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The NEBLINE, July 2013

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Integrated Pest Management in Nebraska Schools

Solving Pest Problems Effectively with Fewer Pesticides

Barb Ogg
UNL Extension Educator

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

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

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

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

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

The basic tenet of IPM is that management cannot begin until the pest is properly identified, because proper management 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 preventative methods for invading pests, like spiders and mice. When these and similar measures are taken in and around schools, toxic pesticide treatments are rarely needed.

The UNL Extension IPM in Schools



Bill McCoy, Lincoln Public Schools’ Director of Custodial Services, shares the challenges of implementing IPM in the LPS system at a Nebraska IPM in Schools Coalition meeting.



The IPM in Schools assessment team inspects a teacher’s lounge at an Omaha Public Schools’ Middle School. (L–R) Stephen Vantassel and Clyde Ogg (UNL Extension), Reuben Howard and Shelly Bengtson (OPS), and John Coleman (pest control professional).



A pre-inspection discussion is held at an LPS Middle School with the IPM in Schools team members from UNL Extension, LPS and Presto-X Pest Control. UNL Extension in Lancaster County staff member Barb Ogg (far left) is a member of the Extension IPM team.

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

UNL Extension formed the Nebraska IPM in Schools Coalition to support school IPM efforts. In addition to UNL Extension personnel, the coalition includes school facilities managers, custodians, pest management professionals, tribal representatives, child care providers and health care professionals. An educational program is given at each regularly scheduled coalition meeting.

IPM Demonstrations in LPS and OPS have included intensive pest assessments in ‘pilot’ schools and educational presentations for custodians, food service staff, school nurses and facilities/operations personnel.

The IPM program has expanded to include child care centers, nursing homes and health care facilities. UNL Extension

will be working with Saint Elizabeth Regional Medical Center’s Asthma Initiative to train health care workers about pests that trigger asthma and IPM strategies that can help control these pests.

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

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

FOR MORE INFORMATION

University of Nebraska–Lincoln Extension’s Integrated Pest Management in Schools website at <http://schoolipm.unl.edu> has many helpful resources.

What is IPM?

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

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



In one school assessment, the UNL Extension IPM in Schools team discovered a bat entry outside of a school building. The dark spot is from years of greasy bat fur rubbing against the surface.

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Test Your Summer Food Safety Savvy!

—see page 4

Protect Hearing on the Farm

The drone and roar of farm equipment over time can cause hearing impairment. Although there are federal safe limits for sound levels, ways to measure them precisely aren't readily available to farmers.

How loud is too loud? If you can hear your irrigation engine from a mile away, you should wear hearing protection when you check the well.

Hearing loss can be temporary and return overnight, but long-term noise can lead to permanent loss. Excess noise not only risks losing the sense of hearing, it aggravates fatigue and stress thus slows reaction time to hazardous situations. Hearing should be checked annually and protective hearing devices worn as needed.

Federal guidelines for maximum noise level are 85 decibels at any time. Hearing protection, such as ear muffs or ear plugs, should be worn whenever the noise approaches this level. Stuffing cotton wads in your ears doesn't protect hearing.

When shopping for equipment to protect hearing, look for the product's noise reduction rating (NRR). The higher the number, the greater the protection. However, don't assume the device will reduce the noise level by the total amount. For example, an NRR for a set of ear plugs may reduce the noise level

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



Ear muffs

Protective ear muffs must fit the individual, so try them on for comfort and effectiveness. They should fit snugly but not too tight. Brush back hair so the muffs directly contact ears.

Muffs are most protective when the strap is over the top of the head. Test how well the muffs will work by listening to a loud noise with them on. If the noise volume is significantly reduced and some frequencies eliminated, they offer some protection.

Ear plugs, on the other hand, may take some getting used to. They should fit comfortably in the outer ear canal and not be painful.



Formable ear plugs



Premolded ear plugs

Foam-like plugs are formable and must be rolled and inserted so the plug expands in the ear. Others are simply wiggled in. Follow manufacturer directions for proper use. To put ear plugs in, reach over top of your head and pull up or back on the top of your ear — this straightens out your ear canal so the plugs can go in far enough.

