7-2015

NEBLINE, July 2015

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

Part of the Agricultural Education Commons

http://digitalcommons.unl.edu/neblines/297

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Reduce Bullying and Cyberbullying
Through Social and Emotional Learning

Maureen Burson
Extension Educator

Bullying and cyberbullying were a focus of the 2015 Nebraska legislative session. Nebraskans, like others around the country, are striving to enhance public policies to keep children and families safe and secure.

Social media, local, state, national and international news reminds us constantly why people are mobilizing to combat bullying and cyberbullying. My 94 year old mom’s reflections are similar to young and old when she says, “I wish the world could be a kinder place.”

Karen Haase, a Lincoln attorney who specializes in school law, recently presented a 4-H Web seminar “Parenting in a Digital World” about cyberbullying and digital citizenship education. You can access it online at http://empowerment.unl.edu/givingyourbestwebseminars.

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. In fact, bullying by peers has found to be worse than abuse by adults.

Cyberbullying is the use of technology such as computers and cell phones to engage in repeated and hostile behavior by an individual or group that is intended to harm others.

University of Nebraska Research

These complex issues require a team approach — including researchers, schools, communities and individuals — all working together.

University of Nebraska-Lincoln researcher Dr. Susan Swearer and colleagues provide insights into applying research to benefit local communities. Dr. Eve Brank and her students Lori Hoetger and Katherine Hazen continue important research on the complexity of bullying and victimization. Dr. Swearer and her team, through the Empowerment Initiative, support and engage in translational research designed to foster positive, accepting communities free from bullying and other negative behaviors. Studies conducted in the Empowerment Initiative lab focus on identifying and addressing the complex personal, social and cultural factors underlying these behaviors. Translational research advances practical solutions to promote healthy relationships within families, schools and communities, such as “Strategies for Preventing and Intervening in Cyberbullying” (see sidebar at right).

Strategies for Preventing and Intervening in Cyberbullying

Zachary R. Myers & Dr. Susan M. Swearer
Empowerment Initiative (http://empowerment.unl.edu)

Possible Methods for Cyberbullying

• Social media (Facebook, Twitter, Ask.fm, etc.)
• Mobile applications (i.e., “apps,” Snapchat, Instagram, etc.)
• Text & picture messaging
• Email
• Chat rooms
• Instant messaging
• Online gaming

Strategies for Youth

(From www.cyberbullying.us)

• Protect your password.
• Keep pictures and videos “PG.”
• Don’t open messages from someone you don’t know.
• Log out of accounts when you’re done.
• Set up privacy controls — don’t let everyone have access to your accounts.
• NEVER retaliate.
• If repeated, tell them to stop.
• Block people who are being mean from contacting you.
• Never pass on cyberbullying messages or posts.

How Common is Cyberbullying?

• 95% of teen Internet users witness cyberbullying on social media.
• 66% of teens see others “joining in.”
• 28% of teens admit to being cyberbullies.
• 33% of teens have been a victim (59% are girls).

Source: Drexel University (2014)

Dr. Swearer says. “Disagreements will happen and feelings will get hurt. BUT conflict is not the same as bullying. Bulling happens when there is repeated and unresolved conflict. Bullying behavior occurs because it meets very real needs within the bully: the need for power, attention and/or revenge. Social and Emotional Learning (SEL) is the only response to bullying behavior which social-scientific research has shown works to reduce actual bullying behavior. That is because SEL teaches students how to manage conflict by teaching them how to recognize their own emotions, how to empathize with emotions being felt by others and how to negotiate a solution to the conflict. ‘The need for power, attention and justice (a healthy alternative to revenge) can be met appropriately.’

What Are Bullying and Cyberbullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. In fact, bullying by peers has found to be worse than abuse by adults.

Cyberbullying is the use of technology such as computers and cell phones to engage in repeated and hostile behavior by an individual or group that is intended to harm others.

University of Nebraska Research

These complex issues require a team approach — including researchers, schools, communities and individuals — all working together.

University of Nebraska-Lincoln researcher Dr. Susan Swearer and colleagues provide insights into applying research to benefit local communities. Dr. Eve Brank and her students Lori Hoetger and Katherine Hazen continue important research on the complexity of bullying and victimization. Dr. Swearer and her team, through the Empowerment Initiative, support and engage in translational research designed to foster positive, accepting communities free from bullying and other negative behaviors. Studies conducted in the Empowerment Initiative lab focus on identifying and addressing the complex personal, social and cultural factors underlying these behaviors. Translational research advances practical solutions to promote healthy relationships within families, schools and communities, such as “Strategies for Preventing and Intervening in Cyberbullying” (see sidebar at right).

Dr. Brank’s, Hoetger’s and Hazen’s research (January 2015 in the Journal of Family Violence) examined how sibling aggression is perceived, how it is reported and how often. No matter how common sibling aggression is, it can still have detrimental consequences, the researchers said. Hoetger added “there hasn’t really been a lot of research that looks at bullying between siblings in particular, so I think that’s definitely a need.” Article is online at http://empowerment.unl.edu/empowerment/Combating__Cyberbullying.pdf.

