

Emerald ash borer in Lancaster County

What to do now

Sarah Browning

Extension Educator, Lancaster Co.

Last summer, adult emerald ash borer (EAB) beetles were found in Lincoln, caught in a monitoring trap northwest of Pioneers Park.

Nebraska Forest Service recommendations have always encouraged homeowners to not start treating trees until their property is within 15 miles of an EAB confirmed site. However, last summer's EAB find puts the majority of Lincoln and Lancaster county within the 15-mile treatment consideration zone. The current map of EAB detections and quarantined counties is online at <http://nfs.unl.edu/nebraska-eab>.

What should homeowners do now? Begin scouting for signs of EAB activity in your trees and determine which of your ash trees are healthy enough to be worth saving. If you decide to treat, plan to make the first treatment this spring.

Scout for EAB

EAB attacks healthy ash trees, laying eggs everywhere — in the upper twigs, secondary branches and main trunk. Healthy trees react to larval tunneling and kill many of the invading immature borers. As a result, in the early years of attack, borers typically survive only in small branches at the top of the tree's canopy. This is the first symptom to look for — small branch dieback in the top one-third of a tree. As the infestation progresses, larger branches lower in the canopy die too.

The next symptom is profuse suckering from the tree's trunk or base. Healthy vigorous trees respond to branch death in the canopy by sending up suckers, or adventitious shoots, from the trunk to try and keep the tree alive. Trees do develop suckers for reasons other than EAB attack, but sucker development coupled with canopy dieback should send up red flags in a homeowners mind!

As insect tunneling occurs under the bark, sections of bark die and crack in the following years. These cracks occur vertically, up and down the trunk, over a dead

bark section. Woodpeckers are attracted to infested trees, pecking into the bark in search of tasty borer larvae. As a result of their search, they strip off sections of bark. This bark stripping in ash trees is another common symptom of EAB infestation.

Finally, the last symptom to look for is small D-shaped holes about 1/8" across. These are adult beetle emergence holes. As the tree's health declines due to increasing amounts of cambium damage, larvae are able to survive in lower sections of the tree trunk and the emergence holes are close enough to the ground to be easily found.

If you suspect EAB in your trees, contact the Nebraska Department of Agriculture at 402-471-2351.

Select trees for treatment

Not all ash trees should be saved. We get very connected to the trees in our landscapes, so it's difficult to evaluate with a critical eye and make the decision to let a tree die. Keep these thoughts in mind when evaluating your trees.

Trees must be very healthy to move chemicals well, providing the desired protection.

Trunk injections are damaging and trees must be healthy enough to recover. If a tree is already in bad health for reasons unrelated to EAB, it's unlikely the tree will survive the treatments.

Treatments are required for the life of the tree. Treatments are not like immunizations, they don't protect the tree forever. Trees require treatment every one or two years, depending on the chemical used, to provide continued protection. New injection holes must be created at each treatment, causing additional wounding to the tree.

Treatments can be expensive. If a tree is in a poor location, why spend money to treat it?

Unfortunately, for many trees, the best long-term solution is letting the tree die and replanting. For help in deciding whether your tree is a good candidate, read Nebraska Forest Service's "Selecting Trees for Emerald Ash Borer Treatments," online at <https://go.unl.edu/selectash>.

Begin treatment

If you decide to treat, April through early June is the best time for treatment. Two main types of treatments — injection or soil drench — can be used depending on the size of the tree.

In large trees, 45-inch circumference and over measured at 4 feet above the ground, injection of systemic insecticide provides the best control. But injections have drawbacks — specifically, they cause damage to the tree. Most are applied by drilling holes into the tree's trunk, which opens up the trunk to insect pests and decay fungi. Drilling may also break through internal barriers, created by the tree within the trunk, to wall off internal decay. Breaking this barrier allows decay to spread into healthy wood. In addition, the pesticide itself can cause internal damage that may accumulate over years of repeated injections and potentially kill the tree, even if the pest is controlled.

Small trees, under 45-inch circumference, can be treated with soil applications. Soil drench products are easy to apply, don't require any special equipment or wounding of the tree and provide good control on young trees.

Note: EAB does not kill trees quickly; it takes a few years of continued infestation before trees begin to decline. Often insects have been in a tree for 2–3 years before signs of decline are noticed and 1–2 more years before the tree dies completely.

If homeowners begin to treat their trees when 30 percent or less canopy dieback has occurred, an otherwise healthy vigorous tree can usually be expected to fully recover. Trees with over 50 percent canopy dieback, however, are less likely to recover.

FOR MORE INFORMATION

The Nebraska Forest Service has several resources online at <http://nfs.unl.edu/nebraska-eab>, including:

- EAB: Guidelines for Nebraska Homeowners
- Selecting Trees for Emerald Ash Borer Treatments
- Emerald Ash Borer Look-a-likes



Ash tree suckering caused by EAB infestation.



Woodpecker bark stripping on heavily infested ash tree with emerald ash borer.

EAB identification

Adult beetles are small (only about 1/2-inch long), slender and metallic green in color. They emerge from infested trees in early summer, June and July, however the adult beetles are small and hard to find.



Adult females lay eggs in the bark of branches or the main trunk.

Larvae are borers and tunnel just under the bark after hatching. They are flat, cream-colored and legless. They have a brown head, and their bodies are divided into 10 segments, which are bell-shaped near the back end of the insect. At maturity, they reach 1 1/2-inch in length.



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The NEBLINE is published monthly (except December). It is mailed to nearly 11,000 households in Lancaster County. E-newsletter and PDF versions are online at <http://lancaster.unl.edu/nebline>.

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Eat more dark-green veggies for St. Patrick's Day and beyond

Kayla Colgrove, MS, RDN, ACSM-CPT
Extension Educator,
Lancaster Co.



Most Americans age 2 and older do not eat the recommended amounts of vegetables. Vegetables provide vitamins and minerals and most are low in calories and fat, so it is important to add more vegetables to your meals and snacks.

Vary Your Veggies

The most commonly eaten vegetables are potatoes and tomatoes according to the 2015-2020 Dietary Guidelines for Americans. It is important to vary your veggies throughout the week by eating from the five vegetable subgroups: dark green, red and orange, legumes (beans and peas), starchy and other vegetables (see Table 1).

These vegetables are grouped together based on their nutrient content. Most Americans do not eat enough of dark-green, red and orange vegetables, and beans and peas. Try to focus on fitting more dark-green vegetables into your day.

4 ways to add more dark-green veggies

- Add spinach to a smoothie.

- Dip fresh broccoli in hummus, yogurt-based dip or another low-fat dip.
- Not used to eating salads with leafy dark greens? Try mixing romaine lettuce, spinach or baby kale with a lettuce you normally use.
- Liven up a pasta dish, stir fry, omelet or salad by adding spinach or chopped broccoli.