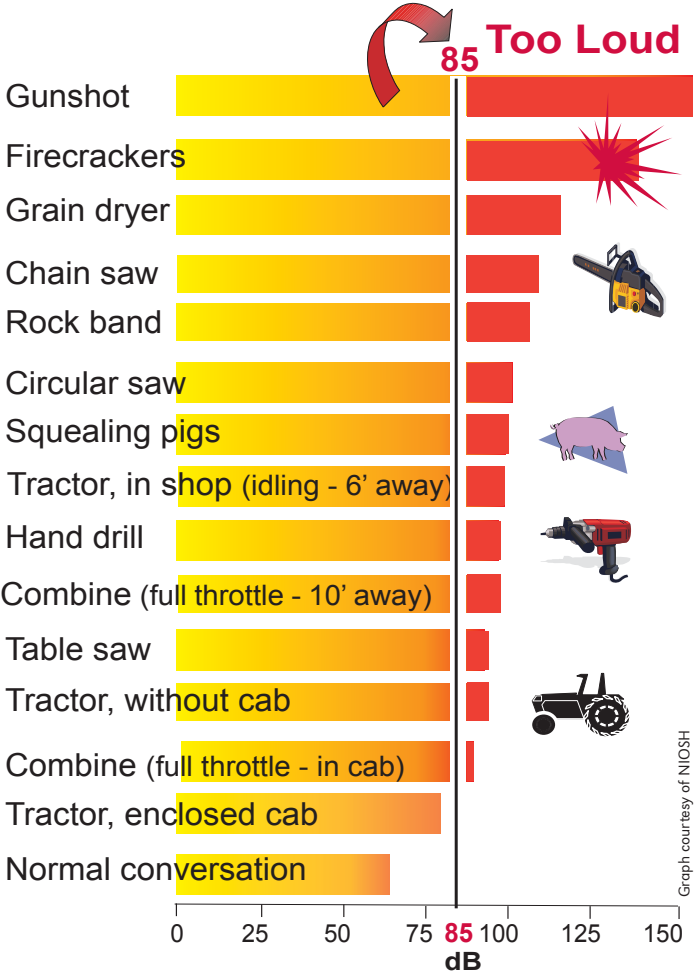
People who hear a continuous roaring or rumbling hours after the work day ends, are at risk for hearing loss. Ringing noises and muffled sounds also indicate a potential problem.

Remember, too, to reduce noise at the source. A new muffler on the tractor will reduce engine noise. Loose or missing weather stripping around cab doors and windows are noise leaks. Hoods and panels on newer equipment also reduce noise and should always be replaced after maintenance. Small engines on transfer pumps, augers and elevators also should be equipped with adequate mufflers.

The National Institute for Occupational Safety and Health (NIOSH) website at www.cdc.gov/niosh/topics/noise has many resources on noise and hearing loss prevention, including brochures *They're Your Ears – Protect Them* (#2007-175) and *Have you Heard? Hearing Loss Caused by Farm Noise is Preventable* (#2007-176).

Source: North Dakota State University

Common Noise Levels



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

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

Use of Copper Compounds to Control Algae in Farm Ponds

Tom Dorn
UNL Extension Educator

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

It is vitally important to accurately identify whether the problem is indeed algae when attempting control measures. I often get calls wanting to know how to kill "algae" in a pond, but after a short conversation, I discover the caller actually has aquatic weeds, not algae. Copper, in the concentrations used in a pond, will have no effect on higher plants and would be a waste of time and money.

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 green 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 musky odor. Higher plants often confused with Chara are pond Naiad and Coontail. See "Aquatic Plants and Their Control" from Kansas State University, in the reference list below.

According to: "Managing Iowa Fisheries, Use of Copper Compounds in Aquatic Systems" (see reference list below), only a thin line separates 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 salmonoids (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 (*cupric sulfatepentahydrate*). 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).