Even if you can’t see their face, there is a person at the end of that text message.

http://empowerment.unl.edu/}

Linda Green
Assistant Editor

 mı

CONNECT WITH US

Nebraska Extension in Lancaster County
44 Cherry Creek Road, Suite A
Lincoln, NE 68528
402-441-7180
http://lancaster.unl.edu

Food & Health . . . . 2
Family Living . . . . . 3
Farm & Acreage . . . . 4
Horticulture . . . . . 5
Pests & Wildlife . . . . 6
4-H & Youth . . . . . 6-7

IN THIS ISSUE
Emergency Office Munchies

Alice Hennenman, MS, RDN
Extension Educator

Sometimes an unexpected crisis or meeting at work consumes our lunchtime. Or we forget a sack lunch in our hurry to get out the door.

Having some well-packaged back-up foods tucked away in a briefcase, handbag or backpack can help keep us from missing a meal or tude over until we have a chance to eat. It also can help us avoid hitting the vending machines, scooting for well-filled candy jars or scavenging the break room table.

Think twice, however, before stocking a grocery store in your office drawer.

Downfalls of Desk Drawer Food Storage

Food storage may attract pests to your work area. A classic study (2001) by University of Arizona Microbiologist Dr. Charles Gerba and funded by Nestle, reported an office desk can contain 400 times more germs than an office toilet seat. Consider — cleaning crevices or seldom touch office desktops, office phones, etc.

Coughing and sneezing may increase the germ population. Crumbs may attract additional bacteria. If you share a workspace with someone, some cold and flu viruses can survive on surfaces for up to 72 hours according to Gerba.

If your office already has a problem with pest infestation, it might be best to avoid setting your desk up as a feeding station. Plus, if food spills over into a desk drawer that isn’t thoroughly cleaned, the drawer can become a breeding ground for bacteria or what Gerba would call a “bacteria cafeteria.” Higher building temperatures when offices are closed also may contribute to food spoilage in a desk drawer. If you do eat at your desk, it’s a good idea to periodically clean your desktop with a disinfecting wipe.

If you do store food in your desk drawer, plan to keep a limited stock of foods. You’ll have fewer problems if you opt for individually wrapped, single serving portions. If your office gets hot when your work facility is closed, be aware food loses quality and deteriorates faster when stored at higher temperatures.

That’s why you may be better off carrying a small amount of emergency munchies in a briefcase, handbag or backpack.

Emergency Munchies With a Focus on Fiber and Protein

Foods that include protein and fiber will be the most filling. Here are some additional tips:

• Check for lower sodium and lower sugar versions of foods.
• Buy foods including some whole grains when there is no other source of fiber (i.e. fruit, nuts and seeds).
• Save money by buying a larger package of foods such as nuts. Carry a single serving in a smaller container or snack-size, zip-top plastic bag.

Following are examples of snacks providing some protein and fiber that don’t require refrigeration. They were available in a supermarket commonly found in the central region of the United States.

• Nuts. Did you know ... nuts are a source of both protein and fiber? For example, 1 ounce of walnuts (1/4 cup shelled halves or pieces or 12–14 halves) has 4 grams of fiber as well as 4 grams of protein?
• Roasted seynuts. Soy nuts are made from roasted soybeans.
• Trail mix. Try making your own. Include dried fruit, nuts and/or seeds and whole grain cereal. (Check out the recipe below)
• Bars. Look for bars that contain ingredients such as whole grains, dried fruit, nuts and/or seeds.
• Popcorn. Carry an individual serving bag of microwave popcorn if you have access to a microwave oven.

Individual nut butter pack. The type you will most commonly find is a peanut butter pack. Nut butters may come in a small cup type pack or a squeeze pack. Include some individually packed whole grain crackers.

Tuna salad single serving packet. Include an individually packaged serving of whole grain crackers.

Additional handbag-friendly foods that may be available in some stores include:

• Roasted chickpeas. Note — if you choose to make your own roasted chickpeas, most recipes on the Internet advise they’re best eaten the day they’re made. In home kitchens, it is less likely chickpeas will dry sufficiently during the roasting process to keep safely or maintain their quality as long as commercially roasted chickpeas.
• Individual single serve packs of hummus. Individually packaged servings of hummus are shelf stable until they are opened. Carry these in combination with some type of whole grain dipper.

Make your own trail mixes by combining your choice of the following:

• Sunflower seeds
• Nuts, preferably unsalted
• Dried fruit (raisins, cranberries, cherries, blueberries, etc.)
• Whole grain small crackers
• Spoon-sized whole wheat cereal
• Fruit snacks (raisins, cranberries, cherries, blueberries, etc.)
There are three types of bullying:

1. Verbal bullying is saying or writing mean things.
2. Physical bullying involves hurting a person’s body or possessions.
3. Social bullying, sometimes referred to as relational bullying, involves hurting a person’s reputation or relationships.

Social bullying includes:
- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying involves hurting a person’s body or possessions.

Verbal bullying can:
- Help kids understand bullying.
- Help other caring adults have a role to play in preventing bullying.
- Help kids understand bullying.
- Help talk about bullying if it happens to them or others.
- Kids need to know ways to safely stand up to bullying and get help.
- Encourage kids to speak to a trusted adult if they are bullied or see others being bullied.
- The adult can give comfort, support, and advice, even if they can’t solve the problem directly.
- Encourage the child to report bullying if it happens.
- Talk about how to stand up to kids who are bullying you. Give tips, like using humor and saying “stop” directly and confidently. Talk about what to do if those actions don’t work, like walking away.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.