One of my favorite green smoothie recipes is the Clover Power Smoothie (see recipe below). Try this simple green smoothie for a fun and festive way to add dark-green vegetables by using spinach.

Sources:
• 2015-2020 Dietary Guidelines for Americans. U.S. Department of Health and Human Services and U.S. Department of Agriculture. <https://health.gov/dietaryguidelines/2015/guidelines>
• Choose MyPlate. USDA Center for Nutrition Policy and Promotion. www.choosemyplate.gov

Table 1: Examples of Vegetables in Each Vegetable Subgroup:

VEGETABLE SUBGROUP	EXAMPLES
Dark-green vegetables	Broccoli, spinach, leafy salad greens (including romaine lettuce), collards, bok choy, kale, turnip greens, mustard greens, green herbs (parsley, cilantro)
Red and orange vegetables	Tomatoes, carrots, tomato juice, sweet potatoes, red peppers (hot and sweet), winter squash, pumpkin
Legumes (beans and peas)	Pinto, white, kidney, and black beans; lentils; chickpeas; lima beans (mature, dried); split peas; edamame (green soybeans)
Starchy vegetables	Potatoes, corn, green peas, lima beans (green, immature), plantains, cassava
Other vegetables	Lettuce (iceberg), onions, green beans, cucumbers, celery, green peppers, cabbage, mushrooms, avocado, summer squash (includes zucchini), cauliflower, eggplant, garlic, bean sprouts, olives, asparagus, peapods (snowpeas), beets

Source: 2015-2020 Dietary Guidelines for Americans



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

For St. Patrick's Day, I rename this recipe "Shamrocks & Gold Smoothie" to celebrate with a festive, tasty and kid-friendly green smoothie.

CLOVER POWER SMOOTHIE
(Makes 4 cups)

- 2/3 cup 100% apple juice*
- 1/2 cup fresh baby spinach**
- 2 cups frozen pineapple chunks, no sugar added
- 1 cup low-fat vanilla yogurt***
- 1 banana

1. Add apple juice and spinach leaves to blender. Blend first to help make it smooth and avoid leafy chunks.
2. Place the remaining ingredients in the blender.
3. Blend until smooth and serve.

Kayla's notes:

*You can substitute low-fat or nonfat milk or 100% white grape juice for 100% apple juice. Adding milk instead of 100% fruit juice will lower the calories and sugar while adding extra calcium to help strengthen bones.

**You can use kale instead of spinach. Kale does have a stronger flavor than spinach. I really like using spinach since it has little to no flavor.

***To make the smoothie even healthier, use nonfat vanilla yogurt or nonfat vanilla Greek yogurt instead of low-fat vanilla yogurt.

Nutrition Facts Per Serving (1 cup): 135 Calories, 1g Total Fat, 0g Saturated Fat, 35mg Sodium, 31g Total Carbs, 24g Sugars, 2g Dietary Fiber, 2g Protein



Kayla Colgrove, Nebraska Extension in Lancaster County

Ag Estate Planning Workshop, March 5

Nebraska Extension in Lancaster County is hosting an Ag Estate and Succession Planning Workshop on Tuesday, March 5, 9:30 a.m.–3:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in starts at 9:15 a.m. The event is designed to help anyone thinking about how they should proceed with plans to retire, exit or transfer a farm or ranch business. More than one generation of family

members are encouraged to attend.

Registrations required by Feb. 28 by calling 402-441-7180. The cost to attend is \$25 per person and \$10 for each additional family member sharing materials. Fee includes refreshments, lunch and handouts. Pay at the door with cash or check. Debit/credit card payment available for an additional fee.

Topics:

- Importance of planning
- Family communications

- Basic legal considerations and issues with estate planning
- Financing and management transfer for the next generation
- Basic transfer tools (wills, trusts, indirect ownership)
- How insurance products can be used in estate planning

For more information about the workshop, call Allan Vyhnalek at 402-472-1771.

Dicamba training, March 12

The EPA has extended the registrations for three RUP dicamba products (XtendiMax®, Engenia®, FeXapan™) until Dec. 20, 2020. You must hold a valid applicator's license AND receive annual, state-authorized, dicamba- or auxin-specific training to use these products.

There are many options to receive this Dicamba label-required training. University of Nebraska-Lincoln offers in-person trainings and has developed an online dicamba training program. The schedule and online training can be found at <http://pested.unl.edu>.

Nebraska Extension in Lancaster County will host an in-person training on Tuesday, March 12 at 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. There is no cost to attend and no pre-registration needed. Please arrive on time and bring your certified applicator license.

For questions on the training, contact Tyler Williams at 402-441-7180. For dicamba-specific questions, contact the Nebraska Department of Agriculture at 402-471-2351.

Farmland Rent Meeting, March 14

Nebraska Extension in Lancaster County is hosting a Landlord-Tenant Farmland Rent Meeting on Thursday, March 14, 9:30 a.m.–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in starts at 9:15 a.m. The workshop will cover current trends in cash rental rates, lease provisions and crop and grazing land considerations.

Register by March 11 by calling 402-441-7180 to ensure meal count. This program is offered free and open to the public with funding provided by the North Central Extension Risk

Management Education Center and USDA National Institute of Food and Agriculture under award number 2015-49200-24226. Lunch is free thanks to our sponsor United Farm and Ranch Management (UFARM).

Learn about:

- Equitable rental rates
- Lease communication
- Proper lease terms
- Current land values
- Soil types and productivity
- Soil tests
- Pasture lease provisions
- Stocking rates for pasture

“Landlords and tenants often struggle with land management questions,” said Allan Vyhnalek, Extension Educator and workshop presenter. “Both are concerned with fair treatment, but it can be difficult to keep up with the current trends. Our workshop will provide participants with up-to-date information so they can be confident about their lease arrangements.”

For more information about the workshop, call Allan Vyhnalek at 402-472-1771.

Early spring pest control for evergreen trees



Zimmerman pine moth pitch mass



New shoots killed by Diplodia infection.



Needles infected by Dothistroma fungus

Sarah Browning

Extension Educator, Lancaster Co.

Correct timing on your pest control measures is key to good control, but that's difficult when insect or disease symptoms don't show up until much later in the growing season. Three common pest problems on evergreen trees include Zimmerman pine moth, diplodia tip blight and dothistroma needle blight. They are listed below in order of timing for control.

Now is a good time to scout for problems in your trees and prepare for control, if needed.

Zimmerman pine moth

Zimmerman pine moths are serious pests of pines in Nebraska. Their larvae, which are caterpillars, damage trees by tunneling just beneath the bark of the trunk and branches — most commonly on the trunk just below a branch. The tunnels they make can girdle the trunk or branches or physically weaken them so they are easily broken by wind or snow. Heavily infested trees are often deformed and are sometimes killed.

