hours} = 2 \text{ kWh}$  per nursing cow per month. At \$0.09 per kWh the electricity cost would be about \$0.18 per month.

## Soil Fertility – Potassium

Tom Dorn  
UNL Extension Educator

Potassium (K) is absorbed by plants in larger amounts than any other mineral element except Nitrogen and, in some cases, calcium. A 150 bushel corn crop will require 200 pounds of K during the growing season.

Potassium is the only essential plant nutrient that is not a constituent of any plant part. Potassium is a key nutrient in the plants tolerance to stresses such as cold/hot temperatures, drought, wear, and pest problems. Potassium acts as catalysts for many of the enzymatic processes in the plant necessary for plant growth to take place. Another key role of K is the regulation of water use in the plant (osmoregulation). This osmoregulation process affects water transport in the xylem, maintains high, daily-cell turgor pressure which affects wear tolerance, affects cell elongation for growth, and most importantly, it regulates the opening and closing of the stomates which affect transpirational cooling and carbon dioxide uptake for photosynthesis.

Potassium is supplied to plants by soil minerals, organic materials, and commercial fertilizers. The mineral soils in Nebraska formed from minerals such as feldspar, mica, and hornblendes. The K content of different minerals and clays is variable because soils were not all formed from the same minerals or parent minerals. Potassium, unlike nitrogen and phosphorus, is not associated to any great extent with organic matter in the soil, but it is more dependent on the type and content of minerals and clay in different soil series.

For example: the University of Nebraska publication *Nutrient Management for Agronomic Crops in Nebraska (EC-155)* presented a table comparing the **exchangeable K** in

TABLE 1 – Comparing the Exchangeable K in Four Soil Series in the Upper Midwest (Average concentration of exchangeable K in the 3-foot soil profile)

Soil Series and Location County & State			
Clarion silt loam Story county, IA	Hall silt loam Dawson county, NE	Thurman loamy sand Merrick County, NE	Milaca fine sandy loam Benton County, MN
33.5 ppm	524 ppm	60.3 ppm	18 ppm

four soil series in the upper Midwest. Each six-inch depth of soil was from the surface to 36 inches was analyzed in each soil series. Table 1 shows the average concentration in each soil type.

Corn plants will draw potassium from the upper three feet of the soil profile.

Exchangeable K is absorbed on the soil colloid surfaces and is available to plants; however, plants obtain most of their K from the soil solution (soil water).

Let's consider Thurman loamy sand, a common soil type in central Nebraska. Thurman is assumed to weigh four million pounds per acre-foot.

The average concentration of K shown in Table 1 is the average for the entire three-foot profile.

Total exchangeable K was found to average 60.3 parts per million (ppm) x 3 foot profile x 4,000,000 pounds per acre foot = 724 pounds of exchangeable K in the three-foot profile. At any one time, only about 10% of the exchangeable K is dissolved in the soil solution. To figure the available K, we would take  $724 \times 0.10 = 72$  pounds. Therefore, at any given time only about 35% of the total K requirement is available

TABLE 2 – UNL Fertilizer Potassium Recommendations (No specific expected yield)

Index (ppm)	0-40	41-74	75-124	125-150	150
	Very Low	Low	Medium	High	Very High
Corn	120 broadcast + 20 row	80 Broadcast + 10 row	40 or 10 row	0	0
Edible Beans	60	40	20	0	0
Soybeans	60	40	20	0	0
Sorghum	80	60	40	0	0

## Pine Wilt Disease

Pine trees are a staple in rural and urban landscapes due to their hardiness, beauty, and diversity, but hundreds are dying each year in southeast Nebraska from pine wilt. The disease, which was first spotted in Nebraska in 1980, mostly kills Scots (also known as Scotch) pines, but Austrian pines and other species also are susceptible. The first noticeable symptoms of pine wilt are the change in needle color from green to grayish green then straw brown in color.

### Cause

Pine wilt is caused by the pine-wood nematode, *Bursaphelenchus xylophilus*, a microscopic (one mm long), worm-like animal, which is moved from infested to non-infested pine trees by the pine sawyer beetle (*Monochamus* spp.)

### Symptoms

Pine wilt typically kills Scots pines within a few weeks to a few months after the pine sawyer introduces the nematode to the pine. The needles initially turn grayish green, then tan, then brown. Resin flow from the wood ceases as the tree

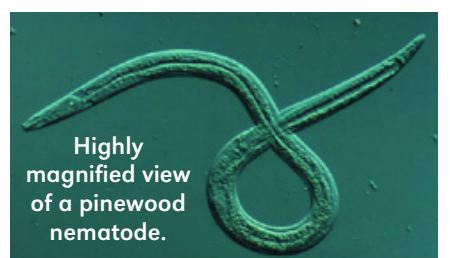
declines and the wood may appear dry when it is cut. Needles remain on the dead tree for a year or more. Scattered branches of the crown may be affected initially, but the symptoms soon spread to the remaining branches. The entire tree may turn brown all at once.

In the Midwest, over 90 percent of the trees killed by pine wilt have been Scots pine. Other pine species are occasionally killed by pine wilt and display a similar pattern of symptoms. The disease appears occasionally in Austrian (*Pinus nigra*), jack (*P. banksiana*) and mugo (*P. mugo*) pines and rarely in white pine (*P. strobus*). Ponderosa pine (*P. ponderosa*) is usually not susceptible to pine wilt.

As pines age, susceptibility to pine wilt increases. Almost all cases of the disease have appeared in trees over 10 years old.

### Management

Sanitation is the most important management practice to prevent or slow the spread of pine wilt. To limit the spread of pine wilt to nearby healthy trees, diseased trees must be



removed and destroyed before the beetles emerge from the wood. From May 1 to Oct. 1, dead and dying pines should be cut down promptly and burned, buried or chipped. Do not hold the wood for firewood. Pine sawyers are inactive in the winter, so if you find dead trees after Oct. 1, they do not need immediate removal, but they must be removed and destroyed by May 1.

A protective treatment for pine wilt is available. Abamectin, an insecticide/nematicide product can be trunk-injected into **uninfected trees**. Treatment provides healthy trees about 95 percent protection from the disease for approximately three years. Contact a local arborist for treatment prices.

Sources: Sarah Browning; Pine Wilt in Nebraska, *NebFact (00-448)*; and *Fatal Pine Disease Continues to Affect Trees in Nebraska*, IANR News service.



## Most Interior Pests Survive Better Outdoors

Barb Ogg

UNL Extension Educator

A pest is defined as an organism living in the wrong place. Most insects and small arthropods are insignificant and rarely noticed in our landscapes. Some insects are beneficial, feeding on pest insects whose populations might be very high without their presence. Still others are pollinators or are important in the food chain, providing food for birds we enjoy.

Many indoor insect pests are actually outdoor insects and do not survive very well inside structures. There are often simple non-toxic actions people can take to prevent having these pests indoors.

- **Hackberry psyllids:** These insects live inside the galls of hackberry leaves. Grayish bugs emerge from leaf galls in the fall and are so small, they squeeze through window screen. Keeping windows closed will be helpful.



Asian lady beetles

Jim Kalisch, UNL Department of Entomology



Garden millipedes

Jim Kalisch, UNL Department of Entomology

### Decomposers and Detritivores

Many insects and small arthropods are important in decomposing and recycling nutrients in the landscape. These organisms are found abundantly in bark chips and organic mulch, leaf litter and other moist locations in the landscape. Some of the most important are:

### Predatory Insects

Predatory insects are beneficial because they control other insect populations. A few predatory insects which can cause problems for people include:

- **Social wasps:** Yellow jackets and paper wasps feed their young on caterpillars and other insects. They can be a problem when they nest near human activities. Treat individual nests in high traffic areas.
- **Asian lady beetles:** These lady beetles are important predators of garden, landscape and agricultural plants and come inside in the fall. Seal cracks and crevices to prevent entry.
- **Spiders:** Most spiders do not survive well indoors and only come inside because they are looking for a hiding place. The spiders we have in Nebraska are not aggressive and do not attack people.
- **Carpenter ants:** Carpenter ants feed on other insects and do not eat wood. They tunnel into wood and live inside it. In the natural landscape, carpenter ants nest in fallen trees. Moisture problems, like a leaky roof, plumbing, wet insulation, or ill-fitting windows can create moist conditions within the structure of the house. Solving the moisture problem is the first step to solving carpenter ant problems.



Boxelder bugs

Jim Kalisch, UNL Department of Entomology

### Insects Feeding on Plants or Trees

Many insects feed on plant materials in the landscape. A few which periodically invade homes include:

- **Clover mites:** These tiny reddish mites feed on outdoor plants and come indoors in the spring. They particularly like well fertilized fescue. Vacuuming is helpful.
- **Boxelder bugs:** They feed on box elder or maple trees during the summer and become adults in the fall. Overwintering adults squeeze into cracks of houses. Once inside walls, they cannot be controlled.
- **Conifer seed bugs:** These insects are in the same family as boxelder bugs, but are brownish colored. They feed on pine trees during the growing season and squeeze into cracks of homes in late-summer.

### General Preventative Measures

- Because many of these pests live outdoors and invade homes when seeking harborage, sealing cracks and crevices is an important long-term



Seal cracks and crevices

strategy which will help control many pests. If you have had problems in the past with some of these invading pests, *now is the time* to find and seal openings where they are coming indoors.

- Identifying and eliminating moisture problems in and around the home prevent or even solve some infestations, like carpenter ants.
- Clean up the landscape and maintain the exterior of your home. Overgrown vegetation, peeling paint, broken gutters, and downspouts will attract pests. Make sure soil grade slopes away from the house.