The line of communication is open — research tells us that children really do look to parents and caregivers for advice and help through their decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:
- What was your good day about today? What happened today? Any bad thing?
- What is lunch time like at your school? Who do you sit with? What do you get?
- What is it like to ride the school bus?
- What are you good at? What do you like about yourself?
- Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:
- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school? Have you ever been afraid of bullying? What ways have you tried to change it?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?

**Activities to Help Youth Enhance Their Peer Relationships**

**Supplies:** Cards with questions (or a beach ball).

Create a stack of cards using the questions below. Have youth draw a card from the stack and answer the question out loud, or the leader can draw a card, read the question aloud and have youth give the answer, if they know it. Optional Way to Play: Write the questions on a beach ball. Have youth toss the ball around the group and have the youth with the ball answer one of the questions on the ball.

**Questions/Statements on Cards:**
- Why is it important to have friends?
- What are some things you do with your friends to make them feel special and important?
- How can you encourage your friends to feel special and important?
- When were you helped by a friend?
- How can you be helpful to a friend?
- When was the last time you shared something with a friend?
- Why do you think it is a good idea to apologize when you have done something wrong or hurtful?
- How do you try to make someone feel better if that person is sad or upset?
- What makes you feel better?
- Your friend lost something (book, toy, jewelry, etc.). What are some things you could do to help?
- There is a new youth in school. What can you do to make the youth feel welcome or like she or he belongs?
- What are some examples of being generous? (Examples: You have a job and your friend says she is hungry. You are playing with Legos® and a friend wants to join in. How can you be generous?)
- What is another term for being generous? How can you be generous?
- Reflection:
  - What was easy or hard about answering these questions?
  - What did you learn from this activity?
  - How does talking about your feelings and thoughts help you be a better friend?

**Kindness Counts**

**Grades:** K–6

**Time Needed:** 30–45 minutes

**Supplies:** Paper, pencils, markers and 11” x 14” inch poster board

Assign all the youth in your group the task of performing three acts of kindness each week. At the end of the week, have them report their acts of kindness. Youth can make posters to demonstrate their small acts of kindness. Post in a prominent place.

**Friendship Card Game**

**Grades:** K–6

**Time Needed:** 30–45 minutes

**Supplies:** Cards with questions (or a beach ball).

Create a stack of cards using the questions below. Have youth draw a card from the stack and answer the question out loud, or the leader can draw a card, read the question aloud and have youth give the answer, if they know it. Optional Way to Play: Write the questions on a beach ball. Have youth toss the ball around the group and have the youth with the ball answer one of the questions on the ball.

**Questions/Statements on Cards:**
- Why is it important to have friends?
- What are some things you do with your friends to make them feel special and important?
- How can you encourage your friends to feel special and important?
- When were you helped by a friend?
- How can you be helpful to a friend?
- When was the last time you shared something with a friend?
- Why do you think it is a good idea to apologize when you have done something wrong or hurtful?
- How do you try to make someone feel better if that person is sad or upset?
- What makes you feel better?
- Your friend lost something (book, toy, jewelry, etc.). What are some things you could do to help?
- There is a new youth in school. What can you do to make the youth feel welcome or like she or he belongs?
- What are some examples of being generous? (Examples: You have a job and your friend says she is hungry. You are playing with Legos® and a friend wants to join in. How can you be generous?)
- What is another term for being generous? How can you be generous?
- Reflection:
  - What was easy or hard about answering these questions?
  - What did you learn from this activity?
  - How does talking about your feelings and thoughts help you be a better friend?

**How to Talk About Bullying**

(From: www.stopbullying.gov)

Parents, school staff and other adults all have a role in preventing bullying. They can:

- Help kids understand bullying.
- Talk about bullying directly and confidently. Talk about what to do if those actions don’t work, like walking away.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.

**Keep the lines of communication open —** research tells us that children really do look to parents and caregivers for advice and help through their decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:
- What was your good day about today? What happened today? Any bad thing?
- What is lunch time like at your school? Who do you sit with? What do you get?
- What is it like to ride the school bus?
- What are you good at? What do you like about yourself?
- Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:
- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school? Have you ever been afraid of bullying? What ways have you tried to change it?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
Sarah Browning
Extension Educator