The first sign of infestation by pine moths is the appearance of soft, pinkish-pitch masses on the trunk or branches. These pitch masses, which form where larvae are feeding beneath the bark, may be found anywhere from the top to the bottom of the tree and commonly look like masses of bubble gum. After the larvae finish feeding, the pitch masses dry and become light yellow to cream

colored, hard and brittle. The pitch masses may remain on the tree for many years and may not be noticed unless the tree is examined closely.

Ponderosa, Austrian and Scotch pines are highly susceptible to pine moths. Jack and white pines can be infested, but are usually not seriously damaged. Pines from 5–15 feet tall are the most heavily infested and damaged. Smaller trees are less frequently attacked. Larger trees are often heavily infested, but they are not likely to be severely damaged.

Young larvae, which hatched out last fall and spent the winter under loose bark scales or in old tree wounds, are susceptible to insecticidal control in spring. Spray bark on the tree trunk and base of main branches with a drenching spray of permethrin or bifenthrin in the second week of April and again the second week of August.

Diplodia tip blight

This fungal disease of Austrian and Ponderosa pine kills current-year shoots and, in years with heavy disease pressure, can kill whole branches. It's most common and damaging in mature trees, but young trees can be affected, too.

The most conspicuous symptom of Diplodia tip blight is stunted new shoots with short, brown needles still partially encased in their sheath. Infected shoots are quickly killed and may be located anywhere in the tree's canopy, although damage is generally first evident and most severe in the lower branches. After two or three successive years of infection, a heavily infected tree's canopy may be

extensively damaged. Repeated infections reduce growth and deform trees. Branches that have been infested several years in a row often die back completely.

Small, black, pimple-like structures develop at the base of infected needles and on the backside of pinecone scales. These structures produce additional fungal spores that can re-infect the tree.

Spray branch tips thoroughly when new growth starts, just before needles emerge from sheaths — usually around the third week of April — and 7–14 days later according to the label with thiophanate-methyl (such as Cleary's 3336 or Fungo), propiconazole (Banner MAXX), copper fungicides or Bordeaux mixture. Also improve tree health by mulching with wood or bark chips and watering about 1 inch per week. Avoid overwatering.

Dothistroma needle blight

One of the most common fungal diseases of pines in Nebraska is Dothistroma needle blight. This disease is responsible for much of the premature needle drop that occurs in windbreaks and ornamental pine plantings. Twenty pine species are affected by this disease, but in the central and eastern U.S., the fungus is found most commonly and causes the greatest amount of damage on Austrian and Ponderosa pine.

Initial infection of the tree by fungal spores occurs during rainy periods from May to October. Germinating spores enter the needles through natural openings and the infection process begins. Symptoms appear about three to four months after

the first infection, usually becoming visible in late fall.

Symptoms are seen as yellow or tan spots on needles of the current year's or older growth. These spots darken and become brown or reddish-brown then spread to form a band around the needle. These bands are often bordered by a yellow, chlorotic ring on each side. The fungus grows within these tissues, killing that portion of the needle beyond the lesion.

Initially, the tip of the needle dies while the base remains green, but eventually as the disease progresses, the base of the needle also dies, and the entire needle drops off the tree. Typically, clusters of needles within a shoot are infected. Lower branches of trees are most severely infected, although the entire tree can be affected. Usually the greatest amount of needle drop is seen in the late spring or early summer following infection.

Spray trees with copper fungicide or Bordeaux mixture as needles are emerging (mid May) and after new growth has occurred (mid to late June). Increasing air-flow around the healthiest trees by removing older, declining trees will also reduce disease pressure.

FOR MORE INFORMATION

- Insect Pests of Evergreen Trees, Nebraska Forest Service, <http://nfs.unl.edu/documents/foresthealth/insectevergreen.pdf>
- Diseases of Evergreen Trees, Nebraska Forest Service, <http://nfs.unl.edu/documents/foresthealth/diseasesevergreen.pdf>

Dropping like flies

Jody Green, PhD

Extension Educator, Lancaster Co.

This article is not about the small flies, like fruit flies, but the regular-sized flies that show up hitting the walls and windows indoors — the ones homeowners often find themselves chasing after with a fly swatter. The most common flies in this category are the house fly (*Musca domestica*) and the green bottle fly (*Lucilia sericata*).

Description

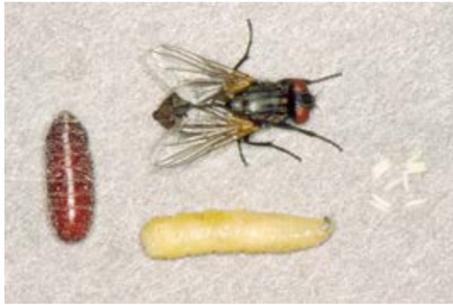
House flies and green bottle flies are approximately 1/4-inch long with red eyes and transparent wings. The house fly has four dark stripes on the thorax and a dull, checkered abdomen. The green bottle fly is entirely colored with metallic hues from yellow-green to blue-green. It is very beautiful, even for a fly.

Behavior

House flies and green bottle flies are common pests where food is prepared and readily accessible. They are drawn to kitchens in homes, restaurants and food processing facilities by odors of food and garbage. These food sources, if sizable, may be suitable for breeding, or the flies may simply feed on them for energy and nutrients. House flies and green bottle flies are active during the day and will frequently rest on floors, walls, ceilings and windows in buildings.

Feeding and food sources

Adult flies feed with sponging mouthparts that are saturated with their



House fly with different stages: egg, larva/maggot, pupa/puparium, adult (magnified).



Blow flies are shiny, metallic green, blue, bronze or black (magnified).

saliva to aid with pre-digestion. They feed on moist, decaying organic material, which may include garbage, dead animals, wound dressings, fresh feces and urine, flower nectar, and on a wide variety of human foods and beverages.

Effect on human health

They transmit pathogens on their bodies and from their saliva as they fly back and forth feeding on garbage, sewage, animal feces, carrion and human

foods. Both species are known to transmit numerous bacterial and viral pathogens causing cholera, salmonellosis, typhoid fever, dysentery, plague and a variety of intestinal parasites.

Life cycle

Flies undergo complete metamorphosis (egg, larva, pupa, adult), and their larvae are called maggots, which are legless and worm-like. The female house fly lays clusters of small, elongated, white eggs in moist, warm, organic material — which primarily includes animal feces, manure and wet garbage. The green bottle fly is a blow fly, and it deposits its eggs mainly on freshly killed animals and on garbage that contains meats and animal matter.

At room temperature, maggots hatch after a day and burrow into the food material. Maggots grow to maturity after a week and migrate to drier locations to pupate. They enclose themselves in a heavy-duty capsule called a puparium. Transformation to the adult stage may take about a week; then a new adult breaks through one end of the puparium.