### Once Pests are Indoors, Non-Toxic Measures Include

- Reduce moisture with a dehumidifier to help control millipedes, springtails, pillbugs, and other moisture-loving pests.



Oriental cockroach on a sticky trap

- Use glueboards (i.e., sticky traps) to catch crawling pests, like spiders, crickets, millipedes, and others. Flat glueboards are most effective.
- A vacuum cleaner is an extremely helpful control tactic for invading insects.

### Management of Home Invading Pests

How to manage these pests depends on the specific pest, so identification is extremely important. At the extension office, we offer the public free pest identification. Bring specimens to the office at 444 Cherrycreek Road, Suite A, Lincoln Monday thru Friday, 8 a.m.–4:30 p.m.

## Avoiding Conflicts with Wild Turkeys

Soni Cochran

UNL Extension Associate

Just a few years ago, it was unusual to see wild turkeys. Now these beautiful birds are a common sight in rural areas and have been spotted in urban areas like Lincoln and Omaha. While it may be novel to have turkeys in your neighborhood, it is important to keep wild things wild. Turkeys can easily become used to humans and are likely to lose their fear of people and when that happens, there can be conflicts.

Here are some basic wild turkey do's and don'ts:

**Keep Your Distance.** Enjoy wild turkeys from a distance. Don't encourage them onto your property with food or other handouts.

**Don't Feed Wild Turkeys.** Turkeys can survive on their natural foods and don't need handouts from people. Many people who start out feeding wild birds like turkeys and geese on their property, soon regret their decision. For the sake of the birds and neighborhood residents, it is important not to let turkeys get used to getting food from people.

**Remove and Secure Sources of Food.** Wild turkeys are attracted to the seed spilled under bird feeders. If



Mary Jane Frogge, UNL Extension in Lancaster County

you feed birds and turkeys are roaming your neighborhood, clean up spilled bird seed each day. If turkeys begin feeding on the seed, take the bird feeders down and clean up all seed.

### Do Not Allow Turkeys to be Comfortable in the Presence of People.

Wild turkeys who become conditioned to people are more likely to cause damage and/or attempt to dominate people. Once this behavior is established it is hard to change. These large birds live in flocks where there is a pecking order. Every wild turkey must view all humans as dominant in the pecking order. Birds that are used to humans may attempt to dominate or attack people the birds view as being lower in the pecking order.

### Don't Let Turkeys Intimidate You!

Be "bold" around turkeys especially when they first show up. Encourage neighbors to do the same.

Raise your arms, look "big" and don't run from the birds. Make loud noises. Use non-lethal, non-injurious implements like a broom to drive them away. There's no need to harm the birds. Spraying water from a hose or a dog on a leash is a good deterrent.

**Attacking Shiny Objects.** If a turkey is pecking at windows, vehicles, or other shiny objects, cover or disguise the object. Harass the bird by chasing it, squirting with a hose, or by showing aggression towards the bird.

**Protecting Your Gardens and Crops.** Harass turkeys looking for food in your gardens. Be Bold! Be Big! Dogs tethered on a run near the garden can scare the birds away. Use bird netting to exclude the birds from your crops. Motion-activated sprinklers and scare devices can sometimes be effective.

### Educate Your Neighbors.

Everyone needs to help keep turkeys wild. If your neighbors are providing food for turkeys or running from the birds and failing to be bold, all your efforts will be futile. Especially aggressive birds may need to be removed with a special permit by a pest control/wildlife professional.

Sources: MN Dept of Natural Resources, Massachusetts Dept of Fisheries and Wildlife

## Ah, Wildlife...

**Q: There are a couple of squirrels in my yard that have hardly any hair on them? What can we do? Do we need to worry about our dog catching something?**

**A:** The hairless squirrels probably have mange. Mange is caused by a type of mite burrowing into the skin of the animals. The skin becomes irritated, itchy, resulting in hair loss by the host animal (the squirrels in this case).

Most mites, including the mites that cause mange, are fairly host specific meaning the mite survives best on one species of animal or closely related animals. For example, mice and rats are related and share mites.

There's nothing we can do to help the squirrels. If you find a dead squirrel in your yard with signs of mange, dispose of the carcass. Use a shovel and gloves to put the carcass into a plastic bag. Double bag and put in a garbage can stored outside. Do not let your pets "roll in" the carcass. Even though you or your family dog isn't related to squirrels, mites from squirrels could try to feed on you and/or your dog. Any discomfort from mites trying to feed on you should be short-lived because these mites can't permanently establish on other host animals not related to squirrels.

—Soni Cochran, UNL Extension Associate





Alice Henneman, MS, RD, UNL Extension Educator

June is Dairy Month. The new Dietary Guidelines for Americans 2010 (DGA2010) recommend we choose foods that provide more calcium, potassium, and vitamin D. Dairy products provide all of these nutrients.

June also is Fresh Fruit and Vegetable Month.

Here is a quick dip made with yogurt and salsa. You also may use it as a salad dressing. Enjoy it with your favorite veggies — another food group the DGA2010 recommends we eat in greater amounts.

## Salsa Yogurt Dip



Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa.)

Serve with veggie dippers, such as carrot and celery sticks; green, red, or yellow pepper strips; broccoli flowerets; sliced cauliflowerets; cucumber wedges.

### Dip Tips

- Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange, or pineapple juice. Or use a commercial produce protector such as Fruit-Fresh®, and follow the manufacturer's directions.
- Cover and refrigerate cut fruit and vegetables until ready to serve.
- Most cold dips taste best if refrigerated for about an hour before serving to let the flavors blend.
- Perishable foods like dips and cut fruit and vegetables should not sit at room temperature for more than two hours, total time. If you will be serving dip for a longer period than this, set out a smaller bowl of dip and then replace it with another one when it is empty. DO NOT add fresh dip to dip that has been sitting out.

Use any extra dip that has not been served within three to four days of preparation date.

# Name that Veggie!

Alice Henneman, MS, RD  
UNL Extension Educator

How well do you know your veggies? The Dietary Guidelines for Americans, 2010 (DGA2010) recommend eating at least 2-1/2 cups of vegetables **daily** (based on a 2,000-calorie diet). The DGA2010 further divide vegetables into five subgroups and recommend the following intake from each subgroup **per week** (for a 2,000-calorie diet):

- Dark-green vegetables (1-1/2 cups/week)
- Red and orange vegetables (5-1/2 cups/week)
- Beans and peas (legumes) (1-1/2 cups/week)
- Starchy vegetables (5 cups/week)
- Other vegetables (4 cups/week)

**See if you can guess the following vegetables.** There is one from each vegetable subgroup. The answers are at the end of the article.

### Veggie 1

1. Excellent source of protein, high in dietary fiber, potassium, and folate
2. Often eaten cold in salads or hot in soups
3. The type sold in the United States is usually cream-colored and relatively round
4. Main ingredient in hummus

### Veggie 2

1. The French called them “love apples”
2. High in lycopene, an antioxidant that may help lower the risk of certain cancers and other conditions such as cardiovascular disease and osteoporosis
3. Taste best when stored at room temperature
4. Botanically, they are a fruit

### Veggie 3

1. High in vitamin A
2. A dark green lettuce
3. Had its start as a Mediterranean weed
4. Has a long, loaf-shaped head of sturdy leaves

### Veggie 4

1. Contains phytochemicals that may help reduce the risk of certain cancers
2. Its four-petaled flowers bear a resemblance to a Greek cross, resulting in it frequently referred to as a crucifer or cruciferous vegetable
3. Mark Twain called this vegetable “...a cabbage with a college education”
4. Creamy white in color

### Veggie 2: Tomato.

(Red and Orange Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned red and orange vegetables, cooked or raw — for example, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

### Veggie 3: Romaine Lettuce.

(Dark-Green Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw — for example, broccoli; spinach; collard, turnip, and mustard greens.

### Veggie 4:

### Cauliflower.

(Other Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned other vegetables, cooked or raw — for example, iceberg lettuce, green beans, and onions.

### Veggie 5: White

### Potatoes.

(Starchy Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned starchy vegetables — for example, corn, and green peas.



### Veggie 5

1. The leading vegetable crop in the United States
2. A medium (5.3 oz.) skin-on serving has just 110 calories
3. High in potassium, a nutrient the DGA2010 recommend Americans increase in their diet
4. A model of this vegetable serves as the basis for a toy named after it

## ANSWERS

### Veggie 1: Garbanzo beans;

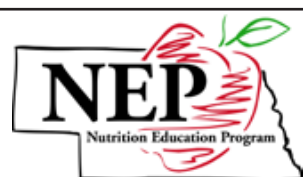
### also called chickpeas.

(Beans and Peas [Legumes] Subgroup). Additional vegetables in this subgroup include all cooked and canned beans and peas — for example, kidney beans, lentils, chickpeas, and pinto beans. Does not include green beans or green peas.

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# \$tretch Your Food Dollar with Healthy Summer Snacks



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

Julie Rasmussen

UNL Extension Associate

Lauren Christensen

UNL Dietetic Intern

Are you looking for ideas for healthy summer snacks? One or two nutritious snacks a day can be healthy for all of us. They can

boost our energy throughout the day and keep us from overeating at meal times. In addition, snacks can help us sneak in a few servings from two or more of the five food groups.

Stretch your food dollar and snack healthy by planning ahead and having snacks written on your grocery list. Keep an eye on the weekly advertisements and purchase products when they are on sale. Fruits and vegetables make great snacks and many are in season and less expensive during the summer months.

Here are a few healthy snacking tips:

- Plan your family's snacks.

