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Integrated Pest Management in Nebraska Schools
Solving Pest Problems Effectively with Fewer Pesticides

Barb Ogg
UNL Extension Educator

Because of the Integrated Pest Management (IPM) in Schools program—developed and implemented by University of Nebraska–Lincoln Extension—Lincoln Public Schools (LPS) and Omaha Public Schools (OPS) have reduced the pesticide use in and around their buildings and are emphasizing pest preventative practices as the primary method of managing pests. These changes have reduced pesticide use and exposure to 34,000 LPS students, 2,500 LPS teachers/staff, 48,000 OPS students and 3,380 OPS teachers/staff.

As a result of this hard work, LPS and OPS will be pursuing IPM STAR Certification, a program through the IPM Institute which is awarded to school districts that meet high-level standards for IPM.

Why is this important? Because of children’s small size and fast metabolism, they are more susceptible to the adverse, long-term effects of pesticides.

Ten years ago, a survey of Nebraska schools showed very few school systems (only 8 percent) had written policies about pesticide use. Less than half (only 42 percent) kept records about pesticide use and only about one-third (32 percent) kept labels on file for pesticides used in their school or on school grounds. More than 60 percent of schools routinely made pesticide applications regardless of whether pests were present.

About 10 years ago, UNL Extension began an educational program designed to help Nebraska’s school personnel take steps to reduce pesticide use in and around school buildings, while effectively managing insect and wildlife pests.

The basic tenet of IPM is that management cannot begin until the pest is properly identified, because proper management cannot begin until the pest is properly identified. In other words, the pest species, infestation level and location will determine what type of management is needed. And, instead of routine pesticide use, IPM emphasizes non-toxic methods such as sanitation (for cockroaches) and implementing preventative methods for invading pests, like spiders and mice. When these and similar measures are taken in and around schools, toxic pesticide treatments are rarely needed.

The UNL Extension IPM in Schools Team created written materials in print and online specifically for school personnel. The team conducted pest assessments in a dozen Nebraska schools and provided recommendations to help districts implement school IPM.

UNL Extension formed the Nebraska IPM in Schools Coalition to support school IPM efforts. In addition to UNL Extension personnel, the coalition includes school facilities managers, custodians, pest management professionals, tribal representatives, child care providers and health care professionals.

An educational program is given at each regularly scheduled coalition meeting. IPM demonstrations in LPS and OPS have included intensive pest assessments in ‘pilot’ schools and educational presentations for custodians, food service staff, school nurses and facilities/personnel.

The IPM program has expanded to include child care centers, nursing homes and health care facilities. UNL Extension will be working with Saint Elizabeth Regional Medical Center’s Asthma Initiative to train health care workers about pests that trigger asthma and IPM strategies that can help control these pests.

These efforts in Nebraska reflect a nationwide movement toward safer and more environmentally-friendly alternatives to routine pesticide applications, especially in institutional settings. If you or your business are interested in how to use IPM to reduce pesticide applications in your workplace, contact Erin Bauer or Clyde Ogg at the UNL Pesticide Safety Education Program Office (402-472-1632).

Sources: Erin Bauer, UNL Extension Associate and Clyde Ogg, UNL Extension Educator.

FOR MORE INFORMATION
University of Nebraska–Lincoln Extension’s Integrated Pest Management in Schools program at http://schoolipm.unl.edu has many helpful resources.

What is IPM?

Integrated Pest Management (IPM) is an effective pest management approach which relies on a combination of common-sense practices using current, comprehensive information on pest life cycles and interactions with the environment. This information—along with available pest control methods—is used to manage pests economically and with the least possible hazard to people, property and the environment.

IPM can be applied to agricultural, horticultural and home settings. IPM takes advantage of all appropriate pest management options and can include careful use of pesticides, if needed.
Protect Hearing on the Farm

The National Institute for Occupational Safety and Health (NIOSH) website at www.cdc.gov/noise/topics/noise has many resources on noise and hearing loss prevention, including brochures They’re Your Ears – Protect Them (2002-175) and Have you Heard? Hearing Loss Caused by Farm Noise is Preventable (2002-176).

Source: North Dakota State University

Use of Copper Compounds to Control Algae in Farm Ponds

Tom Dorn
UNL Extension Educator

Copper has been used for many years as an effective algicide in farm ponds, livestock water tanks and nurse tanks used by farmers as a source of water for mixing pesticides. This article will discuss the use of copper to control algae in farm ponds.

It is vitally important to accurately identify whether the problem is indeed algae when attempting control measures. I often get calls wanting to know how to control algae when attempting control measures. The higher the number, the greater the protection. However, don’t assume the device will reduce the noise level by the total amount.

Ear plugs may reduce the noise level by only 10–15 decibels, depending on the predominant frequencies in the noise source. Noise reduction effectiveness may also be reduced if the device isn’t fitted or worn properly.

Foam-like plugs are formable and must be rolled and inserted so the plug expands in the ear. Others are simply wiggled in. Follow manufacturer directions for proper use.

There are many loud noises in the workplace that are considered hazardous. Noise-induced hearing loss (NIHL) is the permanent loss of hearing that can occur after exposure to loud noise. Noise-related hearing loss is the most common occupational injury in the United States.

A “decibel” is the unit to measure the loudness of sound. Decibel levels for each item shown in the graph may vary.

If you need to raise your voice to be heard an arm’s length away, the noise is probably loud enough to damage your hearing.

The maximum copper sulfate dosage rate is 2.0 pounds. One (1.0) ppm equivalences are as follows:

- 0.0008 grams per gallon,
- 0.0283 grams per cubic foot,
- 0.006024 pounds per cubic foot,
- 0.1 milligrams per liter, and
- 2.7 pounds per acre-foot.

For example: the maximum dosage rate for a half acre pond with an average depth of 10 feet, would be calculated as follows:

Volume = 0.5 acre x 10 feet = 5 acre-feet
Maximum dosage = 2.7 pounds/acre-foot x 5 = 13.5 pounds per acre-foot

Maximum pounds of copper sulfate = 5.4 pounds/acre-foot x 5 acres = 27 pounds.

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If total alkalinity is less than 40 ppm, copper treatments are not recommended because of the risk to fish. Algae control in waters with high alkalinity levels (greater than 250–300 ppm) can be improved by use of chelated copper compounds.

Copper sulfate in waters with high total alkalinity levels will settle before algae is completely controlled. Alkalinity is variable especially in eastern Nebraska so if you do not know the concentration, find out before treating with copper.