Determination of Dosage Rates

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

Dosage rates for copper sulfate are listed below, by alkalinity level:

Alkalinity Level	Dosage
0–40 ppm	Do not use
40–60 ppm	0.33 ppm
60–90 ppm	0.5 ppm
90–200 ppm	1.0 ppm
Above 200 ppm	2.0 ppm

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

- 0.0038 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

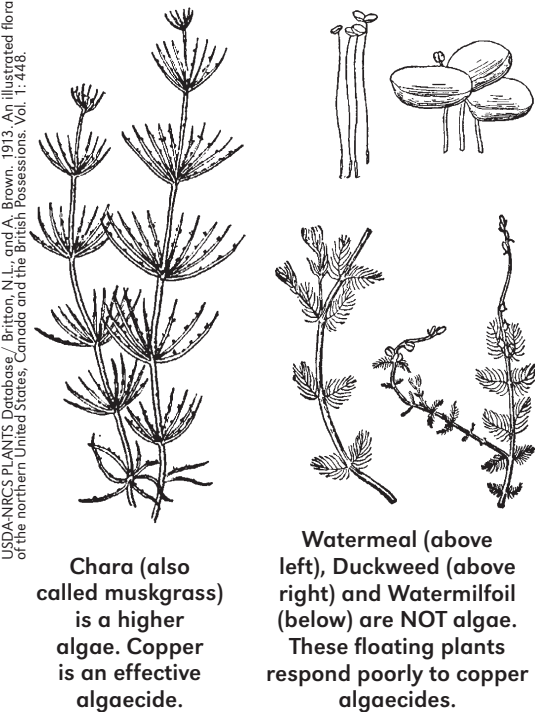
Maximum dosage = 2.7 pounds/ppm per acre-foot x 2 ppm = 5.4 pounds per acre-foot.

Maximum pounds of copper sulfate = 5.4 pounds/acre-foot x 5 acre-feet = 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, so if you do not know the concentration, find out **before** treating with copper.

- Sources:
- "Managing Iowa Fisheries, Use of Copper Compounds in Aquatic Systems," Iowa State University www.extension.iastate.edu/Publications/PM1352L.pdf
 - "Aquatic Plants and Their Control," Kansas State University www.ksre.ksu.edu/bookstore/pubs/c667.pdf



Nature Journaling



Mary Jane Frogge, UNL Extension in Lancaster County



Mary Jane Frogge
UNL Extension Associate

Nature journaling is a wonderful way to get kids of all ages outside and appreciating nature. It is as easy as taking a blank notebook, a pencil and going outside. Visit your own backyard, neighborhood park or favorite outdoor space. Sit down and look around. What do you see? Make a list or draw a picture of what you see around you. What is the weather like? What

do you hear? What plants are growing and blooming? Do you see birds or wildlife?
On your next trip, write down what you are feeling and your thoughts. Write a poem. Collect fallen leaves to press in your notebook. Bring a set of watercolors and a brush to paint what you see while you are outside.
There is no one way or right way to make a nature journal. This book is about what you see. Take it with you on all your outdoor adventures.

- Supplies:
- notebook or heavy paper
 - pencil or color pencils
- Optional supplies:
- markers
 - watercolor paint, brushes, plastic water container, paper towels
 - tape
 - scissors
 - glue stick
 - magnifying glass
 - bird, plant, wildlife field guides
 - camera
 - binoculars
 - tote bag to carry supplies

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, nonselective herbicide that is absorbed through the foliage and translocated to all parts of the plant. Visible symptoms, yellowing or browning of foliage, usually develop in 7–10 days of the application. Death typically occurs in 2–4 weeks. Glyphosate is most effective when applied to actively growing plants.
Midsummer is an excellent time to control undesirable perennial grasses in the lawn. Midsummer control efforts allow adequate time to kill the weedy grasses and to prepare the areas for seeding or sodding in late-summer. Complete removal of the weeds is necessary to prevent their reappearance. Spray the weedy patches and a few inches beyond these areas to ensure their complete elimination. If the treated areas are not dead in 2–4 weeks, a second application is necessary. Treated areas can be seeded or sodded 7 days after the application.
After the treated areas have completely died, reestablish the lawn by seeding or sodding. If you plan to sow seed, it's not necessary to dig up the



Ohio State Weed Lab Archive, The Ohio State University, Bugwood.org

Quackgrass

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.