- Eat snacks 1-2 hours before meals so you aren't full at meal time.
- Choose snacks low in fat, sugar, and salt.
- Make snacks fun. Have your children help make the snacks.
- Snacks should include foods from 2 of the 5 food groups.
- Variety is key! Try some new snacks.

For more recipes and fun activities, the “Summer Snack of the Week” handout is available free at <http://lancaster.unl.edu/nep/resources.shtml>.

The following recipe is from the “Summer Snack of the Week” handout. It is the recipe for the week of June 26–July 2.

## Easy, Cheesy Quesadilla

(Makes 1 serving)

**Ingredients:**  
1 flour tortilla  
Shredded cheese  
Salsa

Directions:

1. Wash your hands.
2. Sprinkle cheese on tortilla.
3. Fold in half and microwave on high 15–20 seconds.
4. Cut into sections, dip in salsa.





## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View — Irene's Items

**Irene Colborn**  
FCE Council Chair

It has been cool, but that has left the tulips and other flowers last longer.

The June council meeting will be June 27, 1 p.m. at the Lancaster Extension Education Center. Helpful Homemakers are



in charge of the program. The guest speaker will be LaDonna VanEngren from the St. Elizabeth Hospice program.

Please bring your heritage skills items to the council meeting so they can be judged to go on to the state convention. They are:



quilting, ceramics, original heritage skills, glass.

I hope you are getting things together for the baskets for our Sizzling Summer Sampler for our

Scholarship fund.

My "item" — Enjoy the little things in life. One day you will look back and realize they were the big things.

## FCE News & Events

### June Council Meeting

The June FCE Council meeting is Monday, June 27, 1 p.m. at the Lancaster Extension Education Center. We will have LaDonna Van Engren from the St. Elizabeth Hospice Program as our guest speaker. All FCE members are invited to attend.

### Heritage Arts Contest

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

### Baskets Needed

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



Lorene Bartos, UNL Extension Educator

### When Cleaning the Bathroom Don't Forget the Sink Overflow Holes

Bathroom sinks usually have small drainage holes located near the rim. If the sink is overfilled, the water drains into these holes and through a small passageway into the trap. Smelly, sludge-like material can build up in this passageway. To clean, mix a solution of liquid detergent and very hot water and pour it down the overflow holes. If you can see the sludge, loosen it with a stiff brush, and then rinse it away. If a musty smell persists, mix a solution of 1 cup of chlorine bleach with 1 gallon of water and pour it through the holes. Rinse thoroughly.

## Home Safety Checklist

Lorene Bartos  
UNL Extension Educator

Is your home safe? June in National Home Safety month — a time to check the home for possible hazards. This month is a time for families to take a look around their home and be prepared for disasters or any home emergency.

A home safety checklist is a good place to start. The Home Safety Council suggests the following ideas. Involve the whole family, as this is a family affair.

- Check smoke alarms — if you do not have one — this is the time to install one.
- Review or create a fire escape plan.
- Learn how and when to use a fire extinguisher.
- Set the water heater at 120°F or just below the medium setting to prevent burns.
- If you smoke, smoke outside and put water in ashtrays before emptying them.
- Remove clutter from steps.
- Check extension cords and electrical outlets.
- Install grab bars in bathrooms, tubs, and showers.
- Keep cleaners, medications, and beauty products in a place where children can't reach

- them. Use child safety locks.
- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons, and hard round foods, such as peanuts and hard candy, where children cannot see or touch them.
- Stay in the kitchen when cooking. Never leave cooking food unattended. Make sure handles are turned to the back of the stove.
- Read the labels of things you use for your lawn and garden. If you see the words "Caution," "Warning," "Danger," "Poison," or "Keep Out of Reach of Children," these products can be dangerous for children. Store them in a place with a lock.
- Never leave young children unattended around water.
- Have a disaster preparedness plan. What will your family do in case of a disaster. Make a plan, review it, and practice it.
- Check around the home and yard for areas that may cause falls.

With the five leading causes of home injury: falls, poisonings, fires and burns, choking/suffocation, and drowning, any precautions a family can take to prevent injury is a step in the right direction. Check your home today.

Lancaster County Association for Family and Community Education presents



## SIZZLING SUMMER SAMPLER

Guests welcome!

Thursday, July 7 • 6 to 9 p.m.



Heptacodium miconioides, seven-son flower

Light Supper at 6 p.m.  
Lancaster Extension Education Center  
444 Cherrycreek Rd, Lincoln

### Program

GREAT PLANTS FOR NEBRASKA  
presented by UNL Extension Educator  
Sarah Browning

FROM BEETHOVEN TO RAP  
presented by  
Dorothy Applebee



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

Send reservations and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

## Living Well — More Than a Cookbook

Members of the National Extension Association of Family and Consumer Sciences (NEAFCS) have developed and illustrated a book containing delicious, time-tested recipes from across the nation. Also included is a "Recipes for Living" chapter containing research-based information on:

- Healthy Lifestyles
- Living Green
- Home Safety
- Financial Management
- Care of Textiles
- Etiquette

Living Well — More Than

a Cookbook features a designated recipe page for each affiliate with a sidebar describing the significance of the recipe to the state. You will discover a delicious world of adventure in food with over 275 recipes.

Living Well — More Than a Cookbook sells for \$29.95. Consumers may buy the book from their local extension offices for \$25 including tax.



Proceeds from the book sales will be divided between NEAFCS and State Affiliates to support Family & Consumer Sciences educators in their efforts to enhance the quality of life for individuals, families, and communities.

For more information, visit the NEAFCS Web site, at [www.neafcs.org](http://www.neafcs.org). To order a cookbook locally, contact Lorene at (402) 441-7180.

## Household Hazardous Waste Collection

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

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

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

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

Friday, June 10 • 9 a.m. – 1 p.m.  
LOCATION CHANGED — call (402) 441-8021



## Nebraska Wildflower Week, June 4–11



Beardtongue, *Penstemon grandiflorus*



Black-eyed Susan, *Rudbeckia hirta*



Compass plant, *Silphium laciniatum*



Desert globemallow, *Sphaeralcea coccinea*



Leadplant, *Amorpha canescens*



Plains coreopsis, *Coreopsis tinctoria*



Prairie coneflower, *Echinacea pallida*



Prairie larkspur, *Delphinium virescens*



Prairie phlox, *Phlox pilosa*



Purple poppy mallow, *Callirhoe involucrata*



Spiderwort, *Tradescantia ohioensis*



Yellow coneflower, *Ratibida columnifera*



### Garden Guide

#### THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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.

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.

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.

If you do not have much room to landscape, consider using some of the many dwarf varieties available. These are plants that have slow growth and stay small, so there is little pruning maintenance. There are numerous dwarf evergreens, flowering trees, and shrubs from which to choose.

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.

Continue planting warm-season vegetable crops such as beans, squash, and cucumbers.

The best time to harvest most herbs is just before flowering, when the leaves contain the maximum essential oils.

Before pouring gasoline into the fuel tank of your lawn mower, garden tiller, or other garden equipment, be sure to turn off the engine and allow it to cool for at least five minutes.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Inspired by a similar national event, the aim of Nebraska Wildflower Week is to increase awareness and appreciation of wildflowers and native plants in the landscape through an array of events and activities across Nebraska.

Nebraska Wildflower Week will be observed in early June when Nebraska's prairies and gardens are typically at their prime. National Wildflower Week, which is coordinated by the Lady Bird Johnson Wildflower Center in Texas, is observed in early May.

Nebraska Statewide Arboretum Assistant Director for Horticulture Programs, Bob Henrickson, suggests these wildflowers for Nebraska gardens.

**Beardtongue, *Penstemon grandiflorus*.** There are over 200 species of Penstemon, with nearly 24 native to the Great Plains. Ours are upright, multi-stemmed perennials, growing from 2–3 feet tall. Flowers are shaped like snapdragons, in shades of pink, red, blue, purple, or white, arranged in upright spikes. Prefer full sun and well-drained soil. Look great planted in masses.

**Black-eyed Susan, *Rudbeckia hirta*.** Bright golden yellow daisies bloom mid-summer into autumn. Deep brown center disks are striking through winter. Grows in full sun or partial shade in soil that is well-drained but not dry.

**Compass plant, *Silphium laciniatum*.** This classic prairie plant is a relative of the sunflowers, with many large bright yellow flowers in late summer. The large 15 inch coarse, oak-like leaves align themselves in a north-south direction, then it sends up a 4–7 feet flowering stalk in summer.

Also called “century plant” because of its ability to survive for decades. Best for larger gardens where the prairie sky is your background. Can grow to 3 feet wide and 7 feet high.

**Desert globemallow, *Sphaeralcea coccinea*.** Hardy, low-growing native groundcover with coral red flowers throughout the summer. Foliage is silvery gray and deeply cut. Prefers dry site once established.

**Leadplant, *Amorpha canescens*.** A Nebraska native that attracts butterflies. It has showy blue-purple flowers with gold anthers that rise above silvery-green foliage. Prefers well-drained soil in full sun, but also tolerates poor, dry soil. Grows 2 feet high and wide.

**Plains coreopsis, *Coreopsis tinctoria*.** A native annual that flowers from June to September. Showy yellow flowers with red centers and brown center disks are produced on fairly large branched plants. Grows from 1–3 feet tall and prefers dry prairies or open woodlands.

**Prairie coneflower, *Echinacea pallida*.** Showy flower heads have pale pink drooping petals around a dark, dome-shaped disk. Grows 1–3 feet tall in moist to dry upland prairies. Stout, unbranched stems are covered with coarse, stiff hairs. Seed heads remain through winter.