Sources:
- “Managing Iowa Fisheries, Use of Copper Compounds in Aquatic Systems,” Iowa State University www.extension.iastate.edu/Publications/PS15132.pdf
- “Aquatic Plants and Their Control,” Kansas State University www.ksuca.org/~/media/ksuca/education/tricks/ps201314.pdf

Determination of Dosage Rates

Determine dosage rates before using any type of copper treatment. First, measure the total alkalinity, (Not the hardness of your water), in parts per million (ppm), and the pH, since the toxicity of copper to fish increases as the total alkalinity and pH decrease. Call the State of Nebraska Health Lab at 402-471-3935 to have a test kit sent to you with instructions on sampling method and handling.

The dosage rates for copper compounds are listed below, by alkalinity level:

<table>
<thead>
<tr>
<th>Alkalinity Level</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-40 ppm</td>
<td>Do not use</td>
</tr>
<tr>
<td>40-60 ppm</td>
<td>0.33 ppm</td>
</tr>
<tr>
<td>60-90 ppm</td>
<td>0.5 ppm</td>
</tr>
<tr>
<td>90-200 ppm</td>
<td>1.0 ppm</td>
</tr>
<tr>
<td>Above 200 ppm</td>
<td>2.0 ppm</td>
</tr>
</tbody>
</table>

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Nature Journaling

Mary Jane Frogge
UNL Extension Associate

Nature journaling is a wonderful way to get kids of all ages outside and appreciating nature. It is as easy as taking a blank notebook, a pencil and going outside. Visit your own backyard, neighborhood park or favorite outdoor space. Sit down and look around. What do you see? Make a list or draw a picture of what you see around you. What is the weather like? What do you hear? What plants are growing and blooming? Do you see birds or wildlife? On your next trip, write down what you are feeling and your thoughts. Write a poem. Collect fallen leaves to press in your notebook. Bring a set of watercolors and a brush to paint what you see while you are outside.

There is no one way or right way to make a nature journal. This book is about what you see. Take it with you on all your outdoor adventures.

Supplies:
• notebook or heavy paper
• pencil or color pencils
• glue stick
• scissors
• watercolor paint, brushes, plastic water container, paper towels
• tape
• scissors
• glue stick
• magnifying glass
• binoculars
• tote bag to carry supplies

For more information, go to www.museum.unl.edu or call 402-472-3779.

July 21 — Beneficial Backyards
August – No event held in August
Sept. 22 — Agate Fossil Beds National Monument
Oct. 20 — Bats
Nov. 17 — Solar Energy
Dec. 15 — Shh! Plant Gene Silencing

Horticulture

Controlling Undesirable Perennial Grasses in the Lawn

Mary Jane Frogge
UNL Extension Associate

Perennial grasses, such as quackgrass, are some of the most difficult weeds to control in the lawn. Control is difficult because there is no herbicide that will selectively destroy these weeds. Also, pulling or digging these perennials is often unsuccessful.

Quackgrass is a cool-season perennial grass. It spreads rapidly by underground stems or rhizomes. Its leaf blades are bright green, coarse in texture and spreading habit. Quackgrass also is a major problem in flower and vegetable gardens.

The best way to control quackgrass and other undesirable perennial grasses in the lawn is to spot treat the weed-infested areas with glyphosate (Roundup, Kleenup, etc.). Glyphosate is a systemic, selective herbicide that is absorbed through the foliage and translocated to all parts of the plant. Visible symptoms, yellowing or browning of foliage, usually develop in 7–10 days of the application. Death typically occurs in 2–4 weeks. Glyphosate is most effective when applied to actively growing plants.

Midsummer is an excellent time to control undesirable perennial grasses in the lawn. Midsummer control efforts allow adequate time to kill the weedy grasses and to prepare the areas for seeding or sodding in late-summer. Complete removal of the weeds is necessary to prevent their reappearance. Spray the weedy patches and a few inches beyond these areas to ensure their complete elimination. If the treated areas are not dead in 2–4 weeks, a second application is necessary. Treated areas can be seeded or sodded 7 days after the application.

After the treated areas have completely died, restablish the lawn by seeding or sodding. If you plan to sow seed, it’s not necessary to dig up the areas. Small areas can be raked vigorously with a garden rake to remove some of the dead debris and to break the soil surface. After seeding, work the grass seed into the soil by lightly raking the areas. The best time to sow grass seed is mid-August through mid-September. After seeding, keep the soil moist with frequent, light applications of water. If you plan to lay sod, remove the dead debris before sodding. Late summer and fall are excellent times to lay sod.

Killing undesirable, perennial grasses in the lawn is difficult. However, if done properly, your efforts should produce an attractive lawn.
Test Your Summer Food Safety Savvy!

Lisa Franzen-Castle, PhD, RD
UNL Extension Nutrition Specialist
Alice Henneman, MS, RD
Extension Educator


Summer holidays provide a break from school and work… but, we shouldn’t break from being smart about food safety. MORE care is needed since foodborne illnesses increase during the summer!

Test your summer food safety savvy with this short quiz.

1 Why do foodborne illnesses increase during the summer?

A. Bacteria, including those that cause foodborne illness, tend to multiply faster when the temperatures are warm.
B. People are cooking and eating outdoors more often, which increases the risk of contamination.
C. Both (A) and (B).

Answer: C. The combination of warm weather and outdoor meals can lead to increases in foodborne illness.

2 You’re cooking hamburgers on the grill. How can you tell if the burgers are done and safe to eat?

A. They have been cooked for at least 4 minutes on each side.
B. A thermometer inserted in the middle of the patties registers at least 160°F.
C. They are brown in the middle and no pink is showing.

Answer: B. You can’t rely on timing or the appearance of meat to tell it’s done. According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe internal temperature. The only way to be sure food is safely cooked is to measure the food thermometer to measure the internal temperature. Using a food thermometer not only keeps you safe from harmful food bacteria but it also helps you to avoid overcooking, keeping it juicy and flavorful.

3 All whole cuts (steaks, roasts and chops) of meat, including beef, pork, lamb and veal should be cooked to a minimum internal temperature of 145°F before removing them from heat source and then allowed to rest for at least 3 minutes before carving or consuming.