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**



At the July 21 "Beneficial Backyards," explore plant life in our communities and in our own backyards. Get answers to questions like: What is the "Indiana Banana"? Why do "stinging nettles" sting? Is the tumbleweed native? Why is the coffeetree called that and why does it have such hard seeds (hint: it has something to do with extinct mammoths and other megafauna that once roamed Nebraska)?
"Beneficial Backyards" will be led by:
• Kim Todd of the UNL Department of Agronomy and Horticulture
• Justin Evertson of the Nebraska Forest Service and Nebraska Statewide Arboretum





Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow 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 fungus diseases. Mulch plants to reduce water losses and improve yields.

Many plants are easily propagated by layering. Verbenas, euonymus, 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 flowering.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Control mosquitoes by eliminating all sources of stagnant water.

Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six-inches.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

Continue attracting insect eating birds to the garden area by providing them with a fresh water source.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.

Test Your Summer Food Safety Savvy!

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

Adapted in part from: *What's Your Summer Food Safety IQ?* By Diane Van, Aug. 3, 2010, www.foodsafety.gov/blog/summer_quiz.html

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

Test your summer food safety savvy with this short quiz.

- 1 Why do foodborne illnesses increase during the summer?**
- A. Bacteria, including those that cause foodborne illness, tend to multiply faster when the temperatures are warm.
 - B. People are cooking and eating 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. You can't rely on timing or the appearance of meat to tell it's done. According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe internal temperature. The only way to be sure food is safely cooked is to use a food thermometer to measure the internal temperature. Using a food thermometer not only keeps you safe from harmful food bacteria but it also helps you to avoid



- 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 addition of a 3 minute rest time.

- 4 You're ready to take cooked meat off the grill. Is it safe to put it back on the plate that held the raw meat?**
- A. Yes, as long as you wipe off the plate with a paper towel.
 - B. Yes, because the meat is thoroughly cooked.
 - C. No, because any bacteria in the raw meat or juices could contaminate the cooked meat.

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

- 5 It's 3 p.m. and you just finished making fresh salsa for a party that begins at 6 p.m. Is it safe to leave the salsa out on the counter for 3 hours, until the party begins?**
- A. Yes, because the acid in the tomatoes will keep harmful bacteria from growing.
 - B. No, because bacteria grows rapidly in food at room temperature.
 - C. No, because your family might eat it all before the party starts.

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

- 6 Which of the following is considered a perishable food item?**
- A. Seafood
 - B. Dairy products
 - C. Cooked vegetables
 - D. Peeled and/or cut fruits and vegetables
 - E. All of the above

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

- 7 Unwashed hands are a prime cause of foodborne illness. How many seconds are recommended for hand washing?**
- A. 10 seconds
 - B. 15 seconds
 - C. 20 seconds
 - D. 25 seconds

Answer: C. Whenever possible, wash your hands with warm running water and soap for 20 seconds before handling food.

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



1 out of every 4 hamburgers turn brown in the middle before it reaches a safe temperature.

overcooking, keeping it juicy and flavorful.

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

Answer: True. USDA has revised its recommended cooking temperature for all whole cuts (steaks, roasts and chops) of meat, including pork, beef, lamb and veal to 145°F and then allowing a 3 minute rest time before carving or consuming. During the 3 minutes after meat is removed from the heat source, its temperature remains constant or continues to rise. This destroys pathogens and produces a product at its best quality.

Remember — measure the temperature by placing the food thermometer in the thickest part



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

\$tretch Your Food Dollar With Healthy \$weets

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

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 pudding when cool.
- Dip a banana in yogurt and roll in whole grain cookie or cereal crumbs and freeze, if desired.
- Put applesauce, or other pureed fruit, in an ice cube tray and freeze.
- Freeze flavored yogurt in an ice pop mold.
- Top low-fat ice cream or frozen yogurt with fresh fruit.

Try the following recipe for some whole fruit goodness.

Frozen Fruit Soft-Serve
(Serves 8)

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

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

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

July 4th — Independence Day is a day to remember the freedom we are granted by living in America. Remember to fly your flag. It



is a great day to be with friends and family. Sizzling Summer Sampler will be Wednesday, July 10, 6 p.m. A light meal will be served. Please bring a basket for which we will sell raffle tickets. This money is used



for our scholarship fund. Our theme will be “Christmas in July.” We look forward to seeing you. Enjoy the summer. “The bad news is time flies. The good news is you are the pilot.”

