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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 school systems properly manage and reduce pesticide use around their schools, while effectively managing insect and wildlife pests. IPM in Schools is pest specific — 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 preventive 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.

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Protect Hearing on the Farm

Tom Dorn
UNL Extension Educator

Copper has been used for many years as an effective algaecide 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. Overuse of copper will have higher initial costs than safer to fish. Chelated copper compounds will have higher initial costs than copper sulfate. Dosage rates of copper compounds depend upon both manufacturer instructions and chemical type (liquid or granular).

Determination of Dosage Rates

To 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 tolerance 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.

Copper sulfate is available as a thin line or copper compounds. This form is available as either a crystal or a powder and is known as “bluestone” or “powder blue.” When copper sulfate is bought from a commercial manufacturer of copper, the percentage of copper in the formula should be carefully noted. The following dosage rates assume 25 percent metallic copper.

Several companies market copper in chelated liquid and crystal forms. Chelated copper compounds stay in solution longer than copper sulfate does, tend to control algae better and seem safer to fish. Chelated copper compounds will have higher initial costs than copper sulfate. Dosage rates of copper compounds depend upon both manufacturer instructions and chemical type (liquid or granular).

Use of Copper Compounds to Control Algae in Farm Ponds

The three most common types of algae are single-celled (planktonic) algae, filamentous algae and higher algae (Chara).

Single-celled algae is too small to see individually. They turn the water a uniform green color. Plants most often mistaken for single-celled algae are Duckweed and Water milfoil. These are small, multi-celled plants that float on the surface and are pushed from one side of the pond to another by the wind.

Common filamentous algae are Spirogyra spp. — slimy and green; Cladophora spp. — cotton mat type; and Pithophora spp. — horsehair clump type. Nitella spp. and Chara spp. (also called muskgrass) are large algae anchored to the bottom, but do not extend above the surface. Chara are stem-like, with thin, leaf-like structures, they are often confused with seed plants. When crushed, Chara produces a mushy odor. Higher plants often confused with Chara are Pondweed and Common Watermilfoil. See “Aquatic Plants and Their Control” from Kansas State University, in the reference list.

According to “Managing Iowa Fisheries, Use of Copper Compounds in Aquatic Systems” (see reference list below), dissolved copper is effective algae-treatment levels from lethal overdoses to fish. And not all fish are equally tolerant of copper sulfate; for example, the compound is highly toxic to salmonids (trout and salmon). The fact sheet explains when and how to use copper in aquatic systems and which precautions to take before using it.

Copper comes in several readily water soluble forms, the cheapest and most commonly used of which is copper sulfate (cupsulfatepentahydrate). This form is available as either a crystal or a powder and is known as “bluestone” or “powder blue.” When copper sulfate is bought from a commercial manufacturer of copper, the percentage of copper in the formula should be carefully noted. The following dosage rates assume 25 percent metallic copper.

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The maximum copper sulfate dosage rate is 2.0 ppm. One (1.0) ppm equivalencies are as follows: 0.008 grams per gallon, 0.0283 grams per cubic foot, 0.0000624 pounds per cubic foot, 1.0 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/ppm x 2 ppm = 5.4 pounds per acre-foot
Maximum pounds of copper sulfate = 5.4 pounds/acre-foot x 5 acres = 27 pounds.

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, 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/PS15312.pdf
• “Aquatic Plants and Their Control,” Kansas State University. www.coe.ksu.edu/bookstore/pubs/c667.pdf
### 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 perennial grasses 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 twice the width of leaves of bluegrass. Quackgrass is objectionable in lawns because of its coarse texture and spreading habit. Quackgrass also can be 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, nonselicitive 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 area 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, reestablish 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.

### 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 what you see. 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
- watercolor paint, brushes, plastic water container, paper towels
- tape
- scissors
- glue stick
- binoculars
- tote bag to carry supplies

### July 21 — Beneficial Backyards

**Gene Silencing**

University of Nebraska State Museum’s “Sunday with a Scientist” Sunday with a Scientist is a series of presentations that highlight the work of scientists, while educating kids and families on a variety of topics related to science and natural history. Presenters share scientific information in a fun informal way through demonstrations, activities or by conducting science on site.