**Prairie larkspur, *Delphinium virescens*.** Native perennial of moist, tallgrass prairies that grows to 3 feet tall. Distinctive flowers in May-June have five white petal-like sepals with purplish-brown spot and a long spur.

**Prairie phlox, *Phlox pilosa*.** Native perennial with rounded clusters of deep pink

to magenta flowers blooms May-July. Grows from 1–2 feet tall in dry to moist, well-drained prairies. Narrow leaves can be up to 4 inches long.

**Purple poppy mallow, *Callirhoe involucrata*.** This tough native is often grown as a groundcover or allowed to weave among taller perennials. Its stems lie close to the ground, but do not root, growing out to 4 feet each year from a bulb-like corm that gets as big as a turnip. Bright purple cup-shaped flowers bloom profusely in early summer among the attractive, cut-leaf foliage.

**Spiderwort, *Tradescantia ohioensis*.** Clump-forming, multi-stemmed perennials with arching, grass-like leaves. Produce showy clusters of flowers in late spring and early summer. Colors range from various shades of blue to pink, rose, purple, and white. Spiderworts native to the Great Plains can tolerate full sun and dry conditions.

**Yellow coneflower, *Ratibida columnifera*.** This bushy 2 feet tall native prairie plant is extremely drought-tolerant. In late summer, the top of the plant is covered with flowers of bright yellow petals drooping around a central cone. Prefers a hot, sunny site and well-drained soils.

Source: Nebraska Statewide Arboretum

### Wildflower Walk at Spring Creek Prairie, June 12

Spring Creek Prairie near Denton will have a “Weekend Wildflower Walk” led by botanist Kay Kottas on Sunday, June 12, 3–4 p.m. For more information, go to <http://springcreekprairie.audubon.org> or call (402) 797-2301.



## Aquatic Plant Control with Herbicides



Treated cattails will show results in two to four days



Filamentous algae



Duckweed

Photos by Todd Barrows, UNL Lake Water Quality Extension Program

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

### Tadd Barrow

UNL Water Quality Educator

With waters gradually warming and aquatic plant or “weed” growth increasing, early summer is a good time to think about implementing an aquatic plant management plan. Aquatic plants can be found in most lakes and ponds throughout Nebraska. Moderate growths are important to the ecology of the pond system by providing dissolved oxygen and habitat for aquatic organisms and fish. However, in overabundance, aquatic plants, can restrict recreational activities such as swimming, fishing and boating, impair fish health, reduce water flows and decrease aesthetics of the lake or pond.

Decreasing plant biomass in a pond or lake can be achieved by a number of techniques; hand pulling, raking, chaining, cutting, applying nontoxic dye, deepening, and herbicide application. Due to the effectiveness and ease of application, herbicide control of aquatic plant growth is often the management tool of choice.

### Considerations

If control by herbicide is the selected method of removal/control, there are at least eight important considerations in planning a successful program:

- Proper identification of the plant
- Uses of the water to be treated
- Potential non-target plants that may be affected
- Timing of the treatment
- Water temperature
- Method of application
- Probability of retreatment, perhaps within the same year
- Cost

### Timing of Application

Most aquatic herbicides should be applied in mid- to late-spring or early summer when water temperatures are above 65°F and plants are growing rapidly. Herbicide penetration is generally maximum at this time. Plants are not only very susceptible during this time, but there is also less biomass to treat early as opposed to later in the season, once maturity has been reached.

If vegetation is treated later in the season, to avoid oxygen depletions and fish kills, only treat one-third to one-half of the area to be treated, wait two to three weeks before any follow-up applications. Fall treatments are generally not effective as the growing season is complete. However, fall treatments of cattail with glyphosate are effective (see “cattail control”).

### Submersed Plants

There are a variety of aquatic plants or “pondweeds” rooted to the bottom of the lake living below the water surface from depths of 1–20 feet. They have thin

leaves attached along the main stem. Many species of submersed plants exist, thus different chemical formulations are required for the most effective treatment.

The most commonly used and most effective chemicals are Reward®, Sonar®, Weedtrine®-D, and Aquathol®. These chemicals are available in liquid form, to be applied in mid- to late-spring by a tank sprayer, or in granular form (similar to kitty litter) that can be hand broadcast. If necessary, contact Tadd Barrow, UNL Lake Water Quality Extension, for proper identification.

### Cattail Control

Cattails thrive in areas where water is six inches to two feet in depth. Although deepening may allow for some control, there may still be areas that require an alternative approach. There are a variety of herbicides on the market effective on cattails, look for a product that has glyphosate as the active ingredient and is aquatic certified. Roundup® is a glyphosate product but IS NOT certified for use near water.

One aquatic-certified product available through many Nebraska retailers is Shore-Klear® manufactured by Applied Biochemists. Follow label directions for mixing the Shore-Klear® concentrate into a tank sprayer and then follow application rates. It is suggested you add 4.5–7.5 pints per acre of cattails you are treating or spray as a 75% solution with handheld equipment. It is also recommended you add a non-ionic surfactant into the chemical mixture, this will help ensure the chemical adheres to the plant and penetrates the waxy cuticle.

It is best to treat cattails in the summer to early fall months when they are green and actively growing. Initial results will occur in two to four days. Results begin with wilting and yellowing followed by full browning. Well-established, heavy growth may require one to three weeks to show results.

### Filamentous Algae Control

Filamentous algae is the stringy green “hair” or “cotton candy” like material that can form green carpet like mats on the waters surface. It commonly grows on the surface near submersed plants or cattails and can be wind blown to the leeward side of the pond. There are two effective methods for removing filamentous algae from a pond, 1) hand removal by raking or 2) the use of a chemical called Cutrine Plus®.

Citrine Plus® granular, is a buffered version of the blue granular copper sulfate familiar to many lake and pond owners, has been widely used by lake owners and managers who claim excellent success by simply hand broadcasting the granules onto/into the area of concern. The granules settle to the bottom and attack the algae before it can form mats upon the surface. There is no minimum water

temperature recommended for use, so it can be applied and should be applied early in the season before the algae develops dense mats, which are more difficult to control.

Copper sulfate may also work to control filamentous algae, however over time, the copper sulfate can damage the bottom dwelling insects and zooplankton important to the overall aquatic ecosystem. Multiple treatments throughout the season may be necessary with either product.

### Dose Rates and Costs of Cutrine Plus® and Copper Sulfate

Citrine Plus® recommended application rate is a 30 pound bag for every 0.5 acre. Cutrine Plus® generally sells for around \$103 per 30 pound bag, with prices subject to change. The manufacturer of copper sulfate recommends 0.8–1.75 pounds (0.3–0.65 parts per million) of per acre foot of water. Other pond treatment recommendations are around 0.5 pounds per acre foot of water.

Hint: An acre foot of water is equal to one surface acre one foot deep. A bag of copper sulfate generally runs around \$2 per pound, after shipping. It may require some experimentation with application rates, you may find a slightly higher or lower dose is best for the level of control you desire.

### Duckweed Control

Duckweed, often referred to as watermeal, appears as minute (1–3 mm) lime green dots on the water. Duckweed is the smallest of all flowering plants commonly associated with stagnant conditions or backwater areas. The best method for

removal is by using a liquid herbicide called Weedtrine-D®. This contact herbicide begins working immediately. It is easy to apply with a simple tank sprayer. One gallon will cover approximately 4000 square feet. Weedtrine-D® is also very effective if submersed aquatic plants become a problem.

WARNING: Water treated with Weedtrine-D® should not be used for swimming for one day. Wait five days for irrigation, human, or animal consumption.

### Suppliers

There are numerous suppliers of aquatic herbicides throughout Nebraska. They can commonly be found at your local Farmers Cooperatives. Many Co-op’s are retailers of aquatic herbicides, but most do not have the chemical on hand, if requested, they can generally have the product you request within a week’s time.

Remember to follow label directions for the herbicide and location.

### FOR MORE INFORMATION

If there are any questions regarding application or aquatic plant identification, contact the UNL Lake Water Quality Extension Program at (402) 472-7783, on the web at <http://water.unl.edu/lakes>.

For free-of-charge identification, pull the plant, leaf, and stem. Pat dry with a paper towel and place the plant in a zip lock bag, then include a brief note in an envelope to: Tadd Barrow  
UNL Lake Water Quality Educator  
516 Hardin Hall  
Lincoln, NE 68583-0995

## Bacterial Safety of Private Drinking Water

Is it time to check the bacterial safety of your private water supply? Late winter and early spring conditions can result in saturated soil and localized flooding. Any well inundated with surface water could have bacterial contamination. In addition, bacteria are most likely to be found during periods of wet weather, especially once the soil is warm.

Testing a private water supply is not regulated in Nebraska. Although it’s not required, it is recommended private water supplies be tested for bacteria annually.

For additional information on bacterial safety of drinking water, see the NebGuide “Drinking Water: Bacteria” (G1826) available at the extension office or online at



<http://go.unl.edu/wmz>. The NebGuide was co-authored by drinking water experts at the University of Nebraska–Lincoln Extension and Nebraska Department of Health and Human Services.

—Sharon Skipton, UNL Extension Water Quality Educator





## Wildlife Habitat Evaluation Program, Deadline June 4

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

## 4-H Teen Council Won't Meet in June

The next meeting will be Sunday, July 10 at 3 p.m.

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

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

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

## 4-H Bicycle Safety Contest, June 25

The 4-H Bicycle Safety Contest will be held Saturday, June 25, 9 a.m. at the Lancaster Extension Education Center. Contest is open to all 4-H'ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. MUST preregister by June 20 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. See Fair Book p. 11.