FCE News & Events

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

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 occupa-

tion. 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>.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Christmas in July

Wednesday, July 10 • 6 to 9 p.m.
Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

PROGRAM: No-Till Education Around the World
presented by Paul Jasa, UNL Extension Engineer

Paul has traveled to Canada five times, Ukraine four times, Turkey twice, and to China, Brazil and Mexico to share his no-till knowledge and experiences.

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

Guests welcome!



Lorene Bartos, UNL Extension Educator

Cleaning Monitor Screens

To clean an LCD laptop or flat-panel monitor screen, use a soft, lint-free cloth or a microfiber cloth slightly moistened with plain water. Do not use paper towels, as they can scratch the monitor’s surface. Wipe the screen gently to remove dust and fingerprints.
For glass CRT (television-style) monitors, use an ordinary household glass-cleaning solution and a soft, lint-free cloth or microfiber cloth. Never spray the cleaner directly onto the screen, spray the cloth instead.
Unless the manufacturer recommends differently, do not use alcohol or ammonia-based cleaners on the monitor, as these can damage the anti-glare coatings.

Outdoor Play Benefits Children

Children can play anywhere and with anything, but the world of nature is an especially inviting place for play.
Play is more than just fun and games — it is vitally important for children’s healthy development. The Alliance for Childhood defines play as a set of behaviors that are freely chosen, personally directed and intrinsically motivated. Play integrates all types of learning, including physical, social, emotional and intellectual.
Open-ended play in nature or with nature objects enhances curiosity and triggers the imagination. For example, a hollow log can be a tunnel to another place. Mud could be made into mud pies. Sticks could be used to build a teepee, or be used as a walking stick or for scratching letters into sand. Children increase their physical fitness when they run, explore, climb, find secret hiding places, dream up stories and have outdoor adventures.
By participating in a child’s outdoor play experience, parents can help children develop math, language and even science skills. For example, math skills develop when a child learns to count the number of ants on the ground; see *OUTDOOR PLAY* on page 11

Nebraska University of Lincoln EXTENSION



TOOLS OF THE TRADE I
GIVING KIDS A LIFETIME GUARANTEE

3 hour training for professionals who provide care and education to school age children (ages 5–12).

Thursday, July 25, 6–9 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road
Registration fee \$8

Learn about the ages and stages of school age children, strategies for guidance and discipline as well as exploring appropriate learning environments for school age children. A meal will be provided. For more information, contact Lorene Bartos at lbartos1@unl.edu or 402-441-7180.

REGISTRATION DUE JULY 15

Name _____
If more than one person, other names: _____
Address _____
City _____ State _____ Zip _____
Phone (day) _____ Email _____

Make check payable to UNL Extension (\$8 per person) and mail to: Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, NE 68528

Summertime Safety Tips

Lorene Bartos
UNL Extension Educator

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

- Be cautious when around fireworks. Never let young child play with fireworks.
- Never leave children around water unattended. Make sure they wear life jackets when boating. Know the area where you are swimming, camping or picnicking. Swim in only approved areas.
- Take precautions with food when grilling out or at a picnic. Never leave food out more than two hours and keep cold foods cold.
- Use sunscreen with an SPF15 or higher when outside in the sun.
- Make sure all play areas are safe. Store outside equipment, insecticides, sprays, etc. out of the reach of children.
- Use insect spray containing

- DEET. The Centers for Disease Control and Prevention recommends a concentration range of 10–30 percent. Do not use on children under 2 months of age.
- Review bicycle safety rules. Helmets should be worn no matter how short the trip.
- Review your home fire escape plan. Practice the escape plan. If you don’t have one this is a good time to develop one.
- Review what to do in case of severe weather. Know the difference between a watch and a warning. A **watch** is conditions are right for severe weather. A **warning** means dangerous weather is threatening the area.
- Check the family emergency kit. Have one for the home and vehicles.