Adults can live up to three weeks. The time required to complete the life cycle is dependent on environment factors such as temperature, humidity and food resources. Under optimal conditions, house flies and green bottle flies can complete their life cycle from egg to adult in 7–10 days.

Management

The greatest impact on preventing or reducing numbers of flies is to identify and eliminate attractive breeding sources.

When the weather warms up, it will be difficult to control the fly population outdoors, but there are some things people can do to minimize fly infestations indoors:

- Do not leave foods or ingredients unattended on counters or tables for long periods of time. Cover or return to storage areas or refrigerator immediately after use.
- Preventive measures include weather stripping windows and doors, replacing screens, and proper trash management.
- Use well-sealed trash receptacles indoors and outdoors. Place outdoor trash receptacles a good distance away from the home or building.
- Regular or frequent disposal of garbage — particularly in summer — also helps to reduce attraction and numbers of flies in the vicinity of the home.
- Remove/clean residues from trash receptacles, compost bins and pet waste equipment so flies are not attracted to the building.
- A multitude of green bottle flies inside the house may indicate a dead animal carcass in chimney, wall void or crawl-space — which requires inspection, removal and sanitation of area.
- Mechanical control involves trapping or killing flies with sticky traps, fly paper, a fly swatter or by electrocution devices. Make sure to discard the bodies so not to get secondary pests such as carpet beetles.
- To kill a single fly, wait until dark or close the blinds, turn on a light in a small bathroom, which will draw the fly into the room to make it easier to swat.

Spring bird behaviors can be fascinating

Soni Cochran,

Extension Associate, Lancaster Co.

The 2019 spring equinox in the Northern Hemisphere is Wednesday, March 20 at 4:58 p.m. CT. By the first day of spring, some birds have already started staking out their territories and seeking out mates. Spring is when animals are focused on mating and rearing their young. When it comes to birds, some species have behaviors that may be annoying or even frightening.

Birds attacking windows

One of the most common calls we get in spring is about birds “trying to get in homes” by banging on windows. Rest assured, the birds aren’t trying to get into your home or business. In early spring, male birds are trying to establish their territories. When you observe robins in your yard or park this spring, you’ll see males chase one another and even fight as they establish these territorial boundaries. Once boundaries are established, males are constantly on the watch for invaders.

So why are they banging on windows? They see their own reflection which they think is “an invader.” I’ve watched robins, cardinals and sometimes American Goldfinch attack their reflection in windows. Sometimes females will join in on these attacks. Small songbirds aren’t the only birds who are establishing territories. I also get calls from businesses trying to cope with crows attacking their reflections in windows on buildings and on vehicles.

What can you do? You have to figure out how to eliminate the reflection on the windows the birds are attacking. In most



A male Northern Cardinal reacting to his reflection in a window.

cases, birds have certain windows they bang against depending on where the sun hits and their territorial boundaries. You can try putting up sheer cloth, crinkled plastic wrap on the inside of the window. But if you can go outside and still see your own reflection in the window, you may have to put something on the outside. Scaring the birds won’t work and there are no repellents. Once the birds have established a nest and are raising young (yes, it will be a few weeks), the birds may not have time to bother with the window reflections. And if you had this happen last year, plan on your birds being back this year so be ready.

Some birds strike windows because they see a reflection of the landscape and try to fly through. This is not the same as

when birds attack their own reflection. To prevent window strikes, use decals, screens and other barriers to break up the landscape reflection in windows.

Woodpeckers drumming

Another common complaint we get from homeowners is about woodpeckers pecking on homes. There is a difference between a woodpecker searching for food or making a nesting cavity and spring drumming. Drumming is another territorial behavior. I love the sound, but I can understand how hearing this loud, rapid and rhythmic sound on your home at 6 a.m. can be alarming.

In nature, woodpeckers prefer a tree snag or hollow tree with the “best sound.” Consider your home and how many great places there might be to make a loud drum when no dead trees are available. Gutters, flashing, chimney caps and hollow home siding can be the perfect instrument for a woodpecker to loudly announce his territory and attract a potential mate.

One spring, I had a woodpecker who decided our second floor gutter was perfect for his drumming — which started before sunrise. Of course, this was also closest to the bedrooms. Fortunately, it didn’t take much for me to get up, go outside and clap my hands and he would take off. After a few days of interrupting his drumming, he went elsewhere. Drumming seldom results in any damage on wood or paint except for maybe paint being chipped off. A woodpecker does more damage when he/she is searching for insects or excavating a potential nest site.

If you have a persistent woodpecker who chooses your home for his “drum,”



Downy woodpecker. Both sexes drum on trees but can also drum on homes.

you can try to discourage him by deadening the sources of his drumming. You can use foam, fabric or other materials to ruin the sound for him. If needed, bird netting or hardware cloth can be put over the area. The good news is that drumming is “usually” just an early spring activity and once the birds are nesting, you won’t hear it again until next spring.

If you are not sure what drumming sounds like, give me a call and I’ll do my best to imitate the sounds for you.

FOR MORE INFORMATION

Nebraska Extension in Lancaster County has many resources about birds and other backyard wildlife at <https://go.unl.edu/backyardwildlife>

2019 vegetable All-America Selections winners



Photos courtesy, All-America Selections



Tomato 'Red Torch'

Red Torch is a striped, oblong tomato with 1.5-inch long fruits. This hybrid is a very prolific early-season producer. The combination of excellent flavor, great texture and high yields make this hybrid better than other varieties in the trendy niche market of striped tomatoes. Plants have been bred with excellent tolerance to environmental stresses like heat and harsh growing conditions. Fruits are borne on indeterminate vines that grow 5–6 feet tall and ripen 60–70 days from transplanting. Judges were pleased with both

the earliness and yield of this variety in addition to the unique skin coloration.

Tomato 'Fire Fly'

The fruits produced on this tomato plant are super sweet, pale white to pale yellow. They are round and less than 1 inch in size. Delicate, translucent skins offer a mild acid flavor that enhances the sweet taste. They are small, juicy fruits exploding with flavor, perfect for snacking and in salads. Indeterminate plants must be staked or caged as they grow upward to 5–6 feet tall and have good disease resistance.

Pepper 'Just Sweet'

A unique snacking pepper with four lobes like a larger bell pepper, only smaller. Not only are the 3-inch fruits deliciously sweet with nice thick walls, but the plants are vigorous growers that are up to 36 inches tall and 15 inches wide. They do not need to be staked because they have been bred to have a strong, bushy habit. Many judges conduct consumer taste tests and reported back that this pepper won those tests, hands down. These peppers are a bright, shiny and a vivid yellow color.

Source: All-America Selections



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster Co.

March is a good time to start transplants indoors of tomatoes, peppers and eggplants.

How are your houseplants doing? Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date and harvest date. During the growing season, keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

Turn the compost pile.