Hours are 1:30–4:30 p.m. on the third Sunday of each month. Location is Morrill Hall which is south of 14th and Vine street on UNL campus. There is a cost to enter the museum.

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

### For all harvest of lettuce, radishes, carrots, beets, turnips, kale and spinach seeds in late-July to early-August

A garden needs one-inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungal diseases. Mulch plants to reduce water losses and improve yields.

Many plants are easily propagated by layering. Verbena, waxmyrtus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it. Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

Cut back and fertilize delphinium and phlox to encourage a second blooming.

Control mosquitoes by eliminating all sources of stagnant water.

Check the soil moisture of container grown vegetables and flowers daily. Produce a large quantity of vegetables if replanting is done throughout the growing and blooming. Count the flowers produced each summer in your garden. Read the labels and follow the directions. The warranties and precautions are for your protection.

### For plant and animals

- Why does it have such hard thorns? Why is tumbleweed native? Why is the “Indiana Banana” better than the “Indiana Banana”?

- Why do they have such hard thorns? Why is the “Indiana Banana” better than the “Indiana Banana”?

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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 illness 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 outside more, away from the refrigerators, thermometers and washing facilities of a kitchen.
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. A thermometer inserted in the middle of the patties registers at least 160°F. A thermometer not only keeps you informed about the internal temperature. Using a food thermometer to measure the internal temperature remains constant or decreases from the heat source, its accuracy can be trusted.

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 whole cuts of various red meats.

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. No, because any bacteria in the raw meat or juices could contaminate the cooked meat.

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. No, because bacteria grows rapidly in food at room temperature.

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 your hands be washed for hand washing?
A. 10 seconds
B. 15 seconds
C. 20 seconds
D. 25 seconds

Answer: B. 15 seconds. 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. 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.

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. Don’t worry about it. It’s never made you sick in the past, has it?

Answer: A. Use an egg substitute product or pasteurized eggs instead of raw eggs.

Test Your Food Dollar With Healthy $weets

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

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

Mary Abbott, RD
UNL Extension Associate

Most of us love sweets. We can splurge 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 icing when cooled.
- Dip a banana in yogurt and roll in whole grain cookie or cereal crumbs and freeze, if desired.
- Put apple sauce, 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

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Try the following recipe for some whole fruit goodness.

1 out of every 4 hamburgers turn brown in the middle before it reaches a safe temperature. USDA has revised its recommended cooking temperature for whole cuts of various red meats.

The safe cooking temperature for all poultry products, including ground chicken and turkey, remains at 165°F 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, lamb and 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): 160°F with no rest time
- All poultry (including ground chicken and turkey): 165°F with no rest time
- Whole cuts of meat (including pork, beef, lamb and veal steaks, roasts and chops): 145°F with an addition of 3 minute rest time.

4 hamburger turns brown in the middle before it reaches a safe temperature. USDA has revised its recommended cooking temperature for whole cuts of various red meats.
To clean an LCD laptop or flat-panel monitor screen, use a soft, lint-free cloth or microfiber cloth to gently wipe the screen. Do not use alcohol or ammonia-based cleaners on the screen as they can scratch the monitor's surface. If necessary, to clean a CRT (television-style) monitor, 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.

### Summer Safety Tips

- **Be cautious when around fireworks.** Never let young children play with fireworks. Make sure they wear protective gear when handling fireworks. If possible, keep children indoors while fireworks are in use.
- **Never leave children around water unsupervised.** Make sure they are always supervised when around water, and teach them the importance of water safety.
- **Use sunscreen with SPF 15 or higher.** Even on cloudy days, children can still get sunburned. Apply sunscreen every two hours or after swimming or playing outside.
- **Avoid using insecticides, sprays, etc.** Around children, use only products that are safe for children and avoid using insecticides near children.
- **Keep children hydrated.** Make sure children drink plenty of water throughout the day, especially during hot weather.
- **Teach children about severe weather.** Help them understand the importance of weather safety and the potential dangers of severe weather.
- **Check the family emergency kit.** Have one for the home and vehicles.

### Sizzling Summer Sampler

**Cost**: $10. Make checks payable to FCE Council. Send reservations and check by June 28 to: Pam Branson, UNL Extension in Lancaster County, 444 Cherry creek 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.