## Donated Sewing Machine to go to a 4-H'er

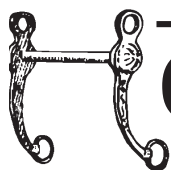
This is the third year that Kath Conroy, a 4-H clothing superintendent, is graciously donating a brand new Bernina sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a paper describing the clothing projects 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 June 30 to Tracy, Lancaster County Extension, 444 Cherry Creek Road, Ste. A, Lincoln, NE 68528.

## 4-H Sewing Help

If you or your club would like help sewing your 4-H project, contact Tracy at (402) 441-7180. We have volunteers who are exceptional seamstresses and have many years of experience helping 4-H'ers with their sewing projects.

## Spotlight on 4-H Newsletter "Index by Topic" Now Available

The "Spotlight on 4-H" newsletter is written by extension staff for 4-H volunteers during the months of January through July. It is packed with information and resources to educate, inform, and motivate 4-H members and families. It is online at <http://lancaster.unl.edu/4h/Spotlight.shtml>. An "index by topic" is now available to make it easy to find articles by topic.



## HORSE BITS

3rd Annual

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

**Saturday, June 4, 2011 (Days Before Districts!) • 9 a.m.**  
Lancaster Event Center Pavilion 3 • (84th & Havelock, Lincoln, NE)

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

### WALK/TROT CLASSES

Now, newer riders and green horses can practice for district competition. Two all-age classes with any tack have been added, but you may not show in other classes requiring a canter/lope.

### 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. Due to time constraints, games and reining are reserved for juniors and seniors only. 4-H attire and 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.

### CLASS FEES SUPPORT 4-H

There will be a one time office charge of \$5 and a \$3 charge per class (including the Hippology Contest). 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
- 8:50 a.m. Posting of Colors and National Anthem
- 9:00 a.m. Individual class workouts on the rail for English classes  
\*\*\* Please listen to announcer for instructions. \*\*\*
  1. English Pleasure/Equitation (seniors)
  2. English Pleasure/Equitation (juniors)
  3. English Pleasure/Equitation (elementary)~~~ Warm-up for all entered in Walk/Trot classes ~~~
  4. Walk/Trot Pleasure (all ages, no other canter/lope classes)
  5. Walk/Trot Horsemanship (all ages, no other canter/lope classes)~~~ Warm-up for all entered in Western classes ~~~