Pillbugs and Sowbugs: Terrestrial Crustaceans



Jim Kalisch, UNL Department of Entomology

Pillbug (above: magnified)
(right: approximate size)



Vicki Jedlicka, UNL Extension in Lancaster County

Sowbug (above: magnified)
(right: approximate size)

Barb Ogg
Extension Educator

Pillbugs and sowbugs are small, grayish-brown creatures, usually found in moist soil or rotting wood. Many people call them “roly polies.” They are also called “wood lice,” which is a misnomer because they aren’t lice at all. Pillbugs and sowbugs belong to the crustacean order Isopoda and are often called isopods. Pillbugs and sowbugs have a worldwide distribution. It is thought European settlers brought 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 cannot do this, but have two short, tail-like appendages.

- Sowbugs and pillbugs have some unique characteristics:
- They have seven pairs of legs; each pair is associated with a hardened, armored plate that is part of the dorsal exoskeleton.
 - They have two pairs of antennae, although one pair is nearly vestigial and extremely small.
 - They breathe with plate-like gills located on the underside of the abdomen and need moist environments to keep these gills moist.
 - They can obtain moisture from their

- environment through their body and don’t need to drink water. But, they will die if they are submerged in water.
- Females lay eggs in a small pouch (called a marsupium) underneath her body. The young remain in the pouch for a variable amount of time, from several days to two months.
 - When isopods molt, they split their exoskeleton down the middle and shed half at a time, rather than all at once. First, they lose the rear half of the exoskeleton, and about 12 hours later, they lose the front half.
 - Sowbugs and pillbugs excrete gaseous ammonia as their waste, which means they don’t produce feces.
 - Sowbugs and pillbugs have a relatively-long life span and may live two years or more.
 - In some species, reproduction is parthenogenetic, meaning males are not needed to produce young, which are clones of the mother.

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

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

Woodlouse Hunter Preys on Pillbugs & Sowbugs

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

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

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

These spiders are found in residential landscapes, especially if large numbers of isopods are present. They occasionally, and accidentally, come indoors. When people find



Jim Kalisch, UNL Department of Entomology

Woodlouse hunter
(above: magnified)
(right: approximate size)



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

Rearing Pillbugs and Sowbugs

Barb Ogg
UNL Extension Educator

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

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

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

What you need:

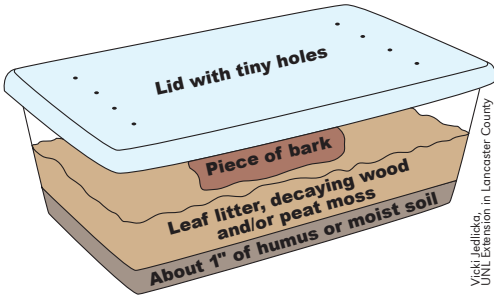
- A clear plastic shoe box or other container with a lid
- A substrate which can include soil, leaf litter, decaying wood, peat moss
- Spray bottle for watering
- Fish flakes, other veggies for food (small amounts)
- A nice flat piece of bark or untreated wood for them to crawl on and under

Prepare the Rearing Box:

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

Taking Care of Your Isopods

How much should you water them? The soil must be moist, but not soggy. Periodic — maybe even daily — misting of the container will increase humidity. Don’t let the soil dry out or they will die. When the lid of the container is on, the humidity in the box will be maintained. Opening the container is okay, but



Vicki Jedlicka, UNL Extension in Lancaster County

will decrease the humidity and more spraying will be needed. **Cleaning.** Isopods excrete ammonia as their waste and it is released as a gas. If there are a lot of isopods in the container and the cover is on for long periods of time, the ammonia may become strong and deadly to the isopods. If the ammonia smell becomes very strong, you’ll either need to open the lid so the ammonia dissipates or replace the soil or move them to another box. Immature isopods are very small and may be hard to separate from the soil. If you place a piece of wet cardboard on the surface, over time, the isopods may cling to it and you may be able to move them to another box.

Tips to Reduce Mold.

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

Handling. Adult isopods can be handled and observed easily. Gently pick them up between your thumb and forefinger, or scoop with a spoon to separate them from the soil. Immature stages are more fragile than adults. You should not handle isopods during molting as they are fragile during this time.

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

Tips for Collecting Isopods

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

Source: <http://insected.arizona.edu/isorear.htm>

Renovation of Strawberry Plantings

Sarah Browning
UNL Extension Educator

Strawberry plantings can produce for several years, but yields decrease with each year of harvest. 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.