A. True
B. False

Answer: True. USDA has revised its recommended cooking temperature for all whole cuts (steaks, roasts and chops) of meat, including beef, pork, lamb and veal to 145°F and then allowing a 3 minute rest time before carving or consuming. During the 3 minutes after meat is removed from the heat source, its temperature remains constant or continues to rise. This destroys pathogens and produces a product at its best quality. Remember — measure the temperature by placing the food thermometer in the thickest part of the meat. A “rest time” is the amount of time the product remains at the final temperature, after it has been removed from a grill, oven or other heat source. This change does NOT apply to ground meats, including ground beef, veal, pork, which should be cooked to 160°F and do not require a rest time. The safe cooking temperature for all poultry products, including ground chicken and turkey, remains at 165°F. The three temperatures to remember are:
- Ground meats (including ground beef, veal, lamb and pork): 145°F with no rest time
- Whole cuts of meat (including pork, beef, lamb and veal steaks, roasts and chops): 145°F with a 3 minute addition of rest time
- Poultry (including ground chicken and turkey): 165°F with no rest time

4 You’re ready to take cooked meat off the grill. Is it safe to put it back on the plate that held the raw meat?

A. Yes, as long as you wipe off the plate with a paper towel.
B. Yes, because the meat is thoroughly cooked.
C. No, because any bacteria in the raw meat or juices could contaminate the cooked meat.

Answer: C. Be smart. Keep foods apart. Don’t cross-contaminate. Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, etc., if they are not handled properly. This is especially true when handling raw meat, poultry and seafood, so keep these foods and their juices away from already cooked or ready-to-eat foods and fresh produce.

5 It’s 3 p.m. and you just finished making fresh salsa for a party that begins at 6 p.m. Is it safe to leave the salsa out on the counter for 3 hours, until the party begins?

A. Yes, because the acid in the tomatoes will keep harmful bacteria from growing.
B. No, because bacteria grows rapidly in food at room temperature.
C. No, because your family might eat it all before the party starts.

Answer: B. Never leave perishable food out of the refrigerator for more than two hours (or one hour if the temperature is over 90°F).

6 Which of the following is considered a perishable food item?

A. Seafood
B. Dairy products
C. Cooked vegetables
D. Peeled and/or cut fruits and vegetables
E. All of the above

Answer: E. All of the answers are perishable foods. Some foods contain the right conditions and nutrients to support rapid microbial growth. These foods are called perishable.

7 Unwashed hands are a prime cause of foodborne illness. How long should hands be recommended for hand washing?

A. 10 seconds
B. 15 seconds
C. 20 seconds
D. 25 seconds

Answer: B. False. Though only the inside of melons is eaten, their outer rind still must be washed. Bacteria present in soil can contaminate the skin of the melon. When melons are cut, these bacteria are transferred to the part we eat and can grow to levels that cause foodborne illness.

8 Since only the inside of melons (watermelon, cantaloupe, honeydew, melons, etc.) is eaten, their outer rind does not need to be washed.

A. True
B. False

Answer: B. False. Even the inside of melons is eaten. Cross-contamination is a prime cause of foodborne illness.

9 You want to make some homemade ice cream, and the recipe calls for eggs. You’ve heard raw eggs may be contaminated with Salmonella. What should you do?

A. Use an egg substitute product or pasteurized eggs instead of raw eggs.
B. Cook and chill the milk before adding the eggs.
C. Never worry about it. It’s never made you sick in the past, has it?

Answer: A. However, even if you’re using pasteurized eggs or egg substitutes for your ice cream, both the FDA and the USDA recommend starting with a cooked egg base for optimal safety.

$Stretch Your Food Dollar With Healthy $weets.

Lisa Franzen-Castle, PhD, RD
UNL Extension Nutrition Specialist

Most of us love sweets. We can savor them on desserts, stay on budget and include ingredients that contribute to our health. Try recipes using whole grains, milk, fruits, healthy oils or protein. Try some of the following ideas.

- Survive hot weather by sucking on frozen fruit chunks such as: grapes, pineapple, peaches, bananas, etc. These can be made by placing a single layer of fruit chunks on a tray in the freezer for several hours.
- When the food is solid, place in an air-tight container and store in the freezer for up to 4-6 months. If young children will be eating these, make sure to cut up the fruit in very small pieces.
- Bake a cake from a recipe (or cake mix) with liquid oil as a listed ingredient. Top with pudding when cool.
- Dip a banana in yogurt and roll in whole grain cookie or cereal crumbs and freeze, if desired.
- Put applesauce, or other pureed fruit, in an ice cube tray and freeze.
- Freeze flavored yogurt in an ice pop mold.
- Top low-fat ice cream or frozen yogurt with fresh fruit.

Try the following recipe for some whole fruit goodness.

Stretch Your Food Dollar With Healthy $weets.

Frozen Fruit Soft-Serve
(Serves 8)

4 bananas, sliced and frozen
4 cups fruit chunks or berries, frozen
2 tablespoons granulated sugar (optional)

Mix frozen fruit chunks (or berries) with sugar in a microwave-safe bowl and microwave for 30 seconds. Continue micro-waving in 30 second intervals until fruit is slightly softened and the sugar has dissolved. Use blender to combine bananas and fruit with sugar until the desired consistency is reached, about 2-3 minutes for soft-sweet consistence. Enjoy! Mixture may be frozen in a freezer-safe container and then allowed to thaw at room temperature for about 15 minutes before serving.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

July 4th — Independence Day is a day to remember the freedom we are granted by living in America. Remember to fly your flag. It is a great day to be with friends and family. Sizzling Summer Sampler will be Wednesday, July 10, 6 p.m. A light meal will be served. Please bring a basket for which we will sell raffle tickets. This money is used for our scholarship fund. Our theme will be “Christmas in July.” We look forward to seeing you. Enjoy the summer.

“The bad news is time flies. The good news is you are the pilot.”

FCE News & Events

Baskets Needed
Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler on July 10. Each year a scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the Sizzling Summer Sampler.

Sizzling Summer Sampler
Wednesday, July 10 • 6 to 9 p.m.
Light Supper at 6 p.m.
Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

PROGRAM: No-Till Education Around the World presented by Paul Jasa, UNL Extension Engineer
Paul has traveled to Canada five times, Ukraine four times, Turkey twice, and to China, Brazil and Mexico to share his no-till knowledge and experiences.

Cost $10. Make checks payable to FCE Council.
Send reservations and check by June 28 to: Pam Bramson, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

FCE Scholarship Deadline Extended to Aug. 30
A $600 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2013 or who have completed two quarters of study in a vocational school. The deadline has been extended to Aug. 30. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce.

Summertime Safety Tips

Lorene Bartos
UNL Extension Educator

Summertime is here. Safety is important at times of year but during the summer families are out and about more with many activities, so taking extra safety precautions is even more necessary. Whether playing or working out in the sun, swimming, camping, grilling or taking part in sports activities there are steps to take to be safe. Many children are injured unintentionally because someone isn’t watching or steps were not taken to make the area safe.