Protecting Trees from Borer Damage

Common Wood-Boring Insects in Nebraska

<table>
<thead>
<tr>
<th>Post Name</th>
<th>Common Hosts</th>
<th>Adult Emergence</th>
<th>Egg-laying Period</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ROUNDHEADED BEETLES (BEETLE ADULTS)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bonded Ash Borer</td>
<td>Ash, elm, hickory</td>
<td>May-June</td>
<td></td>
</tr>
<tr>
<td>Elm Borer</td>
<td>Elm</td>
<td>Late May-July</td>
<td></td>
</tr>
<tr>
<td>Cottonwood Borer</td>
<td>Cottonwood, poplar, aspen, willow</td>
<td>June-August</td>
<td></td>
</tr>
<tr>
<td>Lowcut Borer</td>
<td>Black locust</td>
<td>August-September</td>
<td></td>
</tr>
<tr>
<td>Oak Twig Borer</td>
<td>Oak, walnut, elm, apple</td>
<td>Late May-early June</td>
<td></td>
</tr>
<tr>
<td>Poplar Borer</td>
<td>Poplar, cottonwood, aspen</td>
<td>June-August</td>
<td></td>
</tr>
<tr>
<td>Pine Sawyer</td>
<td>Pines</td>
<td>May-July</td>
<td></td>
</tr>
<tr>
<td>Scalloped Oak Borer</td>
<td>Ash, oak, walnut, hackberry, maple</td>
<td>May-June</td>
<td></td>
</tr>
<tr>
<td>Red Oak Borer</td>
<td>Oaks</td>
<td>June-July</td>
<td></td>
</tr>
<tr>
<td>Roundheaded Appletree Borer</td>
<td>Apple, pear, crabapple, serviceberry, hawthorn</td>
<td>Late June-July</td>
<td></td>
</tr>
<tr>
<td>Twig Girdler</td>
<td>Oak, elm, linden, hackberry, pecan, maple</td>
<td>Late Aug.-early Oct.</td>
<td></td>
</tr>
<tr>
<td><strong>ASH BORERS (BEETLE ADULTS)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bronze Birch Borer</td>
<td>Birch</td>
<td>Late May-July</td>
<td></td>
</tr>
<tr>
<td>Emerald Ash Borer</td>
<td>Ash</td>
<td>Late May-July</td>
<td></td>
</tr>
<tr>
<td>Flatheaded Apple Borer</td>
<td>Apple, maple, walnut, poplar, oak, many others</td>
<td>Late May-August</td>
<td></td>
</tr>
<tr>
<td>Honeylocust Agrilus</td>
<td>Honeylocust</td>
<td>May-August</td>
<td></td>
</tr>
<tr>
<td>Oak Twig Girdler</td>
<td>Oaks</td>
<td>May-July</td>
<td></td>
</tr>
<tr>
<td>Twolined Chestnut Borer</td>
<td>Chestnut, oak, beech</td>
<td>May-August</td>
<td></td>
</tr>
<tr>
<td><strong>CATERPILLAR BORERS (MOTH ADULTS)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ash/Lime Borer</td>
<td>Ash, lind, privet, mountain-ash</td>
<td>Late April-June</td>
<td></td>
</tr>
<tr>
<td>Bonded Ash Clearwing</td>
<td>Green ash, white ash</td>
<td>August-September</td>
<td></td>
</tr>
<tr>
<td>Carpenterworm</td>
<td>Oak, elm, poplar, hickory, basswood and many others</td>
<td>May-early June</td>
<td></td>
</tr>
<tr>
<td>Dogwood Borer</td>
<td>Dogwood, pecan, oak, birch and many others</td>
<td>June-August</td>
<td></td>
</tr>
<tr>
<td>Lesser Peachtree Borer</td>
<td>Peach, plum, cherry, flowering Prunus species</td>
<td>June-July</td>
<td></td>
</tr>
<tr>
<td>Peachtree Borer</td>
<td>Peach, plum, cherry, flowering Prunus species</td>
<td>July-August</td>
<td></td>
</tr>
<tr>
<td>Pine Moths</td>
<td>Pines</td>
<td>June-August</td>
<td></td>
</tr>
<tr>
<td>Oak Red Borer</td>
<td>Oak red, pin oak, black oak</td>
<td>June-July</td>
<td></td>
</tr>
<tr>
<td>Walnut Clearwing</td>
<td>Vigna, arrowwood</td>
<td>June-early August</td>
<td></td>
</tr>
<tr>
<td>Willow Clearwing</td>
<td>Willow</td>
<td>July-August</td>
<td></td>
</tr>
</tbody>
</table>

* As of June 2015, Emerald Ash Borer has not been found anywhere in Nebraska.

Protecting Trees from Borer Damage

Sarah Browning
Extension Educator

The Weather Challenges for Haying

Tyler Williams
Extension Educator

The hay business is a difficult one, and the weather is often the root of the difficulties. Bailing at midnight, lack of hay to last, and delayed harvesting are few common obstacles and helpful tips.

Rain on Windrow

There are many cases when rain or damp conditions persist and the alfalfa windrow remains on the ground for days. This presents potential weed and regrowth issues for the area under the windrows. The weeds may require spraying to maintain quality and protect the alfalfa stand. The plants under the windrow will be delayed, which will cause part of the field to bloom later and may alter the timing of the next harvest. Although it is important to base the timing of the next harvest on the desired goal for your hay, if possible, wait for the delayed regrowth areas to begin to bloom before cutting.

High Temperatures

High temperatures during the summer months will allow for trees to grow more rapidly, which may be misleading for the timing of the next harvest. Even though the crop has bloomed and “appears” ready for harvest, the high temperatures actually extend the recovery time from a severely cut tree. High temperatures, especially at night, reduce the stored nutrients in the roots, which are required for plant vigor after cutting. There are extra time between cuttings in order for the plant to build up its “reserves.”

Drought

Dry conditions in rainy fields obviously pose a problem to alfalfa production. In extremely dry conditions, the alfalfa plant will be nearly dormant and will stop growing. It is difficult to know whether to windrow what is available or let it be. As the alfalfa continues to sit there, it will slowly lose feed value and tonnage. Harvesting the hay is an option, if there is enough feed to justify the fuel and labor. Grazing is also another option, but it could cancel out the risk of bloating. Cutting the hay may stimulate the alfalfa to try and regrow, but moisture is ultimately needed for those new shoots to grow.