**SIZZLING SUMMER SAMPLER**

**Wednesday, July 10 • 6 to 9 p.m.**

**Light Supper at 6 p.m.**

**Lancaster Extension Education Center, 444 Cherry creek 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.

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Lancaster County Association for Family and Community Education presents

**Lancaster County Association for Family and Community Education presents the Sizzling Summer Sampler.**

**Guests welcome!**

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**Guests welcome!**
Pillbugs and Sowbugs: Terrestrial Crustaceans

Pillbugs and sowbugs are small, grayish-brown creatures, usually found in moist soil or rotting wood. Many people call them “poly pills.” They are also called “woodlice,” 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 them 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 their entire life on land.

The name, pillbug, is reserved for the species (Cylisticus convexus) which can roll itself into a ball for protection from predators. Sowbugs are unusual because they have adapted to living in a variety of environments and are often called isopods. Pillbugs and sowbugs have a worldwide distribution. It is thought European settlers brought them to North America, probably through the lumber trade.

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Renovation of Strawberry Plantings

Sarah Browning
UNL Extension Educator

Strawberries can produce for several years, but yields decrease with yellowing of the leaf foliage. Diseases, weeds and weak plants limit the life span of a single planting, so do not expect a bed to maintain its quality for more than three fruiting seasons. By following the recommended renovation or renewal procedures, you can maximize the life and productivity of your planting.

June-Bearing Strawberries

Most June-bearing strawberries are planted using the matted row system. Plants are originally planted 18-24 inches apart, then are allowed to grow together forming thick mats of foliage.

To renovate a planting in a matted row system, narrow the rows immediately after harvest to a width of 10-15 inches, by running a tiller along the edges of the rows, removing all the extra plants. Sometimes strawberries are allowed to grow together in one thick, matted bed with no walkways. In this case, run the tiller through the strawberry planting creating 24-inch wide walkways through the bed and leaving 10-15 inch-wide rows of strawberries.

The old tilling, mow off the old leaves to one inch above the crown. Remove all the leaf debris and plants destroyed by tilling. 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 the plant density required to optimize yields and quality.

Everbearing Strawberries

Renovation described for June-bearing strawberries, is not practiced with day neutral or everbearing strawberries. To maintain productive everbearing 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, homegrown 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 planting for planting, never allow them to dry out. Cover the roots with moist peat moss or cloth, and keep the plants shaded at all times. Before planting, remove all but two or three well-developed leaves per plant. Clip off any flower clusters that 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.

To control them.

Description & Life Cycle

Adult squash bugs are 5/8 inch 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.

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 insect habitat. Plant varieties of squash and pumpkin that are resistant, including Butternut, Royal Acorn and Sweet Cheese.

Manual Control — Home gardeners can handpick adults and crush egg masses to reduce insect numbers in the garden. Place boards under plants, to provide aggregation sites for the insects. This can simplify collecting and destroying of the insects.

Chemical Control — Adults are difficult to kill with insecticides, so control should be targeted at the nymphs to prevent them from surviving. Homeowners can spray plants with an insecticide, such as Sevin (carbaryl) or Eight (permethrin), being sure to target the undersides of leaves. Reapply the insecticide as directed on the label.

Recommendations for commercial growers can be found in the 2013 Midwest Vegetable Production Guide for Commercial Growers, at www.fass.purdue.edu/pubs/id/id-56. Check out page 108 — Insect Control for all Cucurbits. Always read and follow all directions and precautions on the insecticide label.
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 Contests & Step food booth** from Wednesday, July 31 through Sunday, Aug. 4. (sign up online at http://go.unl.edu/foodboothsign)
- **Static exhibit set-up** on Thursday, July 25 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 27 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** on Wednesday, July 34.
- **Teen tour guides** are needed for Fair Fun Day for child care groups on Friday, Aug. 2 at 9:30 a.m. and p.m.

If you, someone from your club, or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

**Static Exhibit Check-In, Tuesday, July 30, 4–8 p.m.**

4-H & FFA static exhibits do not prerequisite, 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 check exhibits with their members which have interview judging. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

In the Lancaster County Fair, exhibits are grouped into the following areas designated by signage: Clover Kids; General Areas; 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 — use your creativity! Must be checked in with static exhibits, see above.