Safety tips:
• Drink plenty of water during the summer to prevent dehydration.
• Be cautious when around fireworks. Never let young child play with fireworks. Never leave children around water unless supervised. Make sure they wear life jackets when boating. Know the area where you are swimming, camping or picnicking. Swim in only approved areas.
• Take precautions with food when grilling out or at a picnic. Never leave food out more than two hours and keep cold foods cold.
• Use sunscreen with an SPF 15 and a warning. A warning is conditions are right for severe weather. A warning means dangerous weather is threatening the area.
• Check the family emergency kit. Have one for the home and vehicles.

Tools of the Trade – GIVING KIDS A LIFETIME GUARANTEE
3 hour training for professionals who provide care and education to school age children (ages 5-12)
Thursday, July 25, 6–9 p.m.
Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln
Registration fee $8
Learn about the ages and stages of school age children, strategies for guidance and discipline as well as exploring appropriate learning environments for school age children. A meal will be provided.
For more information, contact Lorene Bartos at lbartos@unl.edu or 402-441-7180.

Lorene Bartos, UNL Extension Educator
Cleaning Monitor Screens
To clean an LCD laptop or flat-panel monitor screen, use a soft, lint-free cloth or microfiber cloth slightly moistened with plain water. Do not use paper towels, as they can scratch the monitor’s surface. Wipe the screen gently to remove dust and fingerprints.

For glass CRT (television-style) monitors, use an ordinary household glass-cleaning solution and a soft, lint-free cloth or microfiber cloth. Never spray the cleaner directly onto the screen, spray the cloth instead. Unless the manufacturer recommends differently, do not use alcohol or ammonia-based cleaners on the monitor, as these can damage the anti-glare coatings.

Outdoor Play Benefits Children
Children can play anywhere and with anything, but the world of nature is an especially inviting place for play. Play is more than just fun and games — it is vitally important for children’s healthy development. The Alliance for Childhood defines play as a set of behaviors that are freely chosen, personally directed and intrinsically motivated. Play integrates all types of learning, including physical, social, emotional and intellectual.

Open-ended play in nature or with nature objects enhances curiosity and triggers the imagination. For example, a hollow log can be a tunnel to another place. Mud could be made into mud pies. Sticks could be used to build a teepee, or be used as a walking stick or for scratching letters into sand. Children increase their physical fitness when they run, explore, climb, find secret hiding places, dream up stories and have outdoor adventures.

By participating in a child’s outdoor play experience, parents can help children develop math, language and even science skills. For example, math skills develop when a child learns to count the number of ants on the ground; see OUTDOOR PLAY on page 11.

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Pillbugs and Sowbugs: Terrestrial Crustaceans

Barb Ogg
Extension Educator

Pillbugs and sowbugs are small, grayish-brown crustaceans, usually found in moist soil or rotting wood. Many people call them “roly-poly.” They are also called “wood lice,” which is a misnomer because they aren’t lice at all. Pillbugs and sowbugs belong to the crustacean order Isopoda and are often called isopods. Pillbugs and sowbugs have a worldwide distribution. It is thought European settlers brought Pillbugs and sowbugs to North America, probably through the lumber trade.

Being crustaceans, pillbugs and sowbugs are more closely related to lobsters, crabs and shrimp than insects. But, pillbugs and sowbugs are unusual because they have adapted to living in a terrestrial, rather than aquatic, environment. They breathe with plate-like gills located on the underside of their abdomen, which are part of the dorsal exoskeleton. Pillbugs and sowbugs do not need to drink water. But, they will die if they are submerged in water.

• Pillbugs and sowbugs are nocturnal to retain moisture. It is thought European settlers brought them to North America, probably through the lumber trade.
• Pillbugs and sowbugs are active at night and stay hidden by day, which is exactly when pillbugs and sowbugs are most active.
• Pillbugs and sowbugs excrete gaseous ammonia as their waste, which means they don’t produce feces.
• Pillbugs and sowbugs have a relatively-long life span and may live two or more years.
• Some species, reproduction is partenogenetic, meaning males are not needed to produce young, which are clones of the mother.

Even though sowbugs and pillbugs are terrestrial, they are confined to areas of high moisture because, unlike insects, they lack effective methods of preventing water loss. They lack a waxy layer on their exoskeleton and a method of closing their respiratory system to prevent water loss. This explains why sowbugs and pillbugs are active at night and stay hidden during the day, when conditions are hotter and drier.

All animals have predators and parasites. Pillbugs and sowbugs are nocturnal to retain moisture, but this behavior is also a defensive strategy against predation.

Woodlouse Hunter Preys on Pillbugs & Sowbugs

One spider, the woodlouse hunter (Dysdera crocata) is specifically adapted to preying on pillbugs and sowbugs. These spiders have unusually large chelicerae (fangs) which are used to pierce the armored bodies of sowbugs, pillbugs and hard-shelled beetles.

The body of the female woodlouse hunter is about 1/2-inch long, excluding its legs; the male is a little smaller. These spiders have a striking two-toned coloration: the cephalothorax and legs are reddish-orange and the abdomen is tan or grayish-white. The chelicerae are large, thick and slanted forward. This spider has six eyes, arranged in an oval pattern.

The woodlouse hunter will be found in locations where pillbugs and sowbugs are found — typically in dark, moist places, like rotting logs, under leaf litter and mulch. It lives in a silk retreat during the day and hunts at night, which is exactly when pillbugs and sowbugs will be active. This spider does not spin a web to catch its prey, but is a hunting spider.

These spiders are found in residential landscapes, especially if large numbers of isopods are present. They occasionally, and accidentally, come indoors. When people find this spider, they are often alarmed by the large fangs.

Woodlouse hunters have been known to bite humans, so it’s probably not a good idea to handle them. Despite their large fangs, bites are relatively harmless, although they can be painful.

Tips for Collecting Isopods

Where can you find pillbugs and sowbugs? These isopods live where it is moist and shady. Look under logs, moist leaf litter, flower pots (a day after they have been watered), outdoor flower dishes and under paving bricks or stones. If you can’t find them, you might be able to attract them. Water shady locations and cover the soil with a piece of plywood or cardboard. Keep the area moist and check under the covering in a couple days. Isopods dehydrate quickly once separated from their moist and humid environment, so you’ll want to get them in the rearing container as soon as you can.