Moisture for Field Operations

Alfalfa quality is not only impacted by harvest timing, but it is also affected by curing, raking and baking conditions. Rain can take nutrients away from the plant during the curing process and can also cause mold. Getting hay to dry fast not only helps to avoid the potential for rain damage, but plant cells continue to respire until hay gets to about 50 percent moisture, losing potential weight. To help the dry-down time, spread the recently cut hay in a wide swath and turn the hay to expose moist hay underneath. Hay baled too wet can get moldy and be injured or catch on fire. On the other extreme, raking or baling hay too dry can cause extreme leaf loss, which is the most valuable part of the plant. Rake the hay so that it is about 40 percent moisture and bale dry hay when the leaves are re-wet by dew or high humidity.

Use Forecast Tools

Using forecast tools can help plan the cutting, raking and baking operations. The National Weather Service (www.weather.gov) provides an hourly forecast graph for temperature, precipitation, dew point and humidity. This hourly forecast may help to plan the timing of the field operations in order to successfully yield a higher-quality hay product. Source: Hay and Forage Minute – Dr. Bruce Baben, UNL, Professor of Agronomy, Extension Forage Specialist.

The Weather Challenges for Haying

Sarah Browning
Extension Educator

Nearly all trees, and many shrubs, are subject to borer attack. Four important groups of wood-boring insects are native to Nebraska, including flat-headed borers (Buprestisidae), round-headed borers (Cerambycidae), clearing borers (Besiidae) and carpenterworms (Cossidae).

Borers are immature beetle or moth larvae. Adult insects lay eggs on the bark of a host plant, which hatch into very small, cream-colored, caterpillar-like larvae. These borers tunnel into the cambium, sapwood or heartwood of the host plant. Their tunneling causes destruction of water and food movement through the plant’s vascular system, killing sections of bark on the tree’s trunk or branches.

Nebraska’s native borers often target stressed or declining trees, so keeping trees in good health and maintaining their vigor is a key strategy for preventing borer attack. However, if a tree is stressed, insects often re-infest it for several years, causing progressively worse branch dieback and potentially killing the entire plant.

Emerald ash borer, a non-native borer, has been in the news a great deal recently. As of June 2015, this insect has not been found anywhere in Nebraska. A unique feature of this insect is that it attacks healthy, vigorous trees, not just stressed or declining trees. But it’s worthwhile to note that should several native borers attack ash trees — aside from emerald ash borer — redheaded ash borer, redheaded ash borer, flatheaded appletree borer, ash/lilac borer and carpenterworm.

Borer Control

Maintaining good tree health is an important step in reducing borer problems. Healthy, vigorously growing trees are not especially attractive to attack from native wood-boring insects so preventing tree stress is an effective way to protect trees from attack. Healthy, vigorous trees are seldom subject to borer attack.

However, trees are often stressed by common planting problems, improper care or environmental stress.

• Make sure trees are planted properly by eliminating girdling roots at planting and making sure trees are planted at the right depth.
• Maintain mulch around the base of trees to preserve moisture and prevent the most common and serious injury of all — lawn mower damage.
• To maintain healthy trees, apply one-inch of water weekly if a similar amount of rain has not fallen. During periods of drought, water plants deeply with a slowly trickling hose or small sprinkler.
• Protect plants from damage by wildlife and other pests, as well as any sunscald on younger, thin-lined trees like maples. Insecticides can be used to manage wood-boring insects with two main modes of control, spray or systemic application.

Spraying a plant’s trunk or branches with systemic insecticides when adult insects are present and egg laying will kill the adults. For this control method to be effective the borer causing damage must be identified and insecticide applied at the right time of year for that specific borer. Once the newly hatched borer larvae have begun to tunnel into the plant, spray applications may not control them. Permethrin and bifenthrin are the products most commonly used.

Application of a systemic insecticide is the second method of chemical control. Systemic insecticides move through the plant and are ingested by the immature or adult insect as they feed on the leaves. The chemical used most commonly is imidaclorpid, sold as Bayer Advanced Tree & Shrub Insect Control or Ortho Max Tree & Shrub Insect Control. Imidacloprid is effective against beetle borer larva, such as redheaded ash borer, bronze birch borer, roundheaded apple (beetle adult) and flateheaded apple borer. It is not effective against moth borer larva, including ash/lilac borer and peachtree clearwing or peachtree borer.

As a soil drench, imidacloprid is effective for most of the year, but external feeding must be in place. Insecticides move through the plant’s system and moved throughout its trunk, branches and foliage. It has a 12 month residual effect, is non-phytotoxic and ingested by the plant’s root system and moved to the base of trees to preserve moisture and prevent the most common and serious injury of all — lawn mower damage.

Bayer Advanced Tree & Shrub Insect Control state, “This product is highly toxic to bees exposed to direct treatment or residues on blooming plants or weeds. Do not apply product to blooming plants or weeds if bees are foraging in the treatment area.” Ideally, the use of imidaclorpid should be limited to trees surrounded by turfgrass or those in ornamental beds with blooming plants or weeds if bees are present in the treatment area.

Use Forecast Tools

Using forecast tools can help plan the cutting, raking and baking operations. The National Weather Service (www.weather.gov) provides an hourly forecast graph for temperature, precipitation, dew point and humidity. This hourly forecast may help to plan the timing of the field operations in order to successfully yield a higher-quality hay product.

Source: Hay and Forage Minute – Dr. Bruce Baben, UNL, Professor of Agronomy, Extension Forage Specialist.