Complete the pruning of shrubs, ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in spring as soon as they finish flowering.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust-preventing paint.

Place birdhouses built this winter outdoors this month. Birds will begin looking for nesting sites soon.

Rake the lawn to remove leaves and twigs.

Some annuals, such as verbenas, snapdragons and petunias, take 70–90 days to bloom. They should be started indoors in early spring.

Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.

Finish repairing and painting of window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.

Addressing implicit bias

Jaci Foged

Extension Educator,
Lancaster Co.

"Grey's Anatomy" is one of my favorite television programs. In January 2018, they had an episode which really stuck with me. The show started out with a 12-year-old boy (which the police referred to as a "perp") coming into the emergency room with a gunshot wound in his neck and handcuffed to the gurney. We learned that the police found the boy questionably breaking into a house in a wealthy neighborhood. The police officer shot the boy when he reached in his pocket for what ended up being his cell phone.

Later, the boy's upper-class parents arrived, and the boy told them he forgot his key again; which was why he was climbing in the window of his own house. The boy later died from his wounds. One of the actors confronted the police officers and said, "You see skin color. Bias is human. You're using guns and your bias is lethal. Adjust your protocol. Fix it. Kids are dying." Another actress then said "A little boy was at home when your fellow officer shot and killed him. You can't shoot people just because you're afraid."

Kawakami and Miura (2014) define implicit bias as the attitudes or stereotypes that affect our understanding, actions and decisions in an unconscious manner. Implicit bias can have

both favorable and unfavorable assessments; they are mental shortcuts that affect our choices and actions. Sometimes these shortcuts are about age, appearance, race and ethnicity. In the case of the boy from the show, the mental shortcut was that a black boy was breaking into a nice house and didn't belong there. Because of the color of his skin he was viewed as a threat.

In 2014, the U.S. Department of Education Office for Civil Rights found that early childhood teachers are more likely to look for challenging behaviors among African American boys than any other group, which makes them more likely than

their peers to be suspended.

Implicit biases can be positive or negative, and can be activated without you even knowing it. They operate unconsciously and differ from known biases that people may intentionally hide. These biases exist in all of us. We need to make ourselves aware we are having these thoughts, name it for what it is and determine how we can change our behavior, thoughts and feelings. Dr. Walter S. Gilliam, a leading researcher of implicit biases in early childhood education settings, says change begins with acknowledging our biases and then addressing them. *see IMPLICIT BIAS on back page*

Upcoming early childhood trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

Block Party Training — Tuesday, March 19, 6:30–8:30 p.m. Cost is \$10. Receive 2 in-service hours. Register by March 12. Block Party is a hands-on, engaging workshop for early childhood educators. By taking time to play with a variety of blocks, educators will develop a better understanding of the multitude of ways children learn by playing with blocks. After the workshop, participants are encouraged to plan and host their very own block party as a way to engage families in their programs.

Emergency Preparedness Training for Childcare Providers — Thursdays, April 4 & 11, 6:30–9:30 p.m. Cost is \$10. Receive 6 in-service hours. Learn what items you should have ready to evacuate, what items you should have ready to shelter-in-place, how to teach children about emergencies and how to keep children calm during an emergency.

2019 LINCOLN EARLY CHILDHOOD CONFERENCE

SATURDAY, MARCH

23

8–8:30 a.m. (registration)
8:30 a.m.–2:45 p.m. (presentation)

LANCASTER EXTENSION EDUCATION CENTER
444 Cherrycreek Road, Lincoln NE

Cost: \$25 (light breakfast and lunch provided)

For more information or questions, contact
Cara Small at cara.small@esu6.org or 402-761-3341

Register and pay online at www.esu6.org by March 16.
6 hours of in-service provided.



Maryann "Mar." Harman

- The Brain Loves a Song
- Music, Movement & Manipulatives

Engage the children and the brain with music and manipulatives that are fun for learning. This presenter's goal is to have those attending become more comfortable with using manipulatives and knowledgeable as to why they are important. As we draw more senses to the learning experiences, children retain more.

This conference is sponsored by the Southeast Early Learning Connection.



HEART OF 4-H VOLUNTEER AWARD

Lois Muhlbach

Lancaster County 4-H is proud to announce Lois Muhlbach of Lincoln as winner of the March "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has been co-leader of the Pick-A-Pig 4-H club for about eight years. At the Lancaster County Super Fair, she is an assistant Superintendent of the 4-H Swine Show and she has volunteered at 4-H Council's food stand.

"Working with the 4-H'ers is a great experience," says Lois. "I love their enthusiasm. Our club builds confidence in its members. It is thrilling to see them grow in abilities and show responsibility for their pig project, as well as helping other members of the club. It also provides an agricultural/farm experience for urban youth. They learn in a real setting how farms work — including how pork gets from the farm to the table, plus responsible animal care."

Lancaster County 4-H thanks Lois for donating her time and talents. People like her are indeed the heart of 4-H!



4-H members and leaders — please re-enroll by April 1!

The 4-H year is Oct. 1–Sept. 30 and, since it is a new 4-H year, all 4-H members and volunteers must re-enroll for the 2018–2019 4-H year. **You are strongly encouraged to re-enroll by April 1 or you may miss out on communications such as Neblines, email reminders, etc.!** New members and fair projects may be updated through June 15.

The website to enroll or re-enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to initially set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County.

More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, contact Heather Odoski at heather.odoski@unl.edu or 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select "Lancaster Independent" under "club."

FFA MEMBERS: FFA members need to select TCA FFA, Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under "club."

VOLUNTEERS: 4-H leaders need to re-enroll. 4-H club organizational leaders are now able to view their 4-H club's roster online, but must be enrolled for the current year and must contact Heather Odoski to set up a password.

NOTE: Health information is optional. You **DO NOT** need to complete this portion of the online form unless your child is planning to attend an overnight camp or campus event.

4-H jammie sewing workshop, March 2

4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants at the Jammie Jamboree sewing workshop on Saturday, March 2, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are needed to attend to help their 4-H'ers. Must register by Wednesday, Feb. 27 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern in appropriate size, pre-washed flannel or 100% cotton fabric — see yardage requirement on pattern envelope — (NO one-way design fabrics or plaids. If you choose flannel, purchase an additional 1/2 yard as it is not as wide), elastic (as recommended by pattern) and matching thread. To avoid mistakes, do NOT cut out pants ahead of class time!

4-H/FFA Fair Books Will be Mailed in March

The Lancaster County Super Fair will be Aug. 1–10. 4-H & FFA exhibits and events will be Aug. 1–4. 4-H Horse Show will be July 30–Aug. 4. The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books are scheduled to be mailed on March 19 to all 4-H & FFA families who have enrolled through <https://ne.4honline.com>. The Fair Book will also be available at the Extension office and at <http://lancaster.unl.edu/4h/Fair>.