**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 — prerogative 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 bring & 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. Clover Kids 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 4 days.

**STATIC EXHIBITS AND CONTESTS:**

Premium payouts for all static exhibits and contests held before and during the fair may 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-H'ers at the Rabbit Awards on Sunday, August 4, 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.

**General Areas; 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.

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- Except — 4-H exhibitors riding in the Hunter Show and/or Dressage Show will have their entire payouts mailed to them.
Healthy Food Workshop, July 12
All ages 8 and up are invited to participate in a “Fun with Healthy Food!” workshop on Friday, July 12, 8:30 a.m.—4:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. Making healthy food choices can be fun and tasty. Youth 4-H Table Setting will be held Sept. 26—29 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit and dairy steer. Stock Show exhibitors must be at least 10 years of age by Jan. 1. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 21—22 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1. All Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due to extension staff no later than Sunday, Aug. 4 at the Extension Office or the Super Fair Forms will be available online, at the Extension Office, or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries. For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

Ak-Sar-Ben 4-H Show Entries Due Aug. 4
The Ak-Sar-Ben 4-H Stock Show will be held Sept. 26—29 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit and dairy steer. Stock Show exhibitors must be at least 10 years of age by Jan. 1. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 21—22 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1. All Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due to extension staff no later than Sunday, Aug. 4 at the Extension Office or the Super Fair Forms will be available online, at the Extension Office, or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries. For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

Horse Judging Contest, July 25
For a fifth year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Thursday, July 25, 9—11 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (9–11) junior (12–14) and senior (15—19). Premiums and ribbons will be awarded. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Tuesday, Oct. 1.

Given that the program outline and details have not been finalized, please stay connected with the Lancaster 4-H Horse office or Lancaster360@sbcglobal.net or the extension office for the most current information.

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.

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 III, 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.

State Fair 4-H & FFA Animal Entries Due Aug. 10
4-H & FFA animal exhibitors ages 10–19 are eligible to participate at the Nebraska State Fair regardless of county fair placing. New this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair. This means Lancaster County Extension staff will not be collecting State Fair entries or entry fees during county fair. More information about how to register online will be available soon. Entries will be due Aug. 10. This change only applies to livestock — static entries will still be taken care of by Extension staff. For more information, contact Cole Meador at 402-441-7180.

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 is allowed. A short judging clinic will be held before the actual contest begins. Seniors only will be asked to give oral reasons. There will be fair premium payout for all contestants. The winner in each age bracket will be awarded a belt buckle! Hope to see all Lancaster County Horse 4-H’ers there for information, contact Marty at 402-441-7180 or mcruickshank2@unl.edu.

Horse Show, July 22
The Fair pony Park State 4-H Horse Show will be held July 14—18 at Fonner Park in Grand Island. Information is available at http://go.unl.edu/state4hhorseshow. Health Papers
A 14-day health certificate will be required. Importantly — this year, a Coggins Test is required for a horse to be shown 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.

Policy on Horse Drugs
No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given, in any manner whatsoever, internally or externally, and narcotic, stimulant, depressant, analgesic, local anesthetic, or drug of any kind or prescription within 24 hours before the first scheduled event of each show day 8 a.m. Horses on prescription treated of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse show office before the horse can be 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.

4-H Riding Skills Level Testings, June 25 and July 2
Level testing for the riding skills horsemanship level will be held on Tuesdays, June 25 and July 2 at the Lancaster County Event Center in the Amy Countrymen Arena. Anyone wishing to test must sign up at least one week in advance of the test by contacting Marty at mcruickshank2@unl.edu or 402-441-7180. 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.

4-H Style Revue Judging, July 23 Public, Aug. 1
Style Revue judging will be Tuesday, July 23 at the Lancaster Extension Education Center, 444 Cherry Creek Road. The public Style Revue will be Thursday, Aug. 1 at 7 p.m. at the Lancaster Event Center, Exhibit Hall. Note new class “Modeled Knitted or Crocheted Clothing” (Level 2 or 3). Knitting or Crocheting Level 1 can be modeled with “Sewing for Fun.”

A handout and entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair. Must submit entry forms by July 15.