Individual class workouts on the rail for Western classes

\*\*\* Please listen to announcer for instructions. \*\*\*
  6. Western Pleasure Ponies (all ages, only if 4+ entries)
  7. Western Pleasure/Horsemanship (seniors)
  8. Western Pleasure/Horsemanship (juniors)
  9. Western Pleasure/Horsemanship (elementary)\*\*\* Stay for special announcements after this class! \*\*\*  
~~~ Warm-up for all entered in Reining & Games ~~~
  10. Reining (seniors)
  11. Reining (juniors)~~~ Break, arena worked, and set up for Games ~~~
  12. Pole Bending (seniors)
  13. Pole Bending (juniors)
  14. Barrel Racing (seniors)
  15. Barrel Racing (juniors)
  16. Hippology Contest (seniors)
  17. Hippology Contest (juniors)
  18. Hippology Contest (elementary)



SIGN UP FOR HIPPOLOGY & GET FREE PURINA NICKERMAKER HORSE TREATS!

### NEW! HIGH POINT AWARDS

Champion and reserve trophies will be awarded in elementary, junior, and senior divisions at the conclusion of the show. Points for each class will be awarded as follows: 6 for champion, 5 for reserve, 4 for purple ribbons, 3 for blue, 2 for red, and 1 for white. Everyone is automatically enrolled.

Questions? Call Marty Cruickshank @ 402-441-7180 or Caren Miille, (402) 326-0516, [can222@yahoo.com](mailto:can222@yahoo.com)  
Jennifer Rawlinson, (402) 560-3319, [jcrawlinson@windstream.net](mailto:jcrawlinson@windstream.net)  
Carol Wolf, (402) 540-3709, [carol\\_wolf@veyance.com](mailto:carol_wolf@veyance.com)

THANK YOU TO OUR SPONSORS!

## County Fair 4-H Horse IDs Due June 1

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

## State 4-H Hippology and Judging Forms Due June 1

Hippology and judging entry forms for the State 4-H Horse Exposition at Fonner Park are due to the extension office on Monday, June 1. Contest entry forms are available at the extension office or online at <http://lancaster.unl.edu/4h>. All entry fees will be paid by the 4-H Council. For more information and contest rules, go to <http://www.animalscience.unl.edu/extension/equine/4H/districtstateshows/state.html>.

## Judging Clinic and Contests

A 4-H Horse Judging Clinic will be held at Pitzer Ranch, Ericson on Wednesday, June 1. Registration begins at 8:30 a.m. with orientation at 9 a.m. For more information, call Steve Niemeyer at (308) 346-4200 or go to <http://glw.unl.edu>.

A PAK 10 Horse Judging Contest will be held Monday, June 6, 6:30 p.m. at Chance Ridge Arena on West Dodge Street near Omaha. An Eastern Nebraska Horse Judging Contest will be held Wednesday, June 29, 8:30 a.m. at Fairview Stables south of Gretna. For more information, call Monte Stauffer at (402) 444-7804.

## Riding Skills Level Testing on June 21, June 28, and July 5

A 4-H riding skills level testing will be held on Tuesday, June 21, 5:30 p.m. at the Lancaster Event Center — Amy Countryman Arena. Anyone wishing to be tested must be signed up by June 14 by contacting Marty at (402) 441-7180 or [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu). Testings will also be held on June 28 and July 5 at the Lancaster Event Center — Amy Countryman Arena. July 5 will be the last date to test in order to ride in the Lancaster County Super Fair. All of the horsemanship requirements must be passed and paperwork, including the sign-off sheet, submitted to the 4-H office on July 5. All Lancaster County riding skills level tests must be done in group testings. Individual tests done by leaders are no longer accepted.



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

## Premier Animal Science Events (PASE), June 27–28

The statewide Premier Animal Science Events (PASE) will be held June 27–28 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests including: livestock, meats and poultry judging, livestock skillathon, and livestock quiz bowl. For more information, go to <http://pase.unl.edu>. To participate, contact the extension office at (402) 441-7180 by June 3.

## Be a 4-H Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College (see right)! 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.



# Clover College

Tue., June 14–Fri., June 17

Lancaster Extension Education Center, 444 Cherrycreek Rd

Open to youth ages 6–19

Four days of “hands-on” workshops full of fun and learning! Youth may attend as many workshops as they wish. Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description). If you have questions, contact Tracy at (402) 441-7180.

### WORKSHOPS WITH OPENINGS AS OF MAY 17

#### 4-Day Workshops

All four-day workshops will be held Tuesday, June 14–Friday, June 17.

##### #1 Clover Kids 4-day Day Camp

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

TUE-FRI, JUNE 14-17;  
8AM-12:15PM  
AGES 6 & 7 • FEE \$25

##### #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 14-17  
10:15AM-12:15PM  
AGES 8-12 • FEE \$10  
INSTRUCTOR: James Walla,  
4-H Volunteer

#### 3-Day Workshop

##### #4 Rags to Rugs

Make this one of a kind, 3' rug. Sewn fabric will then be loomed into a rug by a professional. Bring sewing machine with gray thread and filled bobbin, scissors, and a chalk pencil.

WED-FRI, JUNE 15-17  
10:15AM-12:15PM  
AGES 10 & UP • FEE \$14  
INSTRUCTOR: Patricia Schmidt,  
Extension Board Member

#### 2 Workshops in a Row

##### #5 Cool Quick Quilt

Design a quick and fun pieced quilt. Bring sewing machine and basic sewing supplies. Material provided.

WED, JUNE 15; 12:45-5PM  
AGES 10 & UP • FEE \$6  
INSTRUCTOR: Brenda Pedersen,  
4-H Volunteer

#### 1-Day Workshops

##### #6 Hooded Towels

Create a hooded towel for a baby or toddler. Fee includes towel and thread. Bring scissors, sewing pins, ruler, and sewing machine (if available).

TUE, JUNE 14; 8-10AM  
AGES 11 & up • FEE \$10  
INSTRUCTOR: Maureen Burson,  
Extension Educator

##### #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 14; 8-10AM  
AGES 8 & up • FEE \$3  
INSTRUCTOR: BJ Spring,  
Nyakuwalk owner, Primitive Survival Skills

##### #9 Money, Money, Money

Learn the basics of banking and how to spend and save wisely.

TUE, JUNE 14; 10:15AM-12:15PM  
AGES 8 & up • FEE None  
INSTRUCTOR: Great Western  
Bank, Clocktower Branch

##### #12 Chicken Scratch? 1

Learn how to Chicken Scratch and make a sampler square. This needlepoint method is interesting and fun!

TUE, JUNE 14, 12:45-2:45PM  
AGES 8 & up, FEE \$4  
INSTRUCTOR: Diane Spomer,  
4-H Volunteer

##### #13 Style Revue

Style Revue at county fair will be here soon! Come to this fun workshop and learn styling procedures and practice your modeling.

TUE, JUNE 14, 12:45-2:45PM  
AGES 8 & up • FEE None  
INSTRUCTOR: TBA

##### #15 Chillin' for Freedom

Make neck coolers to send to the soldiers. Fabric provided. Bring your sewing machine, basic sewing supplies, fabric scissors and white thread with filled bobbin.

TUE, JUNE 14, 12:45-2:45PM  
AGES 10 & up, FEE \$4  
INSTRUCTOR: Karen Wedding,  
Extension Staff

##### #16 Fabulous Face Painting

Learn how to paint awesome designs on faces, arms and legs.

TUE, JUNE 14; 3-5PM  
AGES 10 & up • FEE \$10  
INSTRUCTOR: Jhoni Kucera,  
Paradise Face and Body Painter

##### #17 Chicken Scratch? 2

Learn to transform Chicken Scratch into Gingham Lace. Must have advanced needlepoint skills or have taken Chicken Scratch 1.

TUE, JUNE 14, 3-5PM  
AGES 8 & up, FEE \$2  
INSTRUCTOR: Diane Spomer,  
4-H Volunteer

##### #20 Hula Hoop Rugs

Create a hula hoop rug with old T-shirts. Bring 10 colorful old youth large T-shirts.

TUE, JUNE 14, 3-5PM  
AGES 10 & up • FEE \$3  
INSTRUCTOR: Janet Anderson,  
4-H Volunteer

##### #22 You Be the Judge

Discover what horticulture judges look for while learning how to prepare and exhibit your vegetables & flowers for the fair!

WED, JUNE 15; 8-10AM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Sarah Browning,  
Extension Educator

##### #23 Fishing Fun

Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. Class is for youth who have not previously taken “Fishing Fun.” Wear closed toe shoes and sun protection.

WED, JUNE 15; 10:15AM-12:15PM  
AGES 9 & up • FEE \$5  
INSTRUCTORS: David Smith,  
Extension Technologist

##### #26 Flip Album

Make a nice summer flip album. Bring eight 3½" X 3½" photos.

WED, JUNE 15; 12:45-2:45PM  
AGES 10 & up • FEE \$5  
INSTRUCTOR: Karen Wedding,  
Extension Staff

##### #27 Decoupage Details

Decorate your own storage box by recycling magazines. Bring old magazines and your imagination!

WED, JUNE 15, 12:45-2:45PM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Extension Staff

##### #29 Tour de 4-H

Learn about bicycle safety, proper equipment and bicycle 4-H entries. Bring your bike and helmet! Wear sunscreen.

WED, JUNE 15, 3-5PM  
AGES 8 & up • FEE \$2  
INSTRUCTORS: Amy Hoover and Jill Greff, 4-H Volunteers

##### #30 Creative Cards

Learn how to create new cards by recycling old cards.

WED, JUNE 15; 3-5PM  
AGES 9 & up • FEE \$5  
INSTRUCTOR: Teri Hlava, Extension Assistant

##### #31 Kitchen Fun

It's easier than it looks to mix and shape bread and rolls. Participants learn techniques and bring home samples they have made.

WED, JUNE 15; 3-5PM  
AGES 10 & up • FEE \$5  
INSTRUCTOR: Lorene Bartos,  
Extension Educator

##### #32 Recycled Treasures

One person's trash is another one's treasure. Make creative new items for around the house that once had a different purpose.

WED, JUNE 15; 3-5PM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Nicole Effle,  
4-H Volunteer

##### #33 Happy Healthy You

Learn fun ways to be healthy and fit through basic nutrition and exercise. Come prepared to sweat!!

THU, JUNE 16; 8-10AM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Jennifer Smith,  
Paige Roach & Victoria Garza,  
4-H Volunteers

##### #35 Basketball Basics

Learn the basic skills needed to be a successful basketball player. Basketball included. Wear closed toe shoes and sun protection.

THU, JUNE 16, 10:15AM-12:15PM  
AGES 8 & up • FEE \$10  
INSTRUCTOR: Evan Kucera,  
College Basketball Player

##### #36 ¡Viva el Español!

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

THU, JUNE 16; 10:15AM-12:15PM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Nancy Smith and  
Paige Roach, 4-H Volunteers

##### #38 Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks, and toys.

THU, JUNE 16; 12:45-2:45PM  
AGES 11 & up • FEE \$5  
INSTRUCTOR: Lorene Bartos,  
Extension Educator

##### #42 Terrific Table Setting

Create an awesome centerpiece and learn how to participate in the table setting contest.

THU, JUNE 16; 3-5PM  
AGES 8 & up • FEE \$4  
INSTRUCTOR: Jami Rutt,  
Extension Assistant

##### #43 Candyland Cottage

Assemble a gingerbread house and adorn it with the candy of your dreams. Bring leftover candy to add to the supplies.

THU, JUNE 16; 3-5PM  
AGE 8 & up • FEE \$4  
INSTRUCTOR: Karol Swotek,  
4-H Volunteer

##### #44 Animal Adventure

Are you ready to take an animal adventure? This class is your ticket to a great animal learning adventure.

THU, JUNE 16; 3-5PM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Shayna Truax,  
Extension Intern

##### #47 Soccer Basics

Learn the basic skills needed to be a successful soccer player. Soccer ball included. Wear closed toe shoes and sun protection.

FRI, JUNE 17, 10:15AM-12:15PM  
AGES 8 & up • FEE \$10  
INSTRUCTOR: Jessica Kerwin,  
4-H Volunteer

##### #50 Control the Flow

Explore the Magic of Electricity by creating your own light switch you can enter in the fair!

FRI, JUNE 17, 12:45-2:45PM  
AGES 8 & up • FEE \$5  
INSTRUCTOR: Shayna Truax,  
Extension Intern

June

## Stephanie Wachter

Lancaster County 4-H is proud to announce Stephanie Wachter as winner of June's “Heart of 4-H Award” in recognition of outstanding volunteer service.

A volunteer for about five years, Stephanie helps with a wide range of activities:

- started, and is leader of, the Future Veterinarians of Nebraska 4-H club,
- helps with Harmony Hill 4-H horseless club,
- member of Horse VIPS (Volunteers in Program Service) Committee and helps with fundraising and the Pre-Districts Clinic/Show/Fundraiser,
- member of 4-H Council and helped staff tables during Tractor Supply Company's recent Paper Clover promotion,
- writes grants for the Vet club, Harmony Hills club, and Horse VIPS Committee.