To discourage mold in the container:
1) Remove uneaten food promptly, especially if it is moldy. If pieces of bark become moldy, remove them and replace with new pieces. 2) Reduce the amount of misting. 3) Increase the number of ventilation holes in the lid or remove the lid for a period of supervised time. If problem persists, create a new, clean box and start over.

Raising Young
If you have both sexes, isopods will reproduce quickly. The unique thing about isopods is eggs are stored in the female’s brood pouch, on the underside of her body. Immature isopods are small and may be buried in the soil underneath the bark or leaf litter.

Barb Ogg
UNL Extension Educator

Are your kids interested in nature and looking for a summer activity? Without much help, they can raise pillbugs or sowbugs, also known as terrestrial isopods.

Advantages: It is cheap and pretty easy. Kids will develop responsibility for feeding and cleaning the rearing box. They will learn about isopod biology, which includes reproduction and maternal behavior, respiration and excretion, which are pretty interesting.

Disadvantages: Pillbugs and sowbugs do need to be fed, and cleaned up after. If you go on vacation, especially for an extended period of time, you may need someone to take care of them (water them). They will die if neglected, because they will dehydrate. If rearing is successful, it may become necessary to move them into a new rearing chamber or box.

What you need:
• A clear plastic shoe box or other container with a lid
• A substrate which can include soil, leaf litter, decaying wood, peat moss
• A spray bottle for watering
• Fish flakes, other veggies for food (small amounts)
• A nice flat piece of bark or untreated wood for them to crawl on and under

Prepare the Rearing Box:
• Poke tiny holes in the clear plastic box lid to help the container breathe but also to retain humidity
• Line it with an inch or so of humus or rich, moist soil. Then add a layer of leaf litter, decaying wood and/or peat moss. Place a piece or two of bark on the top of the substrate for them to crawl on and under. Make sure the substrate is moist, but not soggy.
• Add collected isopods to the box. For best results, don’t mix species in the same container.
• Place the box in a cool, dark location.
• When it dries out, spray the inside of the box with water.
• Food: They don’t eat much and will probably feed on organic matter in the substrate. Add to their diet with small amounts fish food flakes, potato slices, apples and carrots. Remove food when it gets moldy or begins to rot.

Cleaning:
• Check the container daily. If the ammonia smell becomes very strong, you’ll either need to open the lid so the ammonia dissipates or replace the soil or move them to another box. Immature isopods are very small and may be hard to separate from the soil. If you place a piece of wet cardboard on the surface, over time, the isopods may cling to it and you may be able to move them to another box.

Tips to Reduce Mold:
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Web Sites
http://lancaster.unl.edu
The NEBRINE
http://lancaster.unl.edu
Vicki Jedlicka, UNL Extension in Lancaster County
July 2013

Environmental Focus

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Barb Ogg
UNL Extension Educator

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http://lancaster.unl.edu/eco/htm

Source: http://insected.arizona.edu/
Strawberry plantings can introduce for several years, but yields decrease with yellowing of the leaf foliage and eventually wilt and death of the plant. This will reduce disease problems on newly developing foliage and allow you to see the plants. Thin out the remaining plants to three plants per square foot, or thin plants to a spacing of 7–11 inches apart, by removing old mother plants and weak new runner plants.

Apply 2½–3 pounds of a complete fertilizer such as 10-10-10 or 12-12-12 per 100 feet of row. If weather and time permit, thin out weak plants again in late September. By mid-October, there should be only five to seven plants per square foot to get top yields the following spring. Thinning out the plants only after harvest usually is not sufficient to maintain plant density required to optimize yields and quality.

**Overbearing Strawberries**

Renovation as described for June-bearing strawberries, is not practiced with day neutral or everbearing strawberries. To maintain productive overbearing strawberries, when using the hill planting system, set new plants into new hills each year, and remove plantings more than three years old. Runners are normally removed as they appear, especially if the hill system is used.

To plant new hills, home-grown plants obtained by digging new runner plants from existing parent plants can be used if disease has not been a problem. A few hills of strawberries can be allowed to produce runners during the season to provide a stock of crowns for transplanting each spring. These runners can then be dug up in spring and moved to the new location. If the runners from your plants lack vigor, purchase new virus-free stock in the spring.

When preparing strawberry plants for planting, never allow them to dry out. Cover the roots with moist peat moss or cloth, and keep the plants shaded. This will reduce disease problems on newly developing foliage and allow you to see the plants.

Squash bug adults and nymphs hide on the undersides of leaves, near the crown of the plant, under clods of dirt or any other protective cover. They are gregarious, feeding in groups, and quickly move away when disturbed.

**Control**

Early detection of squash bugs is vital to effective control. Adults are very difficult to kill and can kill entire plantings if not controlled.

Begin scouting plants for squash bugs are visible to save the labor of removing them later in the field. Spread out the roots when planting and place the plant at a depth so that only the base of the crown is covered by soil. If the crown is too high, the roots will be exposed and quickly will dry out. If the crown is too deep, it easily can be covered with soil and smothered.

**Follow-up Care**

Irrigation and mulch are important for plant recovery following renovation, and good flower bud development in later summer. Strawberries must be irrigated to produce quality fruit with high yields. Plants generally require 1.5–2 inches of water or more per week, both rain and irrigation, depending on soil type, climatic conditions such as temperatures and wind and the plant’s stage of development. Crucial water-use times for strawberries occur following renovation, and in late summer when flower buds are forming.

Because the strawberry fruit is 90 percent water, any moisture stress during fruit development will reduce yield. If signs of water deficits, such as wilting occur, apply water as soon as possible. Apply enough water to wet the soil to a depth of 1–2 inches, the zone in which most of the plant’s roots occur.

Most home strawberry plantings are mulched. Any organic material, free of weed seeds, makes good mulch, like hay, straw and pine needles. In spring, after the danger of frost is past, rake half the mulch off the plants and into the area between the rows. Mulch left around and under the plants will help keep the berries clean, conserve moisture and inhibit weed growth. Black plastic is frequently used as mulch for strawberries. It is effective in inhibiting weed growth and preventing the evaporation of moisture from the soil surface. However, it does eliminate the ability of runners to put down roots.

**Controlling Squash Bugs**

Squash bugs are common pests of cucurbits, with a preference first for winter squash and pumpkins, followed by gourds, summer squash and melons, and occasionally cucumbers. Among squash, winter varieties such as hubbard and marrows, are most severely affected.

Now is a good time to scout your vegetable garden for adults, nymphs and eggs, and take steps to control them.