After 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.



Strawberry row planting mulched with straw.



Strawberries grown on black plastic.

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

When preparing strawberry plants for planting, never allow them to dry out. Cover the roots with moist peat moss or cloth, and keep the plants shaded 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.

Because the strawberry fruit is 90 percent water, any moisture stress during fruit development will reduce yield. If signs of water deficits, such as wilting occur, apply water as soon as possible. Apply enough water to wet the soil to a depth of 6–8 inches, the zone in which most of the plant's roots occur.

Most home strawberry plantings are mulched. Any organic material, free of weed seeds, makes good mulch, like hay, straw and pine needles. In spring, after the danger of frost is past, rake half the mulch off the plants and into the area between the rows. Mulch left around and under the plants will help keep the berries clean, conserve moisture and inhibit weed growth.

Black plastic is frequently used as mulch for strawberries. It is effective in inhibiting weed growth and preventing the evaporation of moisture from the soil surface. However, it does eliminate the ability of runners to put down roots.

Controlling Squash Bugs

Sarah Browning
UNL Extension Educator

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

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

Damage

Both adults and nymphs feed on plant leaves and stems by sucking sap from the plant tissues. While feeding, they inject a toxic substance into the plant, which causes yellowing of the leaf foliage and eventually wilting and death of the plant. This condition is called Anasa wilt of cucurbits.

Squash bugs are also the vector for a recently recognized wilt of cucurbits called Yellow Vine Decline. Plants are infected with the bacteria through feeding of squash bugs. Symptoms usually begin with the

plant turning yellow. When cut, affected stems show a brown ring of discoloration in the phloem cells. Eventually affected plants wilt and die.

Description & Life Cycle

Adult squash bugs are 5/8 inches long and approximately 1/3 inch wide. The adults are winged, brownish black insects, sometimes mottled with gray or light brown on the back, and have a flat back. They have an unpleasant odor when crushed.

Adults overwinter in leaf litter and debris, emerging in spring as the cucurbit vines begin to grow. After mating, females lay clusters of brick-red eggs in the angles between leaf veins on the underside of the leaves. Hatching occurs in 7–14 days. Young nymphs have a green abdomen, and crimson head, thorax and legs. Older nymphs are light gray with black legs.

One generation of insect occurs each year, but the extended egg-laying period of female insects results in all life stages occurring throughout the summer months.

Squash bug adults and nymphs hide on the undersides



An adult female squash bug laying eggs on the underside of a leaf (magnified). Usually eggs are laid on leaf undersides.



Squash bug nymphs (magnified).



Adult squash bug approximate size

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

adult insects and egg masses as soon as plants emerge in spring. One egg mass per plant indicates control measures are needed. Begin control as soon as insects are found, and prevent large populations from developing.

• **Cultural Control** — Remove and bury or burn all garden debris in the fall to eliminate insect overwintering sites. Mow vegetation around the garden or planting field to minimize

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.btny.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.



SUPER FAIR 4-H/FFA NEWS



AUGUST 1-10, 2013 • 4-H & FFA EXHIBITS & EVENTS AUGUST 1-4
LANCASTER EVENT CENTER

4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests.
Fair Books are available at the extension office and at <http://lancaster.unl.edu/4h/Fair>.

4-H & FFA Parking — 4-H/FFA families can get a free 4-H/FFA parking pass from the extension office (available July 1-31). The parking pass allows one vehicle to enter the fairgrounds each day August 1-6 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). General parking without the parking pass will be \$3. 4-H/FFA families are asked to enter Gate 3.

4-H & FFA Individual Exhibitor Admission Passes — Individual exhibitor admission passes will be available from the extension office (available July 1-31). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 1-6 only. Gate admission without the 4-H/FFA exhibitor admission pass will be \$2.

General Public Gate Admission — General public gate admission tickets will be available FREE at participating sponsor locations July 1-August 10. Gate admission without the FREE ticket will be \$2. Pick up gate admission tickets FREE at Casey's General Store (over 35 locations), Russ's Market (6 locations), and Super Saver (5 locations).

General Public Parking — General public parking will be \$3 per vehicle per day.