For more information:

Nebraska Extension publication “Insect Borers of Shade Trees and Woody Ornamentals,” (EC1586) available at the Extension office and http://go.unl.edu/borer.
There is Still Time to Control Bagworms in Early July

Mary Jane Froge Extension Associate

Bagworm outbreaks have been increasingly noticeable the past two years in Lancaster County. Bagworm eggs hatched in early June and have been feeding on plant material for nearly a month. They are about half of their mature size and may be hard to see in leafy plant material. Take a walk through your landscape and check all your landscape plants, especially spruce and junipers.

If you find an outbreak of bagworms, chemical control may be needed. Bacillus thuringiensis (Bt) is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide to receive good control. Be sure to read and follow all label directions.

Cleaning Up After Raccoons is Serious Business

Soni Cochran Extension Associate

We need to have an important discussion about the dangers associated with raccoon poop, scat, feces, droppings or whatever term you want to use. Raccoons relieve themselves in, what is called, a latrine — their toilet. This behavior is similar to how house cats use the corner of a litter box. The feces of raccoons are usually dark, tubular, flat-ended and contain a variety of food items like berries and seeds. The length varies from 3–5 inches but is broken down into segments. The diameter of raccoon droppings are about the size of your little finger. Here are some places you may find a communal raccoon latrine:

• around the base of, or trees
• on fallen logs, stumps, wood piles or even large rocks
• decks or patios
• on fallen logs
• attics and garages
• wear disposable gloves, rubber boots or other protective gear
• avoid contaminating your fingernails. Launder your clothes
• don’t risk bringing roundworm eggs into your home.
• if you have to work in a confined space like an attic, wear an N95-rated respirator.
• if you have eaten a tubular, flat-ended, dark-colored portion of a raccoon latrine:
  • Avoid contaminating your hands and clothes.
  • Wear disposable gloves, rubber boots or cover your shoes with disposable booties that can be thrown away immediately. Do not risk bringing roundworm eggs into your home.
  • If you have to work in a confined space like an attic, wear an N95-rated respirator.
  • If you have eaten in a confined space like an attic, wear an N95-rated respirator.

Cleaning up a latrine located outdoors:

• Feces and any material contaminated with raccoon feces should be removed using a shovel or invertebrate plastic bag. This material should be burned, buried or double-bagged and placed in an outside trash receptacle so it can be disposed of in a landfill.
• Fill a bucket with hot, soapy water. Using a damp (but not wet) sponge, wipe the area clean. Rinse your sponge frequently in the bucket of hot, soapy water.
• After you’ve finished cleaning the area, flush the dirty water down the toilet. Disinfect the bucket with boiling water.
• Place the sponge you used in a plastic bag and put it in the garbage.
• Finally, wash your hands well with soap and warm running water. Be sure to get under your fingernails. Launder your clothes thoroughly using hot water and detergent.

Avoiding Chiggers

Soni Cochran Extension Associate

If you’ve lived in south-eastern Nebraska for any amount of time, you know summer is chigger season. Bites peak in late June and early July when people are outdoors enjoying camping or sitting on the ground enjoying the fireworks displays.

Chiggers (or as my mom calls them, “bugs”) are in the immature stage of the red harvest mite. The adult stage doesn’t bite or annoy us but the immature stage — “the chigger” — can make our summer outings a miserable memory.

The chigger mites climb onto our clothing and then search out areas like the top of socks or watch straps. They can even burrow into your clothing and then crawl into a hair follicle, where they feed. They don’t burrow into our skin, but crawl into a hair follicle, inject a salivary fluid and then suck up our liquefied tissues. They don’t burrow into our skin, but crawl into a hair follicle, inject a salivary fluid and then suck up our liquefied tissues.

Here are some suggestions to help prevent bites:

• Avoid areas where chiggers can be found: woodlots, pastures, prairies, roadside ditches, tall grasses and weeds. Chiggers are especially common in moist, low-lying areas.
• Wear loose-fitting clothing. Avoid sitting or reclining on the ground when camping, picnicking or working outdoors.
• Avoid an insect repellent to shoes, socks and pants when you know you are going into insect-infested areas.
• If you’ve been outdoors in an area possibly infested by chiggers, take a hot shower and use plenty of soap and water. This will take care of many of the chiggers on your body.
• Launder your clothing.

If you have chigger bites, avoid scratching since this increases irritation and may lead to a secondary infection in the bite area. You can use an over-the-counter product to reduce the itching. Visit with a pharmacist or your physician for his/her recommendations.

Where chiggers are a problem in landscapes, keep lawns and shrubbery well-maintained, especially in areas adjacent to dwellings.

Chiggers can be reduced by treating turf with granular sprays. Nebraska Extension Entomologist, Fred Bazendale, found a liquid treatment of bifenthrin will reduce chiggers 75–95 percent for several weeks. Use 0.2 pounds active ingredient per acre. To escape the highest chigger populations, your first treatment should be early—mid-June.

For More Information

Resources about raccoon control and roundworm are available at Cope@unl.edu/~cookebud/bagworms.html and a color brochure, “Bagworm Identification and Management” is available from the University of Nebraska-Lincoln and the Extension office.
Rabbit Tattoo Opportunity, July 18
On Saturday, July 18, the Lancaster County 4-H Rabbit Volunteers in Program Service (VIPS) Committee is providing an opportunity for adults and youth to tattoo their rabbits. This would be an excellent time to get tattoos done for Super Fair. Each tattoo is open to any 4-H’er, non-4-H’ers and all counties. It will be held at the Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln, 10 a.m. to 12 noon in Room A. There will be a fee of $1 per rabbit.