**Description & Life Cycle**

Adult squash bugs are 5/8 inches long and approximately 1/3 inch wide. The adults are winged, brownish black insects, sometimes mottled with gray or light brown on the back, and have a flat back. They have an unpleasant odor when crushed. Adults overwinter in leaf litter and debris, emerging in spring as the cucurbit vines begin to grow. After mating, females lay clusters of brick-red eggs in the angles between leaf veins on the underside of the leaves. Hatching occurs in 7–14 days. Young nymphs have a green abdomen, and crimson head, thorax and legs. Older nymphs are light gray with black legs. One generation of insect occurs each year, but the extended egg laying period of female insects results in all life stages occurring throughout the summer months.

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Volunteers Needed

Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair. Help is especially needed in the following areas:

- **In the 4-H Corner**
  - Food booth from Wednesday, July 31 through Sunday, Aug. 4.
  - Static exhibit set-up on Thursday, July 25 at 6:30 p.m.
  - Teen tour guides are needed for Fair Fun Day on Wednesday, July 31.
- **During judging of static exhibits** on Thursday, July 25.
- **4-H & FFA Individual Exhibitor Admission PASSES** — Individual exhibitor admission passes will be available from the extension office (available July 1–31). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 1–6 only. Gate admission without the 4-H/FFA exhibitor admission pass will be $2.

Static Exhibit Check-In

**Tuesday, July 30, 4–8 p.m.**

4-H & FFA static exhibits do not preregister, but MUST be physically checked during Static Exhibit Check-in on Tuesday, July 30 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

In the Lancaster Room, exhibits are grouped into the following areas designated by signage: **Clover Kids; General Area; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology**. A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s).

All static exhibits will be released on Monday, Aug. 5 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

**Code of Conduct Special Exhibit**

New this year, is a special county exhibit: 4-H Code of Conduct exhibit. Exhibit should illustrate the 4-H Code of Conduct found on p. 12 of this issue. Exhibit can be any 2-dimensional or 3-dimensional project outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

**Interview Judging, July 31**

Interview judging is Wednesday, July 31 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can call the extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister between July 8 and 26. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 30, 4–8 p.m.

**Clover Kids Show & Tell, Aug. 4**

All Clover Kids, youth age 5–7 by January 1, 2013, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 4, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 8 and July 26, or sign up at the static exhibit area Tuesday, July 30, 4–8 p.m.

**Premium Payouts Procedure**

No checks will be issued (except for Horse Hunter and Dressage exhibitors)! No changes or corrections will be made on premium amounts after 14 days.

**STATIC EXHIBITS and CONTESTS:**

Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, August 5, 7–11 a.m. in the Fair Board Office (except rabbit contests). With proper identification, parents, guardians, 4-H club leaders, and FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.

**ANIMAL EXHIBITORS** (except horse and rabbit): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena.

**RABBIT EXHIBITORS:** All rabbit payouts (including rabbit shows and contests) will be made to 4-Hers at the Rabbit Awards on Sunday, August 4, 5 p.m. in the Nebraska Room.

**HORSE EXHIBITORS:**

- Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, August 5, 7–11 a.m. in the Fair Board Office. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.
- Except — 4-H exhibitors riding in the Hunter Show and/or Dressage Show will have their entire payouts mailed to them.

LIVESTOCK INFORMATION

**Animal Entries Due July 1**

All 4-H and FFA Super Fair animal entry forms are due to extension by Monday, July 1. 4-H forms postmarked by July 1. No late entries will be accepted!

One Livestock Entry Form MUST be completed for each exhibit entering livestock. Breeding fees ($7/heaed) for beef, dairy, and bucket calves are being collected with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available at the extension office or online at http://lancaster.unl.edu/4H/FAIR.

**Livestock Reminders**

- Market beef and breeding heifers check-in separately. Market beef are 10–11 a.m., breeding beef are 11 a.m.–12 noon on Thursday, Aug. 1.
- All registered breeding heifers must have current registration papers and tattoos presented at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
- No swine will be allowed in the wash racks for one hour after paint branding, the paint needs time to dry. All hogs must be washed and dry at time of reaching the check-in area.
- Meat Goat breeding classes have been added.
- New Elite Showmanship Contest — Champion senior showman from Sheep, Beef, Swine and Dairy Cattle are eligible.

**Livestock Judging Contest, Aug. 4**

Now in its second year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 4, 12 noon–2 p.m. in Pavilion I—West Arena. Preregister by Thursday, Aug. 1, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Youth may judge as individuals or teams. Teams will consist of four youth and one adult. Seven classes shall consist of two beef, two sheep, two swine and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No questions will be given, however questions will be asked on three classes.

**Youth Livestock Premium Auction Donations**

Please remember to talk with your community businesses to get donations for the third annual Lancaster County Youth Livestock Premium Auction. The success of the auction is dependent on 4-H’ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at 402-540-0597.

**4-H/FFA Livestock Booster Club Scholarships Due July 5**

Applications for the Lancaster County 4-H/ FFA Livestock Booster Club $500 college scholarship are due July 5. Open to all Lancaster County 4-H/FFA students who have exhibited production livestock in 4-H or FFA. The application is at the extension office and online at http://lancaster.unl.edu/4H/FAIR. For more information, contact Cole Meador at 402-441-7180. Winners will be announced at the Youth Livestock Premium Auction.
Healthy Food Workshop, July 12
All youth ages 8 and up are invited to participate in a “Fun with Healthy Food!” workshop on Friday, July 12, 8:30 a.m.–9:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Making healthy food choices can be fun and tasty. Youth who attend the workshop will lunch, supper and more! Please bring 5 favorite recipes. Call to register by Monday, July 8. Fee is $10.

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.

4-H Riding Skills Level Testings, June 25 and July 2
Level testing for the riding skills horsemanship levels will be held on Tuesdays, June 25 and July 2 at the Lancaster County Event Center in the Amy Countryman Arena. Anyone wishing to test must sign up at least one week in advance of the test by contacting Marty at mcruickshank2@unl.edu. All of the written horsemanship level requirements must be completed and submitted to Marty Cruickshank before the riding can be scheduled. July 2 will be the last date to test in order to ride in the Lancaster County Super Fair.

State Fair 4-H & FFA Horse Show, July 25
The Fonner Park State 4-H Horse Show will be held Thursday, June 27, 9 a.m.–4:30 p.m. at the Fonner Park in Grand Island. Information is at http://lancaster.unl.edu/4h/horse/shows. For more information, contact Marty at mcruickshank2@unl.edu.