A compiled list of what's new in the Fair Book will be published in the April NEBLINE. There are many changes to the Horse Show schedule, including:

- Dressage Show will be on Tuesday, July 30 and Wednesday, July 31.
- Hunter Hack Jumper Show and Hunter Show will be on Wednesday, July 31.

4-H Furniture Painting workshop, March 9

4-H youth ages 8 and up are invited to participate in a Furniture Painting workshop on Saturday, March 9, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are welcome to attend to help youth. Must register by Wednesday, March 6 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu.

Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. Wear old clothes appropriate for painting.

4-H Poultry Judging Clinic, March 16

UNL Poultry Specialist Dr. Sheila Purdum and Extension Educator Brett Kreifels will hold an in-depth clinic targeted for FFA and 4-H youth interested in Poultry Judging on Saturday, March 16 at 10 a.m. on UNL East Campus at the Animal Science Complex, Room D107. Register by March 11.

Topics will include laying hen past production evaluation, egg grading and candling, carcass grading and product identification. There will also be a fun quiz bowl activity at the lunch break and a mock judging contest after lunch.

Please bring a sack lunch. Must be at least 8 years old as of Jan. 1, 2019. Registration fee is \$10 and Poultry Judging book is \$8. Registration form is online at <http://go.unl.edu/poultryjudging>. For more information, contact Brett Kreifels at brett.kreifels@unl.edu.

Pick-A-Pig club first meeting, March 17

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8–18. If you are interested, contact Harry Muhlbach at 402-430-7304 by March 13. The first meeting will be Sunday, March 17.

4-H Kids K9 Clinic, April 6

Lancaster County 4-H Dog VIPS Committee is presenting a fun-filled and informative Kids K9 Clinic on Saturday, April 6, 11 a.m.–1 p.m. at Kenl Inn, 10241 Old Cheney Road, Lincoln. No cost to attend. Register by March 25.

4-H members ages 8 & up are invited, though ages 10–15 may benefit most. This clinic will help prepare youth and their dogs for the 4-H dog shows at Super Fair and/or State Fair.

Topics will include:

- Showmanship
- Obedience
- Agility
- Grooming/basic husbandry

To register, or for more information, contact Ivy Dearthmont at ivydearhmont@gmail.com or 402-429-8632 (call or text). Register by providing:

- 4-H'ers name, age and years handling dog.
- Name and age of dog attending.

Bring a leash and portable dog carrier/kennel. Dogs not well-behaved will be asked to leave the premises.

Rabbit Show, April 27

The 4-H Spring Rabbit Show will be held Saturday, April 27, 9 a.m. at the Lancaster Event Center – Exhibit Hall. Open to all youth ages 8–18. Show flyer is at <https://lancaster.unl.edu/4h/documents/RabbitShowSpring19.pdf>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

Providing Carnival-Type Games at Kiwanis Karnival is Fun Community Service Opportunity for 4-H Clubs

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 12, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival-type games for youth, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-423-7541 or 402-310-3481, or email lbartos1@unl.edu. Come join the fun!

4-H Speech & PSA

4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, helpful resources and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

PSA Contest, due March 11

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. Submit a PSA as a .wav or .mp3 file electronically to kpulec3@unl.edu or on a CD to the Extension office by Monday, March 11. If you do not have the capabilities to record a PSA, contact Vicki Jedlicka at 402-441-7180 to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2019 PSA theme is "Inspire Kids to Do."

Speech Contest, March 17, due March 11

The 4-H Speech Contest will be held Sunday, March 17 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by March 11 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division.

4-H Achievement Celebration

Nebraska Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Feb. 12. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2018 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! 4-H thanks all volunteers whose time teaching youth represents a valuable investment in our community's future! The Lancaster County Board of Commissioners proclaimed Feb. 12 as "4-H Achievement Day." For a complete list of award, scholarship and pin recipients (as well as additional photos) go to <http://lancaster.unl.edu/4h>.



DIAMOND CLOVER

The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments.



Level 1 – Amethyst: Liliana Abele, Vyvian Alstrom, Isaac Baehr, Emily Bauman, Baylor Belgum, Brody Bonenberger, Alli Bornschlegl, Acacia Carlson, Elise Chadwick, Khloe Cuttlers, Grace Diederich, Kate Diederich, Sara Diederichsen, Brooklan Doering, Rylan Doering, Margaret Doty, Emma Evaristo, Ada Foral, Caroline Fulkerson, Kaitlyn Giles, Annalyn Going, Emmalee Going, Isabelle Going, Isabella Grosskopf, Dailee Guthrie, Josie Johnson, Abby Kruse, Sarah Logan, Abby Lutz, Madeline Mailand, Rachael Mailand, Xander Mailand, Betty Martin, Sophia Martin, Elizabeth Moje, Isaac Nemec, Vanessa Peterson, Catherine Polk, Natalie Prichard, Felicity Rockenbach, Claire Schindler, Susannah Schulte, Kloe Schwartz, Brynn Sebek, Emmy Sheldon, Ella Simpson, Julia Srb, Story Stell, Isabella Vogel, Maddie Walsh, Aryanna Wegner, Naomi Wegner, Romar Wegner, Kolter Wellman, Kaily Wesely, Lillian Wesely, Everett Wilkie, Josalea Wilkie, Molly Wilkinson

Level 2 – Aquamarine: Sawyer Benne, Kaylee Boysen, Gracie Czyz, Gianna Doty, Andrew Frain, Morgan Gabel, Zoey Jamison, Claire Polk, Micah Pracheil, Lily Russman, Linsey Sheldon, Preston Smith, Emma Thomson, Kamryn Wanser

Level 3 – Ruby: John Donlan, Ethan Gabel, Kylie Hansen, Maleah Jamison, Clara Johnson, Frances Nebel, Lilly Riedel, Parker Smith, Audrey Srb, Hannah Thomson, Katie Timmer

Level 4 – Sapphire: Mindy Bartels, Riley Peterson, Pearce Smith, Emma Timmer

Level 5 – Emerald: Nathan Gabel, Ella Hendricksen, Abigail Kreifels, Jared Nielsen, David Swotek, John Swotek, Bethany Wachter

Level 6 – Diamond: Katie Nepper

Level 6 – Diamond with a "Nebraska 4-H Gives Back" service-learning project (note: the former Diamond Level 6 service-learning project is now a separate award called Nebraska 4-H Gives Back): Anna Sump is the fifth 4-H'er in Lancaster County to complete this major service-learning project! For her project, Anna made 52 Eastern Bluebird houses and gave them away at the Lancaster County Super Fair to acreage owners and farmers. These houses will help Eastern Bluebirds maintain and grow its population.

COMMUNITY SERVICE AWARDS

Presented to 4-H'ers who have completed the most hours of community service.