Donated Sewing Machine To Go to a 4-H’er
This is the seventh year Kath Conroy, a 4-H clothing super- investor, and her husband, Mike, proudly donate a brand new sewing machine to one Lancaster County 4-H youth. The winner of this 4-H’er should submit a paper describing the clothing projects they have done in the past and plan to do in the future, along with a photo explaining why they should be the youth to receive it. Send papers by Monday, July 6 to Nebrak Extension in Lancaster County, 444 Cherrycreek Road, Ste A, Lincoln, NE 68528.

Final Level Testing Before Super Fair
Tuesday, June 30 will be the last date to test in order to participate in the 2015 Lancaster County Super Fair. The 4-H horsemanship level group testing will take place starting 5:30 p.m. at the Lancaster Event Center in Pavilion 4 – Amy Countrymen Arena. Any one willing to test must sign up by June 23 by contacting Marty at mcruickshank2@ unl.edu or 402-441-7180. All written level requirements must be completed and submitted to Marty Cruickshank before the riding can take place.

Super Fair 4-H Horse Entry Forms Due July 1
All Lancaster County Super Fair 4-H horse entry forms are due in the Extension office by Wednesday, July 1, or postmarked by July 1. No late entries will be accepted. Entry forms are available online at http://lancaster.unl.edu/4hFair and at the Extension office. 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.

All who participate in the live cattle events must have a level II in horsemanship. New this year, all who participate in any jumping class must have a level II. Bareback Equitation requires passing a level III. Extreme Versatility is open to all riders with a level IV and seniors with a level III. Discipline Rd requires a level III or IV — junior and senior participants only.

HORSE BITS

Rabbit Tattoo Opportunity, July 18
On Saturday, July 18, the Lancaster County 4-H Rabbit Volunteers in Program Service (VIPS) Committee is providing an opportunity for adults and youth to tattoo their rabbits. This would be an excellent time to get tattoos done for Super Fair. Each tattoo is open to any 4-H’er, non-4-H’ers and all counties. It will be held at the Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln, 10 a.m. to 12 noon in Room A. There will be a fee of $1 per rabbit.

Donated Sewing Machine To Go to a 4-H’er
This is the seventh year Kath Conroy, a 4-H clothing super- investor, and her husband, Mike, proudly donate a brand new sewing machine to one Lancaster County 4-H youth. The winner of this 4-H’er should submit a paper describing the clothing projects they have done in the past and plan to do in the future, along with a photo explaining why they should be the youth to receive it. Send papers by Monday, July 6 to Nebrak Extension in Lancaster County, 444 Cherrycreek Road, Ste A, Lincoln, NE 68528.

Final Level Testing Before Super Fair
Tuesday, June 30 will be the last date to test in order to participate in the 2015 Lancaster County Super Fair. The 4-H horsemanship level group testing will take place starting 5:30 p.m. at the Lancaster Event Center in Pavilion 4 – Amy Countrymen Arena. Any one willing to test must sign up by June 23 by contacting Marty at mcruickshank2@ unl.edu or 402-441-7180. All written level requirements must be completed and submitted to Marty Cruickshank before the riding can take place.

Super Fair 4-H Horse Entry Forms Due July 1
All Lancaster County Super Fair 4-H horse entry forms are due in the Extension office by Wednesday, July 1, or postmarked by July 1. No late entries will be accepted. Entry forms are available online at http://lancaster.unl.edu/4hFair and at the Extension office. 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.

All who participate in the live cattle events must have a level II in horsemanship. New this year, all who participate in any jumping class must have a level II. Bareback Equitation requires passing a level III. Extreme Versatility is open to all riders with a level IV and seniors with a level III. Discipline Rd requires a level III or IV — junior and senior participants only.

F State Fair 4-H & FFA Animal Entries Due Aug. 9
4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of country fair placement. The 2015 State Fair will be Aug. 28–Sept. 7 at Fonner Park in Grand Island.

Again 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 the entries or entries due during Super Fair. Entries will be due Aug. 9. Instructions and link to register are at www.statefair. org/getinvolved/244. For more information, contact Cole Meador at 402-441-7180. This only applies to livestock — static entries will still be taken care of by Extension staff.
4-H Volunteers Needed
Adults and youth are needed to help 4-H during the Lancaster County Super Fair.

• In the 4-H Chicken Dinner food booth (ages 8 and up) from Wednesday, July 29 through Sunday, Aug. 2 (sign up online at http://go.unl.edu/foodboothgroup).
• Static exhibit interview judging (ages 12 and up) on Thursday, July 23 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 25 at 8 a.m. in the Lincoln Room.
• During judging of static exhibits (ages 12 and up) on Wed., July 29.

Teen tour guides are needed for Fair Fun Day (ages 14 and up) for child care groups on Friday, July 31 at 9 a.m. and at 9 a.m. on Saturday, Aug. 1.

If you, someone from your club, or an interested volunteer would like to help, contact the Extension office at 402-441-7100.

Presentations, July 18
This year’s Presentations Contest will be Saturday, July 18, 9 a.m. at the Lancaster Extension Education Center. Must preregister by July 13. Open to all 4-H’ers ages 8–18 (4-H age). 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. New this year, 4-H FilmFest (Digital Video) replaces the Multimedia class.