Jennifer Rawlinson nominated Stephanie for the award, saying, “She has been trying to cover every shift at Tractor Supply Company during the Paper Clover promotion and every time I talk to her she is telling me about the most amazing Vet Club projects!”

Stephanie says, “I like being a 4-H volunteer because I enjoy seeing the youths light up when something they are learning ‘clicks,’ seeing members get the recognition they deserve for accomplishing their goals; and the friendships I have developed with not only adults but the youth and parents. I have two favorite experiences as a 4-H volunteer: 1) watching the Harmony Hill Club members win special recognition for their ‘Quilt Poster’ for the horse poster challenge, all because they liked my idea; 2) making my daughter take the hippology test at last year's Horse Pre-Districts and her winning the champion trophy.”

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



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



## Keep Your Family Safe in Rural Areas

**Sharry Nielsen**  
UNL Extension Educator

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



### ATV — Make Every Ride Safe

Since 2004, ATV's have been the leading cause of agricultural fatalities in Nebraska, averaging over five deaths each year. Children 15 and under account for 25 percent of the fatalities. A Consumer Product Safety Commission (CPSC) report released in February 2008 indicates in the U.S., ATV accidents killed 111 children under the age of 16 and injured over 39,000 seriously enough to be taken to the emergency room. Parents can help stop this trend by following and teaching the ATV riders in their families some basic safety techniques.

**ATV's are not toys.** They are not appropriate for children under six years of age. For children between 6 and 12 years only (50 cc) machines are suitable. Not only do young children lack the physical size

and strength to operate a motorized vehicle safely, their ability to think through situations, their motor skills, and their perception are not fully developed. ATV's are difficult to ride and require constant attention to avoid accidents.

Between the ages of 12 and 15, youth should learn on and operate, only mid-size ATV's. Again, look for manufacturers' Minimum Age Recommendation label. Adult-sized machines should be reserved for teens over 16 who have reached their full physical size.

**Arrange for a training course.** A hands-on training course offers youth the opportunity to receive experience operating an ATV under the supervision of a certified instructor. Practicing basic maneuvers on safe terrain gives teens confidence in handling the vehicle under your guidance.

**Helmets save lives — insist on them!** With your children, select helmets that fit them and their style. It is estimated helmets could have saved the lives of about 25 percent of those who died from head injuries in ATV accidents. The risk of head injury without helmet protection is twice as high as when an injured wore a helmet. Don't let helmets be an option; make them part of using the ATV.

**Absolutely No Passengers!** Most ATV's are designed for one operator. Their unique handling characteristics require focus and maneuverability from the driver. A second person seriously impairs the driver's ability to shift weight, steer, and control the vehicle. And, distracted driving applies to ATV's just as it applies to cars, pick-ups and other vehicles.

No paved roads. In Nebraska, the only time an ATV can legally be on a paved road is to cross it directly. ATV's are meant to be used on terrain. They react awkwardly and are difficult to control on pavement. While all-terrain vehicles have been a work-saver for farmers and ranchers, families need to take the time and effort to teach youth how to operate them

safely. The biggest risk factors leading to injuries are driver misuse and inappropriate driving behavior, such as excessive speed and allowing passengers to ride. If you have an ATV, sit down with your children this week and review rules for the use of the ATV. You will also need to decide the consequences if the rules are not followed (loss of ATV privileges might be a good one). Make an appointment for a rider course from your local ATV dealer or contact your local UNL extension office for a rider course in your area. If your children visit homes where there is an ATV, you should also discuss your expectations and how your children should handle situations where there are few or no rules — such as no use of helmets or the allowing of passengers on the ATV.

### Tractor Safety is Everyone's Business

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

With Mikey in tow, his grandfather drove toward the haystack. Once there, Harlow briefly glanced backward. Horrified, he saw Mikey's body lying in the snow. "I was hoping the soft snow would have cushioned him, but it wasn't enough," his grandfather said. Today, the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, SD works feverishly to educate local children, youth, and farm families about not only tractor safety, but all aspects of farm safety. (Reprinted with permission from the *Dakota Farmer*)

Annually, in the United States, over 350 fatalities are related to tractor incidents. Thirty percent of farm machinery related deaths are among children under the age of five. Tractors are essential

to modern agriculture, but unfortunately, in the U.S., are identified as the largest hazard on the farm. Roll-over protective structure (ROPS) and seat belts, when worn, are the two most important safety devices to protect operators from death during tractor overturns. As parents, it is important to both teach and model safe behavior when operating a tractor. When teaching and supervising teens, practice these tips:

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

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

**A Tractor Safety Training for youth ages 14 & 15 will be held in Lincoln June 16-17. See next page.**



### Safety Around Ponds

Drowning ranks second only to motor vehicle mishaps as the most common cause of accidental death for children. Children under age 4 are especially high risk. Even adults are at risk in water muddied by silt, plants, and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs

when a child is left alone or accidentally falls into a pool or pond. Farm ponds can look inviting, but many times they are deep with a sudden dropoff. A person can go from knee deep water to water 50 feet deep in seconds. Additionally, weeds growing from the bottom can entangle a person, making it difficult or impossible to return to the surface. If you live close to a pond or irrigation source, take steps this spring to keep your family safe. Begin with these:

- Provide children over 3 years with swimming lessons.
- Fence off ponds and other water areas as feasible.
- Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
- Adopt a "swimming buddy" policy for children. Where swimming is allowed, be sure children always swim with a friend or adult.
- Insist children use personal flotation devices, such as buoyant vests, cushions, or rings.
- Keep rescue equipment near water areas. Purchase a flotation device or make one from a gallon plastic jug and attach a rope. Install a safety post near the pond. Tie the loose end of the rope to the post. Add a laminated poster with instructions on how to use and other water safety tips near the top of the post.

- Teach older children and teens "Reach, Throw, and Wade," so they do not risk their lives to help a drowning victim.
- Be sure all swimmers know how to get help quickly. Older teens and adults should learn CPR.
- Never swim during storms or lightning. Drowning rates are three times higher in rural areas than in urban areas and often occur in water like farm ponds and irrigation canals.

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

These tips also apply to rivers and creeks, many of which are experiencing high water levels this spring.

### Nebraska LEAD Program

Nebraska Agricultural Leadership Council

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

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

#### Application deadline is June 15.

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

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

### Nebraska 4-H ATV RiderCourse Training Program

The University of Nebraska—Lincoln Extension 4-H Youth Development Program is offering youth and parents the opportunity to learn about ATV safety thanks to grants awarded by National 4-H Council as part of the 4-H ATV Safety Grant Program, a collaboration among local 4-H groups, the national 4-H Youth Development Program, and the ATV Safety Institute (ASI).

Thirteen Nebraska extension staff and volunteers are ASI licensed instructors and deliver the ASI ATV RiderCourse to counties and communities across the state. Through implementation of this statewide program we hope to provide the educational components needed to develop critical thinking

skills and good decision-making skills resulting in a change in ATV-related behaviors and a reduction in ATV-related injuries and deaths in Nebraska.

This hands-on, half-day 4-H ATV RiderCourse is conducted by licensed ATV Safety Institute Instructors. The course offers participants an opportunity to increase their safety knowledge and to practice basic riding skills in a controlled environment under the direct supervision of a licensed instructor. The RiderCourse includes pre-ride inspection, starting and stopping, quick turns, hill riding, emergency stopping, swerving, and riding over obstacles. Participants learn about protective gear, local regulations, places to ride, and environmental

concerns.

#### How much does it cost?

The ATV Safety Institute 4-H ATV RiderCourse is valued by the ATV Safety Institute at \$75 per person for youth 8-15 years of age and \$125 per person for those over 15 years of age. These fees are waived due to the Nebraska ATV Safety grant. A small site fee may be charged to partially cover expenses like equipment, travel, etc.

#### Additional Information

— If you would like the 4-H ATV RiderCourse Training to be conducted in your county or you have youth, adults, clubs, and other organizations interested, contact Bob Meduna at (402) 624-8064 or [rmeduna1@unl.edu](mailto:rmeduna1@unl.edu).



# EXTENSION CALENDAR

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

## May

26 4-H Leader Training ..... 9:30 a.m. & 6:30 p.m.

## June

- 1 County Fair 4-H Horse ID's Due to Extension
- 1 State Horse Hippology and Judging Forms Due to Extension
- 2 Sign-up deadline for June 4 4-H Life Challenge Contest – County-Level Senior Division
- 4 4-H Life Challenge Contest – County-Level Senior Division ..... 9 a.m.
- 4 4-H Horse Pre-Districts Clinic Show/Fundraiser, Lancaster Event Center Pavilion 3 ..... 9 a.m.
- 7 4-H Council Meeting ..... 7 p.m.
- 10 Extension Board Meeting ..... 8 a.m.
- 11 Composting Demonstration, Pioneers Park Nature Center's backyard composting demonstration area ..... 10–11:30 a.m.
- 13, 14 4-H District Horse Shows, Hastings, Columbus
- 14 Sign-up deadline for June 21 4-H Horse Level Testing
- 14–17 4-H Clover College
- 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
- 15, 16 4-H District Horse Shows, O'Neill, Chadron
- 16–17 Tractor Safety Training, UNL Tractor Test Lab
- 19–21 Wildlife Habitat Evaluation Program, Niobrara State Park
- 20 Sign-up deadline for June 25 4-H Bicycle Safety Contest
- 21 Guardian/Conservator Training ..... 1:30–4:30 p.m.
- 21 4-H Horse Level Testing, Lancaster Event Center Amy Countryman Arena. 6 p.m.
- 21 Sign-up deadline for June 28 4-H Horse Level Testing
- 22, 23 4-H District Horse Shows, Ogallala, Beatrice
- 23 Parents Forever Class ..... 9 a.m.–12:30 / 5:30–9 p.m.
- 25 4-H Bicycle Safety Contest ..... 9 a.m.
- 27 Family & Community Education (FCE) Council Meeting ..... 1 p.m.
- 27–28 4-H Premiere Animal Science Events (PASE)/Life Challenge
- 28 4-H Horse Level Testing, Lancaster Event Center Amy Countryman Arena. 6 p.m.
- 28 Sign-Up Deadline for July 5 4-H Horse Level Testing