Table Setting Contest, Aug. 2
Table Setting Contest will be Friday, Aug. 2, 5 p.m. at Lancaster Event Center, Exhibit Hall. After all contestants have been judged, all tables will be on view for the public (approximately between 7:45 and 8:15 p.m.). Open to all 4-H’ers ages 8–18 (4-H age). 4-H’ers use their creativity to plan a healthy menu, set a table, and present their table setting to a judge. A handout is available from the extension office or online at http://lancaster.unl.edu/4h/Fair. All participants are strongly encouraged to read the handout. Must preregister by July 22 by contacting the extension office (there is no entry form).

State Fair 4-H & 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.

Presentation, July 20
This year’s Presentations Contest will be Saturday, July 20, 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18 (4-H age).

New class “Illustrated Presentation” includes audio visual and poster. “Multimedia Presentation now includes a 1–2 minute oral introduction. New class “Teaching Presentation” is interactive with judge occasionally stopping presentation to ask questions. See Fair Book page 12 for complete contest information. A handout is available at http://lancaster.unl.edu/4h/Fair and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 15.

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.

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Extension Board Update
Clancy Dempsey, president of Lancaster County Extension Board, resigned in April due to moving out of state. Marty Minchow joined the board in April to complete the unexpired term of Dempsey. The new officers are:
- James Bauman, President
- L. Boon Fleeter, Vice-President
- Ryan Mohling, Secretary/Treasurer

4-H Interns Assist During Summer

Each year, student interns join the 4-H staff at the University of Nebraska–Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, Lancaster County Super Fair and other activities.
- Rachel Pickrel assists Tracy Anderson with Clover College, county fair static exhibits and contests. Rachel is a student at Nebraska Wesleyan University where she is majoring in business administration with an emphasis in marketing and a minor in music. This is her second summer as a 4-H intern. Rachel was a 4-H member in Lancaster County for 10 years.
- Erica Peterson assists Cole Meadow in the livestock areas. Erica just finished her first year at UNL where she is majoring in ag education leadership with a minor in animal science. This is her first summer as a 4-H intern. She was a 4-H member in Lancaster County for 10 years.

Lancaster County Years of Service
Recently, a Lancaster County employee at University of Nebraska–Lincoln Extension in Lancaster County was recognized for years of service to Lancaster County.
- Karen Wedding, Clerk Typist II, recognized for 15 years of service.

Nebline Editor Earns Statewide Press Awards
Vicki Jellicka, Publication and Media Assistant for University of Nebraska–Lincoln Extension in Lancaster County, earned two statewide awards in the Nebraska Women’s Press 2013 Communications Contest:
- Publications Regularly Edited by Entrant (non-newspaper category) for The Nebline. Judges considered writing, editing, design and content. Judge’s comments included, “What I like about this magazine is the writing is clear and right to the point. This publication fulfills its mission of getting out useful information to people that need it.”
- Sections or Supplements Edited by Entrant (non-newspaper category) for the 2012 Annual Report. Judge’s comments were, “Colorful, well-organized, clearly written and easy to read and find information. Thorough. She also earned 2nd place in Page Design (non-newspaper category) for two Nebline features, and 2nd place in Photo Essay for Clover College photos in Tint Nebline. Vicki is overall editor of UNL Extension in Lancaster County’s The Nebline newsletter, published monthly (except December) and mailed to nearly 11,500 subscribers in Lancaster County. She also does all page layout and design, takes many photographs and writes some articles. Extension Educators and Associates are page editors and do most of the writing for The Nebline. Support staff proof The Nebline.

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 child. 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, FaceTime, 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 or a portable email device.

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 comments. Readily available photos increase sincere 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 articles.

Gifs — 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-upping 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, clippings 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, 844 Harvard 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. Submitting static exhibits from any county fair or state fair. Also seeking photos of food and animal projects. Exhibits and photos can be dropped off before July 26 at the extension office (444 Cherry creek Road) or during 4-H static exhibit check-in on Tuesday, July 30, 4–8 p.m. at the Lancaster Event Center (844 & Havlock), Lincoln Room.

Exhibits and photos can be picked up after Aug. 12 at the Extension office or during 4-H static exhibit release on Monday, Aug. 26 at 4–7 p.m. in the Lincoln Room. For more information, contact Lorenne Burbats at 402-441-7180.