Policy on Horse Drugs
No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Show. At this time, we don’t have a lot of information, but we have been notified of an outbreak of EIA (Equine Infectious Anemia) in the state of Nebraska, therefore the test is required. Hillcrest Animal Clinic will be offering two Health Certificate/Coggins Testing clinics at a reduced rate for 4-H’ers. Cost for the health certificate will be $10 per trailer and the coggins test is $20 per horse. Locations and times are:
- Salt Creek Wranglers, Thursday, June 20, 6 p.m.
- Hillcrest Clinic, Wednesday, June 26, 5–6:30 p.m.

Super Fair 4-H Horse Entry Forms Due July 1
All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 1. NO LATE ENTRIES will be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the extension office before July 1 to show at the fair. You must have passed Level II to participate in on-the-horse roping classes. Bareback Equitation requires passing Level II Extreme Versatility is open to all riders with a level IV and seniors with a level III. Disciple Rail requires a level III or IV — junior and senior participants only.

Horse Judging Contest, June 29
The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Saturday, June 29, 10 a.m. at Wilderness Stables, 200 W. Calvert St., Lincoln. No pre-registration is required. All 4-H’ers must be dressed in 4-H attire — a white 4-H T-shirt and/or aspirin-like products must file a statement in the 4-H Horse show office before the horse is shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

One or more class winners and one or more horses in the same class that is tested, may be tested on Tuesday, Wednesday or Thursday by the Test Committee. The testing will include identification stations and a written test. If you did not sign up for the email Horse Course, but would like to participate in the challenge, email mcruickshank2@unl.edu to have the lessons sent to you. Pizza will be served at the end of the contest at a charge of $1 a slice. Come learn and have fun!
EXTENSION NEWS

Parenting From a Distance

Cindy Strasheim
UNL Extension Educator

Parenting is never easy, even when the parent and child live in the same house. For the parent whose children live elsewhere, parenting can be especially challenging. Long-distance parenting is usually defined by the number of miles traveled one way by the children in school or work. The standard in some states is 180 miles.

Whether the parent moves across town, across the state, or across the country, it signals the end of the familiar family pattern. Neither parent nor child can pretend distance doesn’t matter. Staying connected to children is important for their emotional, social and physical development. Kids have a right to love both parents. In all but court restricted visitation, kids have a right to enjoy spending time with each parent. The love between a parent and children can be strengthened with some innovative parenting techniques.

Keeping Connected

Text messaging, instant messaging, Facebook, and email — Text messages, facebook, instant messaging and email are excellent ways to stay in touch every day. Kids can chat with their parent through cellular phones or computer keyboard. This can help children feel an instant connection with the long-distance parent. A computer is not necessary with portable email devices.

Mail — Children love to get their own mail! Writing frequently is more important than writing long letters. Children can hold letters and read them, keeping memories and the feeling of being loved.

Telephone — Call to chat, to read a story, to say “I love you.” Keep conversations focused on the kids to keep them out of the middle of parental conflicts. Readily available phones increase secure feelings of love and connection.

Movies — Send a ticket for a movie. Both of you go to see it and talk about it on the phone.

Books/Magazines — Subscriptions can help a child practice reading. The parent may have the same magazine and they can have a discussion about the article.

Gifts — Gift certificates or small tokens can be used as incentives for grades, behavior, chores, etc., but they should not be used as bribes or one-up on the other parent.

Thinking of You Box — Children love to get things that remind them of time spent together. Simple items can make lasting memories of being loved. Pictures, clipplings and ticket stubs all have meaning.

Email/Mail

Suggestions

Do:

- Write about feelings
- Share parts of your life
- Ask questions
- Send pictures, cartoons, stickers, jokes

see PARENTING on next page

Lancaster County Super Fair Volunteer Opportunities

The Lancaster County Super Fair will be held Aug. 1–10 at the Lancaster Event Center, 8440 Harcourt Rd. in Lincoln. Volunteers ages 18 and up are needed to help with a variety of events during the fair. Shifts are two or more hours. Volunteers receive a gift bag with a free T-shirt and more. For more information, call Julie Burton at 402-441-6545.

Super Fair Seeking Exhibits for “4-H Through the Decades”

The Lancaster County Super Fair is putting together a display of “4-H Through the Decades” to be on exhibit while 4-H static exhibits are on display Aug. 1–4.

Seeking 4-H static exhibits from the ‘90s, ‘80s, ‘70s, ‘60s, ‘50s, and even older (can be from any county fair or state fair). Also seeking photos of animal projects. Exhibits and photos will be in protective glass cases during the Super Fair. Number of exhibits and photos will be limited due to space, depending on submissions.

Please attach to each exhibit your name, phone number, project name, title of exhibit (if any), decade entered in fair, and which county or state fair.

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**EXTENSION CALENDAR**

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

### June

- **24** Family & Community Education (FCE) Council Meeting, Governor's Residence, 1425 H Street • 12 noon
- **25** Guardian/Conservator Training • 9 a.m.–12:30 p.m.
- **26** 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman • 9 a.m.–12:30 p.m.
- **26** Ag Educator Tom Dorn’s Farewell Open House • 4–6 p.m.
- **27** Co-Parenting for Successful Kids • 9 a.m.–12:30 p.m.
- **29** Lancaster County Super Fair 4-H Horse Judging Contest, Wilderness Stables, 200 W Calvert Street • 10 a.m.

### July

- **1** All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension
- **1–2** PREMIERE Animal Science Events (PASE)/FCS Life Challenge
- **2** 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman • 9 a.m.–12:30 p.m.
- **2** FCE Family & Community Education (FCE) Sizzling Summer Workshop • 6–9 p.m.
- **12** Extension Board Meeting • 8 a.m.
- **14–18** The public is invited to Tom's farewell party on Wednesday, June 26, 4–6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Tom is on medical leave as of May 1. If you would like to share a letter or fun experience you have had with Tom over the years, please send it by June 24 to Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528. We will put a book together for Tom.

### Parenting continued from previous page

- **Don’t:**
  - Write too much
  - Write to criticize or question the other parent
  - Expect letters as frequently from the child as those sent by you
  - Use sympathy or guilt to manipulate behavior
  - Say “I’m so sad without you”

### Outdoor Play continued from page 5

- language skills develop when a child learns the name of a new animal; and science skills develop when a child gets to see how a rainbow forms after it rains.
- Parents should be actively involved in teaching a child about nature safety. They could warn younger kids not to play with sharp objects or not to eat something they picked up from the ground.
- The length of time spent playing outdoors depends on the child and the number of children out playing, but children should be allowed to go outside every day.
- Some children may have to learn how to play outside and it’s OK to get dirty, while others may catch on quickly and spend hours exploring.
- Provide children the chance to play in a variety of outdoor spaces, as different settings will inspire different kinds of play. These places don’t have to be far from the home or the city. Parks provide ample opportunity for kids to connect to nature. Even spending time to watch squirrels and birds in one’s own backyard is educational.