Age 14 and over: Ellie Babcock, Kali Burnham, Blake Callahan, Thomas Cook, Nathan Gabel, Bailee Gunnerson, Abigail Kreifels, Christopher Moore, Katie Nepper, David Swotek, John Swotek, Addison Wanser

Age 8–13: Vyvian Alstrom, Noah Babcock, Samuel Babcock, Aleya Cuttlers, Khloe Cuttlers, Andrew Frain, Kylie Hansen, Maleah Jamison, Mischa Lunquist, Nettie Lunquist, Eliese Schwinck, Alexa Smith, Kamryn Wanser



MERITORIOUS SERVICE



Harry & Lois Muhlbach are co-leaders of the Pick-A-Pig 4-H club which gives non-farm youth an opportunity to raise pigs and show at fair. Harry is Superintendent and Lois is an Assistant Superintendent of the 4-H Swine Show at the Lancaster County Super Fair. Harry has been a 4-H volunteer for 39 years and Lois for 8 years.

NATIONAL LEADERSHIP AWARD

Awarded on behalf of the American Youth Foundation to youth ages 15–18 who strive to achieve their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities.



John Boesen, Delaney Meyer, Katie Nepper

OUTSTANDING 4-H MEMBERS



Anna Sump has had an ambitious 13-year 4-H career. She has been an independent member, Pick-A-Pig club president, Teen Council vice president and 4-H Council secretary. Last year, she attended National 4-H Congress, as well as the National Youth Summit on Healthy Living. She has completed a Nebraska 4-H Gives Back service-learning project.

Addison Wanser has been very involved in 4-H during her 6-1/2 years as a member of the Fantastic 4 club. She has also been Teen Council secretary. She is one of the top 4-H'ers in total number of community service hours completed. She was the fourth 4-H'er in Lancaster County to complete a Diamond Clover Level 6 community service project (now called Nebraska 4-H Gives Back).

COLLEGE SCHOLARSHIPS

LANCASTER COUNTY 4-H COUNCIL – \$700: Cole Cooper, Chloe Hammond, Hannah Hoge, Katie Nepper, Jared Nielsen, Madelaine Polk, Anna Sump, Addison Wanser, Jenna White

4-H TEEN COUNCIL – \$300: Chloe Hammond, Anna Sump

LINCOLN CENTER KIWANIS – \$1,000: Madelaine Polk

NEW – DICK FLEMING LEADERSHIP & COMMUNICATION – \$250: Anna Sump



County Commissioner Vice-Chair Roma Amundson (right) read the Lancaster County Commissioners' proclamation "4-H Achievement Day." Pictured with 4-H Council president Jodi Freeman (left).

CAREER PORTFOLIOS

Career Portfolios are a record of an individual's 4-H career.

Completed a Career Portfolio: Ellie Babcock, Clare Bauman, Aleya Cuttlers, Khloe Cuttlers, Kylie Hansen, Jordan Marsh, Katie Marsh, Ryan Marsh, Zachariah Marsh, Bridget Smith, Parker Smith, Pearce Smith, Preston Smith

Nominated to represent Lancaster County at District competition: Ellie Babcock: Consumer & Family Science

NEBRASKA 4-H ANNUAL ACHIEVEMENT AWARD

The new Nebraska 4-H Annual Achievement Award is a record of a 4-H member's annual achievements in 4-H, including accomplishments, leadership experiences, community service and career exploration.

Completed an Annual Achievement Application: Noah Babcock, Samuel Babcock, Ethan Gabel, Morgan Gabel, Madelyn Kreifels, Abby Kruse, Katie Nepper, Riley Peterson, Micah Pracheil, Lilly Riedel, Anna Sump, Addison Wanser, Anastasia Yallaly, Cecilia Yallaly

Representing Lancaster County at state: Madelyn Kreifels, Katie Nepper, Anna Sump, Addison Wanser

4-H CLUBS OF EXCELLENCE

Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.

Clever Clovers, Crafty Clovers, Fantastic 4, Five Star 4-H'ers, Fusion 4-H'ers, Go Go Goat Getters, Joe's Clover Knights, JP2 Crew, Learning Leaders, NBots Robostorm, Rabbits R Us, Super Shamrocks

OUTSTANDING 4-H CLUBS

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. Clubs receive points based on all members' total fair exhibit and contest placings. The following clubs were also recognized at a recent Lincoln Center Kiwanis club meeting.

FUSION 4-H'ERS of Lincoln is the winner of Category I, (5–10 members) and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club. The club's nine members were enrolled in 10 project areas and entered 170 total exhibits at the fair. This is the club's second year as an outstanding 4-H club and Wayne C. Farmer trophy winner. Marsha Prior and Analisa Peterson are the leaders.

FIVE STAR 4-H'ERS of Lincoln is the winner of Category II (11–20 members). The club's 17 members were enrolled in 6 project areas and entered 184 total exhibits at fair. This is the club's first year as an outstanding 4-H club. Pam Cuttlers, Ruth Chantry, Bill Lange and Tammy Sheldon are the leaders.

JOE'S CLOVER KNIGHTS of the Lincoln area is the winner of Category III (21 or more members). The club's approximately 100 members were enrolled in at least 15 project areas and entered approximately 331 total exhibits at fair. This is the club's first year as an outstanding 4-H club. Anne Johnson is the leader.



EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 26 Commercial/Noncommercial Pesticide Applicator Initial Training .8:30 a.m.
- 26 Looks Who's Hatching Workshop for Preschool Teachers 6:30–8:30 p.m.
- 27 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers 6:30–8 p.m.
- 28 Early Childhood Education Yoga Training 9 a.m.–4 p.m.

March

- 1 Lancaster County Deadline for 4-H Horse Stampede Entries
- 1 Lancaster County Deadline for 4-H Companion Animal Challenge Entries
- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 1 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 2 4-H Jammie Jamboree Sewing Workshop 9 a.m.
- 2 Horse Judging School, UNL East Campus Animal Science Complex 9:30 a.m.–3:30 p.m.
- 5 Ag Estate & Succession Planning Workshop 9:30 a.m.–3:30 p.m.
- 5 4-H Council Meeting 6 p.m.
- 6 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers 6:30–8 p.m.
- 7 ProHort Lawn & Landscape Update 8:30 a.m.–3:30 p.m.
- 8 Extension Board Meeting 8 a.m.
- 9 4-H Furniture Painting Workshop 9 a.m.
- 10 4-H Teen Council Meeting 3 p.m.
- 11 4-H Public Service Announcement (PSA) Contest Entries Due/ Register for Speech Contest
- 12 Dicamba Label-Required Training 9 a.m.
- 13 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers 6:30–8 p.m.
- 14 Landlord-Tenant Farmland Rent Meeting 9:30 a.m.–3 p.m.
- 15 4-H Poultry Judging Clinic, UNL East Campus Animal Science Complex, Room D107 10 a.m.
- 17 4-H Speech Contest Check-In 1 p.m./Contest 1:30 p.m.
- 19 Block Party Training for Early Childhood Educators 6:30–8:30 p.m.
- 20 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers 6:30–8 p.m.
- 20–21 Earth Wellness Festival (for 5th Graders), Southeast Community College
- 23 Lincoln Early Childhood Conference 8 a.m.–2:45 p.m.
- 28 Commercial/Noncommercial Pesticide Applicator Recertification Training 9 a.m.
- 30 4-H Horse Stampede, UNL East Campus - Animal Science Building
- 30 4-H Companion Animal Challenge, UNL East Campus - Animal Science Building

IMPLICIT BIAS

continued from page 5

Later this year, a new publication from Nebraska Extension will be made available, "The Development of Implicit Biases and Initial Steps to Address Them." In this new NebGuide, you will learn how implicit biases emerge, and how our environments and experiences facilitate the development of the biases.