Nebraska State Fair Volunteer Opportunities

The Nebraska State Fair will be held Aug. 23–Sept. 2 at Fonner Park in Grand Island. Volunteers are a very vital part of the Nebraska State Fair. Volunteers are needed before, during and after the fair. From hospitality to helping out with educational and children’s programs, the State Fair is an experience for everyone who wishes to be a part of the Nebraska State Fair.

Volunteers need to be at least 18 years old or accompanied by an adult. Each volunteer shift will be four hours in duration. The option to sign up for multiple shifts is available and encouraged.

A comprehensive, mandatory training program will be held for all volunteers.

- Free fair admission for your daily commitment. Park in a restricted and convenient parking area during the fair.

- Volunteers who make a commitment of more than 20 hours receive two single admission passes to be used at the volunteer’s leisure, plus an exclusive volunteer service provider lapel pin.

- Receive a FREE official volunteer souvenir shirt.

To sign up, go to www.statfairvolunteer.org or contact Rhonda Vreleba at cjohnston1@unl.edu or 402-382-9210.

4-H State Fair Volunteers

The Nebraska 4-H program is seeking volunteers to help with exhibit entry day, judging, and serving as 4-H exhibit building hosts and guides. Volunteers will be needed for educational activities in the 4-H building, serving as the Lil’ Green Mascot, and assisting with all 4-H contests and events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer.

A complete list of 4-H volunteer opportunities and sign up information is online at http://4h.unl.edu/becomevolunteer. If you have questions, contact Cindy Johnston at cjohnston1@unl.edu or 402-672-1762.
Outdoor Play

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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.

For more ideas on outdoor play, check out the “Growing Up Wild” book at www.projectwild.org/growingupwild.htm.

Source: LaDonna Werth, UNL Extension Educator

Parenting

continued from previous page

• Create a secret code and send messages
• Send self-addressed stamped envelopes
• Say “I love you and I miss you”

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”

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 mention junior divisions 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 — Reena Sieck (medal), Emma 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

Source: LaDonna Werth, UNL Extension Educator

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**Volunteer at 4-H Food Booth**

Help Raise Money for 4-H and Have Fun!

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!

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**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 and consideration.** Avoid and prevent put-downs, insults, name-calling, yelling, and other verbal or non-verbal conduct likely to hurt or offend others.
3. **Use good manners.** Dress appropriately.
4. **Avoid inappropriate displays of personal affection.** Practice fair-mindedness by being open to ideas, suggestions and opinions of others.
5. **Exhibit good citizenship by obeying laws and rules.** Do not use tobacco, alcohol or mood-altering substances and drugs.
6. **Avoid self-indulgence.** Do not use alcohol or illegal substances or be under the influence while working with or being responsible for youth, or allow youth to do so while under my supervision.
7. **Teach and model fair-mindedness by being open to ideas, suggestions, and opinions of others.** Make all reasonable efforts to assure equal access to participation for all youth and adults regardless of race, creed, color, sex, national origin, or disability. Make all decisions fairly and treat all members with impartiality.
8. **Practice fair-mindedness by being open to ideas, suggestions, and opinions of others.** Make all reasonable efforts to assure equal access to participation for all youth and adults regardless of race, creed, color, sex, national origin, or disability. Make all decisions fairly and treat all members with impartiality.
9. **Teach and model fair-mindedness by being open to ideas, suggestions, and opinions of others.** Make all reasonable efforts to assure equal access to participation for all youth and adults regardless of race, creed, color, sex, national origin, or disability. Make all decisions fairly and treat all members with impartiality.

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**NEBRASKA 4-H 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:

- Treat all people and property with respect, courtesy, consideration and compassion.
- Avoid personal put-downs, insults, name-calling, yelling, and other verbal or non-verbal conduct likely to hurt or offend others.
- Use good manners.
- Dress appropriately.
- Avoid inappropriate displays of personal affection.
- Practice fair-mindedness by being open to ideas, suggestions and opinions of others.
- Exhibit good citizenship by obeying laws and rules.
- Do not use tobacco, alcohol or mood-altering substances and drugs.

(Excerpts from Nebraska 4-H Participant Code of Conduct)