Style Revue Judging, July 21
• Public, July 30
Style Revue judging will be Tuesday, July 21, 8 a.m. at the Lancaster Extension Education Center, 444 Cherryvook Road. The pageant will be Thursday, July 30, 7 p.m. at the Lancaster Event Center, Exhibit Hall. 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 13.

Static Exhibit Check-In, July 28, 4–8 p.m.
4-H & FFA static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 28 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 Lincoln Room, 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. 3 from 7–11 a.m. Please pick up project(s) at each of the areas where your exhibits.

Interview Judging, July 29
Interview judging is Wednesday, July 29 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 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 14 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can call the Extension office at 402-441-7100 to sign up for a five-minute time slot — preregister between July 6 and 24. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 28, 4–8 p.m.

Chicken Dinner Fundraiser, July 31
Lancaster County 4-H Council is having a Chicken Dinner on Friday, July 31, 5:30–7:30 p.m. at the Exhibit Hall - Room B (during the 4-H Table Setting Contest). Dinner features raising Cane’s chicken fingers hot off their food truck! This fundraiser is for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets will be available beginning Wednesday, July 29 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are $7.

Clover Kids Show & Tell, Aug. 2
All Clover Kids, ages 5–7 by January 1, 2015, are invited to show & tell their静态 exhibits at the Lancaster County Super Fair, Sunday, Aug. 2, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Extension Education Center. Participants are limited to a 2–minute time slot — please be on time. This is a great opportunity for your children to show off their work. Meet new friends and have fun! You can sign up online at http://lancaster.unl.edu/4h/Fair. For more information, contact Cole Meador at 402-441-7180.

Lancaster County Fair 4-H/FFA Livestock Booster Club Scholarship Due July 6
Applications for the Lancaster County 4-H/FFA Livestock Booster Club $500 college scholarship are due July 6. Open to any 4-H/FFA member who has participated in the livestock fair. Must be a Lancaster County 4-H/FFA member and a graduate of a 2-year college offering livestock science. Applications will be available online at http://lancaster.unl.edu/4h/Fair. For more information, contact Putnam County 4-H/FFA Booster Club Scholarship Chair at 402-540-0597.

4-H/FFA Livestock Booster Club Scholarship Due July 6
Applications for the Lancaster County 4-H/FFA Livestock Booster Club Scholarship are due July 6. Open to any 4-H/FFA member who has participated in the livestock fair. Must be a Lancaster County 4-H/FFA member and a graduate of a 2-year college offering livestock science. Applications will be available online at http://lancaster.unl.edu/4h/Fair. For more information, contact Putnam County 4-H/FFA Booster Club Scholarship Chair at 402-540-0597.
Three 4-H Clubs Received Global Youth Service Day Grants

Three Lancaster County 4-H clubs received $250 grants through ServeNebraska: Teen Council, Fantastic 4 and Joe’s Clover Knights.

The grants were sponsored by Youth Service America with support from State Farm for Global Youth Service Day (GYSD) which celebrates and mobilizes millions of youth in more than 100 countries to improve their communities through service.

In Nebraska, the grants were awarded in conjunction with ServeNebraska Week, April 11–18.

Teen Council Donated Tie Blankets

4-H Teen Council members made tie blankets to donate to the Friendship Home.

During Lancaster County 4-H Teen Council’s April 12 meeting, 17 youth members made 10 tie blankets to donate to the Friendship Home in Lincoln. The club used the GYSD grant money to purchase the fleece material.

Teen Council member Hanna Brandt said, “My mom and I went to the fabric store with a 4-H leader and some other teens — it was interesting to think about what would comfort someone at the Friendship Home. It felt wonderful to know that we were doing something to make someone’s life better. I will always cherish this experience.”

Fantastic 4 Hosted a May Day Celebration

On April 19, the Fantastic 4 club hosted a May Day celebration for girls who live at the City’s People Mission or attend Lakeview Elementary School.

The club provided several May poles and taught traditional May Day dances. Attendees made and decorated May Day baskets and filled them with popcorn and candy. The girls also made flower crowns, flower/candy wands and other craft projects.

Healthy snacks of sandwiches and fresh vegetables were provided. The girls reported they had a lot of fun, and wanted to stay to learn more dances and make more crafts.

Each attendee left with a gift bag of full size shampoo/conditioner, shower gel, body spray, chapstick, fingernail polish, nail file, bubbles, several bead necklaces and a flower bouquet. The GYSD grant was used to purchase items for 40 gift bags. Leftover gift bags were donated to the Friendship Home in Lincoln.

Joe’s Clover Knights Assisted Refugees

The Joe’s Clover Knights club decided to assist 14 refugee families (86 people total) through Catholic Social Services in Lincoln.

With the GYSD grant money, and an additional $500 from a donor, the club decided to purchase each family: crayons, markers, colored pencils, paper, scissors, glue, pencil sharpener, soccer ball, a cross, books and prayer cards.

4-H’ers then looked in their own homes for gently used items to donate such as clothing, books, games, scooters, balls, art supplies and much more. A few purchased new items. Nearly 55 club members filled the back of a pickup with donations!

During the club meeting on April 15, 4-H’ers packed the donations into care packages for each of the refugee families. They then delivered the items to Catholic Social Services.

Club member Monica Hanus said, “Doing this service project proved that I do make a difference in other people’s lives, and that even if you are one person, we can join together like Joe’s Clover Knights did and make a big difference.”