To address implicit biases in young children, you can find a collection of children's books to address various topics related to gender, race, abilities and disabilities at www.childpeacebooks.org/cpb/Protect/antiBias.php. It takes more than mere exposure to address implicit biases. It is important to use these books with guided reflections. Ask children what they think about the content and what they observe in terms of how the characters or animals feel.

Source: Kawakami, N., & Miura, E. (2014). *Effects of Self-Control Resources on the Interplay between Implicit and Explicit Attitude Processes in the Subliminal Mere Exposure Paradigm*, International Journal of Psychological Studies, 6(2), 98-106.

Peer reviewed by Holly Hatton-Bowers and Jackie Guzman.

FOR MORE INFORMATION

- "CIVIL RIGHTS DATA COLLECTION Data Snapshot: School Discipline," <https://ocrdata.ed.gov/downloads/crdc-school-discipline-snapshot.pdf>
- "Teaching Children to Understand and Accept Difference," <https://lesley.edu/article/teaching-young-children-to-understand-and-accept-differences>

4-H camps 10% discount for all youth before April 15

4-H summer programs provide all youth a place to discover, learn and grow. With locations at Gretna and Halsey, there are over 50 camps ranging from 3-day day camps to 4-day/3-night overnight camps. Open to all youth ages 6–18 (need not be enrolled in 4-H).

2019 4-H Summer Camp brochures are available at the Extension office and at <http://4h.unl.edu/camp-centers>.

Early bird discount of 10 percent before April 15. The discount is applied as promo code "earlybird2019" during the checkout process.

4-H camp scholarships for 4-H'ers

4-H Council will award full scholarships for a select number of Lancaster County 4-H members to attend a summer camp at either Nebraska 4-H Camp location: Gretna or Halsey! Applicants must be age 8 or older and currently enrolled in 4-H. Preference given to applications submitted by March 1, will accept through July 31. Application is online at <http://go.unl.edu/campsch>.

Horse Judging School, March 2

The UNL State Horse Program is presenting an in-person Horse Judging School on Saturday, March 2, 9:30 a.m.–3:30 p.m. at UNL Animal Science Complex. This school is a great opportunity for aspiring judges, current judges who need re-certification, youth and judging team coaches to learn more about judging and gain knowledge about specific classes such as trail, reining and conformation. Cost is \$30 for youth and \$40 for adults. Lunch is provided. More information is at <http://animalscience.unl.edu/horse> or you can register at <https://go.unl.edu/hyjc>.

Ag Youth Institute deadline is April 15

The Nebraska Agricultural Youth Institute (NAYI) is a five-day summer program for current high school juniors and seniors to learn more about Nebraska agriculture and agricultural career opportunities. This year's NAYI will be held July 8–12 at UNL East Campus. Students are selected to attend NAYI based on their leadership skills, interests and involvement in agriculture. Sponsors allow the event to be offered free of charge. Apply by April 15. Applications are at www.nda.nebraska.gov/nayi or by calling 402-471-6859. All applications must be submitted electronically.

4-H Horse Judging Team place 4th at Nationals



The Lancaster County Horse Judging Team.

Several Nebraska Youth attended the Western National Roundup Jan. 9–13, 2019 in Denver, Colo. The Conference, now in its 99th year, is held annually in early January, coinciding with the National Western Stock Show. This year's theme was "Find Your Spark."

In order to qualify, each team and individual were required to win the state competition. This year the Horse Judging contest consisted of 56 individuals on 14 different teams from across the nation. The Lancaster County Horse Judging Team of Ellie Bunz, Sidney Froistad, Julia Soukup and Cadi Wilbeck (coached by Roger

Bell) earned overall 4th place as a team in the Horse Judging Contest. In addition, they received 3rd high team overall performance, 5th high team overall halter and 5th high team reasons. Individually, Ellie Bunz received 3rd overall halter. Sidney Froistad received 3rd overall performance, 7th in high individual reasons and 4th in high individual overall.

Other Nebraska contestants placed 1st in Horse Bowl, 3rd in Hippology, and 3rd in Horse Public Speaking. Team Nebraska received 1st High point overall. For the full list of results, go to www.westernnationalroundup.org/results-2018.aspx

Super Fair VIP awards

The 2018 Lancaster County Super Fair will be held Aug. 2–5 at the Lancaster Event Center, 84th & Havelock in Lincoln. Nominations are now being accepted for the following awards, which will be recognized at the VIP Luncheon on Thursday, Aug. 2. **All forms can be found at** <https://lancastereventcenter.org/super-fair/get-involved>

Ag Society Hall of Fame

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled an Ag Society Hall of Fame located in the Lancaster Event Center – Business Center. This wall formally recognizes those individuals who have dedicated time and effort to the Ag Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Super Fair.

Inductees to date include: Lorene Bartos, Gary C. Bergman, Gordon Chapelle, Marty Cruickshank, Ted & Alice Doane, Rod Hollman, Larry

Hudkins, Franklyn Manning, Harry Muhlbach, Charlie Willnerd and Alan Wood. Nomination forms are due by May 1.

Pioneer & Heritage Farm Awards

For over a half century, Aksarben Foundation has teamed up with Nebraska Farm Bureau and the Nebraska Association of Fair Managers to present the Pioneer Farm Award, recognizing Nebraska farm families who have consecutively held ownership of land in the same family for 100 years or more.

More recently, Aksarben Foundation and Nebraska Farm Bureau have announced the Heritage Farm Award, which recognizes Nebraska farm families who have consecutively held ownership of land within the same family for 150 years.

To date, more than 9,000 families in all 93 counties have been honored. Recipients are presented a plaque and gatepost marker during the annual county fair in which the land is owned. Nomination forms are due by April 21.

NEBLINE e-newsletter

Nebraska Extension in Lancaster County now has a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at lancaster.unl.edu/nebline

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