### The Nebraska

The Nebraska is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at [http://lancaster.unl.edu/nebline](http://lancaster.unl.edu/nebline). The Nebraska Library Commission’s Talking Book and Braille Service records The Nebraska for individuals with visual or physical disabilities or a reading disability when time and materials permit. For more information, go to [http://www.ne.blind.org](http://www.ne.blind.org) or call 402-471-6355 or 800-762-1781.

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**THE NEBRASKA EDUCATOR**

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**THE NEBRASKA ONLINE**

[http://lancaster.unl.edu/nebline](http://lancaster.unl.edu/nebline)

Sign up to be notified by email when The Nebraska is posted online.

### 4-H District Speech/PSA Results

The 2013 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at the UNL East Campus. Congratulations to the Lancaster County 4-H’ers who participated. The top five in each division received medals. Medal winners and honorable mentions advance to the State Contest which will be held during the Nebraska State Fair. The following Lancaster County 4-H’ers earned purple ribbons.

**Speech Contest:**
- Junior division — Grace Spalding (medal), Emmi Dearmont, Riley Peterson
- Intermediate — Lily Noel, Addison Wanser, Alyssa Zimmer
- Senior — Renae Sieck (medal), Evan Noel

**Public Service Announcement (PSA) Contest:**
- Junior division — Ruby Molini (medal), Riley Peterson (medal)
- Intermediate division — Nate Becker (medal), Addison Wanser (medal), Jordan Nielsen
- Senior division — Ivy Dearmont (medal), Taylor Nielsen, Max Wanser

**4-H District Speech/PSA Results**

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<tr>
<th>Date</th>
<th>Event Description</th>
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<td>30</td>
<td>4-H/FFA Interview Judging for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room • 9 a.m.</td>
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The University of Nebraska-Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.

Holly Steinbach
Lancaster County 4-H is proud to announce Holly Steinbach as winner of July’s “Heart of 4-H Award” in recognition of outstanding volunteer service. She began volunteering with the All American Kids 4-H club seven years ago when her daughter started 4-H. Holly took over as club leader five years ago and continues to lead the club even after her daughter went to college. Holly has also volunteered with the Pick-a-Pig 4-H club and 4-H food booth at Lancaster County Super Fair.

“It is very rewarding seeing the excitement the kids have for these projects for fair, their ideas for service and their overall enthusiasm for the club,” says Holly. “I enjoy watching them start with an idea, working together to accomplish the goal, taking the opportunity to be the leader, and the pride they have when a project is finished. I believe 4-H is not just a hobby, but a way of life. It teaches many life lessons, but the best is that if you work hard and strive to do your best, you will be rewarded.”

Lancaster County 4-H thanks Holly for donating her time and talents. Volunteers like her are indeed the heart of 4-H.

Volunteer at 4-H Food Booth
Help Raise Money for 4-H and Have Fun!

The 4-H Corner Stop food booth at the Lancaster County Super Fair is Lancaster County 4-H Council’s primary fundraiser. The food booth has windows in the Lincoln Room and Multipurpose Arena. 4-H Council asks clubs and independent members to help by staffing a shift at the 4-H Corner Stop. All 4-H’ers, regardless of age given time, 6 youth (age 6 & up) and 4 adults are needed. Youth gain practical experience handling food safely and counting change. They also gain life skills such as responsibility, critical thinking and social skills. 4-H Council financially supports several 4-H programs and activities such as Achievement Night; college and camp scholarships; support for state and national contest registrations; and 4-H promotional items and activities.

4-H’ers Focus on Safety in Bicycle Contest
Twenty youth participated in the 2013 4-H Bicycle Safety Contest on June 8 at the Lancaster Extension Education Center. Part of the Lancaster County Super Fair, the contest consists of a bicycle inspection and bicycle riding skills events. Top winners were Valerie Griess (senior champion), Galen Kramer (senior reserve champion), Joshua Dowd (junior champion) and Lily Noel (junior reserve champion). More photos are online at www.flickr.com/photos/unlextlanco.

Sign Up
New this year, sign up is online at http://go.unl.edu/foodboothsgroup. Available time slots will be updated as club, independent members sign up. If signing up as a club, only club name is needed in the slots. If you don’t have access to the Internet, call Tracy at 402-441-7180.

NEBRASKA 4-H VOLUNTEER
CODE OF ETHICS
Your primary goal as a 4-H volunteer is to help children and youth develop competency in their projects, confidence in themselves and sound character. As a 4-H volunteer, you are to help kids do what they are capable of doing. You are to promote teamwork and leadership while helping the 4-H’ers learn and have fun. Everything you say and do should be consistent with the six core ethical values comprising good character: trustworthiness, respect, responsibility, caring, fairness and citizenship. This Volunteer Code of Ethics sets forth expectations of 4-H volunteers:

1) Act to encourage and justify trust. Teach 4-H’ers the meaning and importance of trustworthiness.
2) Treat members, parents, Extension staff, judges and others with whom I come in contact with respect, courtesy, consideration and compassion.
3) Inform myself about youth and their positive development. Fulfill my expectations of 4-H volunteers:
   a) Communicate with kids and their families in a way that helps them be good citizens, trustworthy, respectful, responsible, fair, and caring.
   b) Use good manners.
   c) Dress appropriately.
   d) Avoid inappropriate displays of personal affection.
   e) Practice fair-mindedness by being open to ideas, suggestions and opinions of others.
   f) Exhibit good citizenship by obeying laws and rules.
   g) Do not use tobacco, alcohol or mood-altering substances or drugs.

NEBRASKA 4-H 2013 Volunteer Code of Conduct:
Character development is a cornerstone of the 4-H program. All 4-H members should strive to be good citizens, trustworthy, respectful, responsible, fair, and caring.

As a 4-H member:
1) Treat all family and friends with respect, courtesy, consideration and compassion.
2) Avoid personal put-downs, insults, name-calling, swearing and language or nonverbal conduct likely to hurt or offend others.
3) Use good manners.
4) Dress appropriately.
5) Avoid inappropriate displays of personal affection.
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