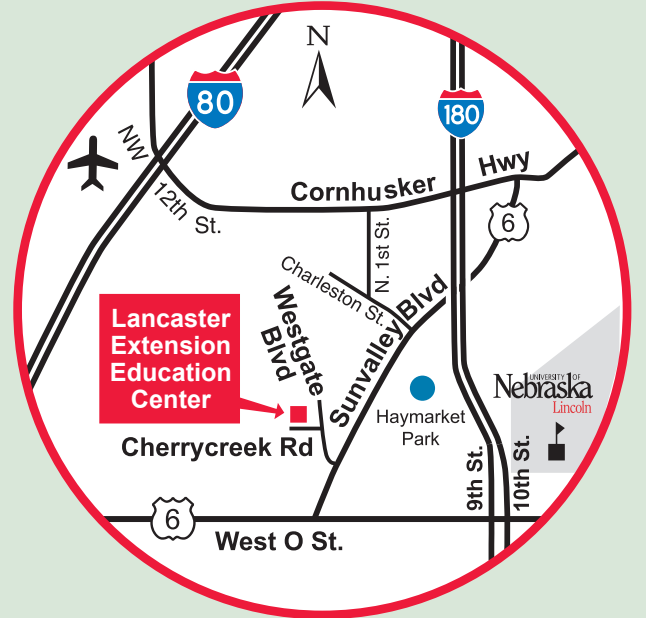
University of Nebraska–Lincoln Extension  
in Lancaster County  
444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528-1507  
**(402) 441-7180**

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444 Cherrycreek Road, Lincoln



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University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

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

## Lancaster County 4-H'ers Qualify for Regional Speech Contest

The Lancaster County 4-H Speech and Public Service Announcement contest was held May 1. Over 42 Lancaster County 4-H youth competed in this year's communication events. Top PSA's will be posted online soon.

The top winners will represent our county at the Regional Speech contest on May 26 at University of Nebraska-Lincoln's East Campus.

Those representing Lancaster County in Speech are: Erica Peterson, Holly Hillebran, Elli Dearmont, Emma Noel, Alyssa Zimmer, Peter Greff, Ivy Dearmont, Sheridan Swotek, and Victoria Garza.

Those representing Lancaster County in the Public Service Announcement competition are: Elli Dearmont, Erica Peterson, Victoria Garza, Paige Roach, Ivy Dearmont, Emma Lanik, McKenzie Kapperman, and Alyssa Zimmer.



**Congratulations to all participants!**

## Tractor Safety Course for Youth 14 or 15

University of Nebraska–Lincoln Extension Tractor Safety/Hazardous Occupations Courses will be offered at seven locations across the state in May and June, including at the UNL Tractor Test Lab, Lincoln on June 16–17. Any youth 14 or 15 years of age who works on a farm or ranch other than his own is required to be certified through a tractor safety course.

Classes consist of two full days of instruction plus homework assignments. Classes are from 8 a.m.–5 p.m. each day. Cost is \$60, which includes materials, supplies, lunches, and refreshments. Registration is requested a week prior to class. For more information and registration form, go to <http://kearney.unl.edu> or call Sharry Nielsen at (308) 832-0645

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## THE NEBLINE

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Photos: Jim Budka, Lincoln Center Kiwanis

## Nearly 375 Attended Kiwanis Karnival

Nearly 375 4-H families and Elliott School students and their families attended this year's Kiwanis Karnival held April 9 at Elliott Elementary School. Lincoln Center Kiwanis sponsors the free, family event by providing snacks and prizes. Ten 4-H clubs created and ran 14 carnival-type games for the kids. The participating clubs were: Coddington Clovers, 4-H Explorers, Extreme Green, Fantastic 4, Heart to Heart, Pet Pals, Rabbits 'R' Us, South Prairie Wranglers, Super Shamrocks, and Zeeny Bees. 4-H Teen Council ran Bingo for adults.

Paige Roach of Fantastic 4 club said, "It's a great way to learn how to be in charge of something and have fun at the same time. Making the games is a FUN club project where we get to be as creative as we want."

Brooke Kreikemeier of Super Shamrocks club said, "It was a fun community service that leaves you a good feeling inside."



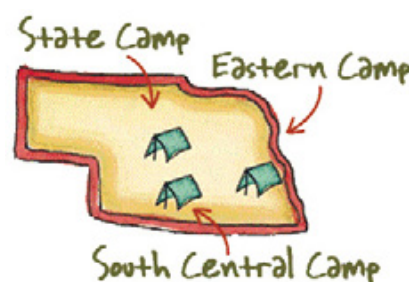
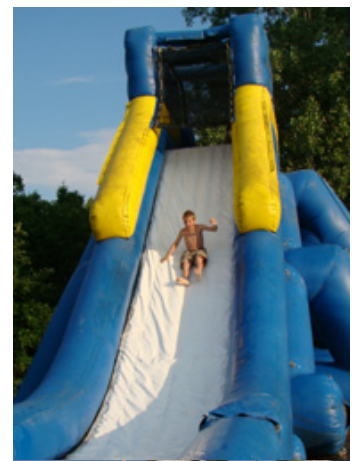
## Sign Up for 4-H Summer Camps!

4-H Summer Camps & Trips are a great place to discover, learn, and grow! Specializing in leadership development, team building, and natural resource education, 4-H camp professionals are prepared to give your child opportunities to experience responsibility, teamwork, and leadership. Camps are open to all youth ages 5-19 — need not be in 4-H.

With three unique Nebraska locations at Halsey, Gretna, and Alma, there are nearly 50 camps ranging from half day to seven days/six nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins.

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association.

2011 4-H Summer Camp brochures have complete information and registration forms — available online at <http://4h.unl.edu/camp> or at the extension office. Register online at <http://4h.unl.edu/camp>.



| Dates                               | Camp Session Title                           | Days | Nights | Ages  | Standard |
|-------------------------------------|----------------------------------------------|------|--------|-------|----------|
| <b>2011 STATE 4-H CAMP SCHEDULE</b> |                                              |      |        |       |          |
| July 2                              | Sparklers-Day Camp                           | 1    | 0      | 5-8   | \$40     |
| July 16                             | Double Dog Day Camp                          | 1    | 0      | 5-8   | \$40     |
| July 22-24                          | Rough'n It with Mom and Dad Camp             | 3    | 2      | 8-15  | \$195    |
| June 6-8                            | Explorer-Summer Fun I                        | 3    | 2      | 8-11  | \$175    |
| June 20-22                          | Explorer-Summer Fun II                       | 3    | 2      | 8-11  | \$175    |
| June 22-24                          | Explorer-Tank & Tube the Loup                | 3    | 2      | 8-11  | \$175    |
| July 25-27                          | Explorer-Animal Adventures                   | 3    | 2      | 8-11  | \$175    |
| June 13-17                          | Discovery-Outdoor Skills                     | 5    | 4      | 11-15 | \$295    |
| June 20-24                          | Discovery-Sandhillz Sampler                  | 5    | 4      | 11-15 | \$295    |
| June 27-July 1                      | Discovery-Outback Halsey                     | 5    | 4      | 11-15 | \$295    |
| July 5-8                            | Discovery-Niobrara Kayaking & Tubing         | 4    | 3      | 11-15 | \$245    |
| July 17-20                          | Discovery-Ultimate Girls Rock (NBA)          | 4    | 3      | 11-15 | \$230    |
| July 19-22                          | Discovery-Extreme Robotics/GPS/GIS-Year 1.0  | 4    | 3      | 11-15 | \$110    |
| July 19-22                          | Discovery-Advanced Robotics/GPS/GIS-Year 2.0 | 4    | 3      | 11-15 | \$110    |
| July 25-29                          | Discovery-Veterinary Science                 | 5    | 4      | 11-15 | \$295    |

| Dates                                            | Camp Session Title                           | Days | Nights | Ages     | Standard |
|--------------------------------------------------|----------------------------------------------|------|--------|----------|----------|
| <b>2011 EASTERN NEBRASKA 4-H CENTER SCHEDULE</b> |                                              |      |        |          |          |
| June 11                                          | Wet N' Wild Day Camp**                       | 1    | 0      | 5-8      | \$40     |
| Sept 3-5                                         | Labor Day Family Camp                        | 3    | 2      | All Ages | \$280    |
| June 12-15                                       | Explorer-Summer Fun I                        | 4    | 3      | 8-11     | 205      |
| June 27-29                                       | Explorer-Zoo Bound I                         | 3    | 2      | 8-11     | \$215    |
| June 30-July 2                                   | Explorer-Zoo Bound II                        | 3    | 2      | 8-11     | \$215    |
| July 5-9                                         | Explorer-Summer Fun II                       | 5    | 4      | 8-11     | \$275    |
| July 24-30                                       | Explorer-Aquatic Blast I                     | 7    | 6      | 8-11     | \$435    |
| July 24-27                                       | Explorer-Aquatic Blast Mini                  | 4    | 3      | 8-11     | \$215    |
| July 28-30                                       | Explorer-Zoo Bound III                       | 3    | 2      | 8-11     | \$215    |
| July 31-Aug 3                                    | Explorer-Summer Fun III                      | 3    | 2      | 8-11     | \$205    |
| Aug 3-6                                          | Explorer-Sky's The Limit II                  | 4    | 3      | 8-11     | \$230    |
| Aug 7-11                                         | Explorer-Aquatic Blast II                    | 5    | 4      | 8-11     | \$290    |
| June 13-17                                       | Discovery-Boldly Bound                       | 5    | 4      | 11-15    | \$340    |
| June 26-July 2                                   | Discovery-Sky's The Limit I                  | 7    | 6      | 11-15    | \$435    |
| July 5-9                                         | Discovery-Summer Fun II                      | 5    | 4      | 11-15    | \$275    |
| July 5-9                                         | Discovery-Extreme Robotics/GPS/GIS-Year 1.0  | 5    | 4      | 11-15    | \$110    |
| July 5-9                                         | Discovery-Advanced Robotics/GPS/GIS-Year 2.0 | 5    | 4      | 11-15    | \$110    |
| July 10-15                                       | Discovery-Outdoor Skills                     | 6    | 5      | 11-15    | \$340    |
| July 24-30                                       | Discovery-Aquatic Blast I                    | 7    | 6      | 11-15    | \$435    |
| July 31-Aug 3                                    | Discovery-Summer Fun III                     | 3    | 2      | 11-15    | \$205    |
| Aug 7-11                                         | Discovery-Aquatic Blast II                   | 5    | 4      | 11-15    | \$290    |

| Dates                                         | Camp Session Title           | Days | Nights | Ages  | Standard |
|-----------------------------------------------|------------------------------|------|--------|-------|----------|
| <b>2011 SOUTH CENTRAL 4-H CENTER SCHEDULE</b> |                              |      |        |       |          |
| June 8-10                                     | Explorer-Summer Fun I        | 3    | 2      | 8-11  | \$155    |
| June 14-17                                    | Explorer-Water Bound         | 4    | 3      | 8-11  | \$260    |
| June 20-22                                    | Explorer-Summer Fun II       | 3    | 2      | 8-11  | \$155    |
| June 22-24                                    | Explorer-Adventure Trek      | 3    | 2      | 8-11  | \$155    |
| June 27-30                                    | Explorer-Frontier Adventure  | 4    | 3      | 8-11  | \$270    |
| June 8-10                                     | Discovery-Summer Fun I       | 3    | 2      | 11-15 | \$155    |
| June 14-17                                    | Discovery-Water Bound        | 4    | 3      | 11-15 | \$260    |
| June 20-22                                    | Discovery-Summer Fun II      | 3    | 2      | 11-15 | \$155    |
| June 20-24                                    | Discovery-Shooting Skills    | 6    | 5      | 11-15 | \$315    |
| June 22-24                                    | Discovery-Adventure Trek     | 3    | 2      | 11-15 | \$155    |
| June 27-30                                    | Discovery-Frontier Adventure | 4    | 3      | 11-15 | \$270    |

| Dates                                   | Camp Session Title        | Days | Nights | Ages  | Standard |
|-----------------------------------------|---------------------------|------|--------|-------|----------|
| <b>2011 EXPERIENCE CAMP SCHEDULE***</b> |                           |      |        |       |          |
| June 20-23                              | Aquatic Skills            | 4    | 3      | 14-18 | \$360    |
| July 18-22                              | Tube & Kayak the Niobrara | 5    | 4      | 14-18 | \$385    |

\*\* Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.  
 \*\*\* Those attending Experience Camps will need to register through Eastern 4-H Center.

## Can You Guess It?



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

Did you guess it from the May NEBLINE?  
 The answer was: Chicken Eggs — Breeds Brahma and Araucana

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Average Joe  
 to CEO.



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