Volunteers Needed

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

- **In the 4-H Corner Stop food booth** from Wednesday, July 31 through Sunday, Aug. 4 (sign up online at <http://go.unl.edu/foodboothsignup>)
- **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 31.
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 2 at 9:30 a.m. and 1 p.m.

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

Premium Payouts Procedure

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

STATIC EXHIBITS and CONTESTS:

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

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

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

HORSE EXHIBITORS:

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

Static Exhibit Check-In Tuesday, July 30, 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 30 between 4-8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

In the 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. 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 — preregister between July 8 and 26.** If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 30, 4-8 p.m.

Clover Kids Show & Tell, Aug. 4

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

Livestock Information

Animal Entries Due July 1

All 4-H and FFA Super Fair animal entry forms are due to extension by Monday, July 1, 4:30 p.m. or postmarked by July 1. No late entries will be accepted! **One Livestock Entry Form MUST be completed for each exhibitor** entering livestock. Bedding fees (\$7/head) for beef, dairy and bucket calves are being collected with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available at the extension office or online at <http://lancaster.unl.edu/4h/Fair>.

Livestock Reminders

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

Livestock Judging Contest, Aug. 4

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

Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

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

Youth Livestock Premium Auction Donations

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

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

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 5. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the extension office and online at <http://go.unl.edu/5bg>. For more information, contact Cole Meador at 402-441-7180. Winners will be announced at the Youth Livestock Premium Auction.



Contest Info

Presentations, 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.

Style Revue Judging, July 23 Public, Aug. 1

Style Revue judging will be Tuesday, July 23, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek 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).

Piloting new age divisions this year — not in Fair Book:

- Junior (ages 8–10)
- Intermediate (ages 11–14)
- Seniors (ages 15–18)

Healthy Food Workshop, July 12

All youth ages 8 and up are invited to participate in a "Fun with Healthy Food!" workshop on Friday, July 12, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Making healthy food choices can be fun and tasty! Youth will make their breakfast, lunch, supper and more! Please bring 5 favorite recipes. Call to register by Monday, July 9. Fee is \$10.

4-H Sewing Help

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

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.

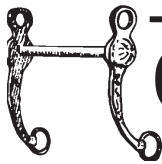
The Ak-Sar-Ben 4-H Horse Show will be held Sept. 21–22 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

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.

State Fair 4-H & FFA Animal Entries Due Aug. 10

4-H & FFA animal exhibitors ages 10–18 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 BITS

4-H Riding Skills Level Testings, June 25 and July 2

Level testing for the riding skills horsemanship levels will be held on Tuesdays, June 25 and July 2 at the Lancaster County Event Center in the Amy Countryman Arena. Anyone wishing to test must sign up at least one week in advance of the test by contacting Marty at mcruickshank2@unl.edu 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.

State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 14–18 at Fonner Park in Grand Island. Information is at <http://go.unl.edu/state4hhorseshow>.

Health Papers

A 14-day health certificate will be required.

Important — 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 prescribed treatment 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.

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.

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 Course Challenge, 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 (8–11) 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.

All Lancaster County 4-H'ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2012–2013 email Horse Course. The testing will include identification stations and a written test. If you did not sign up for the email Horse Course, but would like to participate in the challenge, email mcruickshank2@unl.edu to have the lessons sent to you. Pizza will be served at the end of the contest at a charge of \$1 a slice. Come learn and have fun!

EXTENSION NEWS

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. Ronald Fleecs, *Vice President*
- Ryan Mohling, *Secretary/Treasurer*

4-H Interns Assist During Summer



(L-R) Erica Peterson and Rachel Pickrel

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 Meador 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.

Neblin Editor Earns Statewide Press Awards

Vicki Jedlicka, 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 THE 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, Facebook, and email

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

Mail — Children love to get their own mail! Writing frequently is more important than writing long letters. Children can hold letters and re-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 phones increase secure feelings of love and connection.

Movies — Send a ticket for a movie. Both of you go to see it

and talk about it on the phone.

Books/Magazines

Subscriptions can help a child practice reading. The parent may have the same magazine and they can have a discussion about the articles.

Gifts — Gift certificates or small tokens can be used as incentives for grades, behavior, chores, etc., but they should not be used as bribes or one-upmanship trophies against 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, 84th & Havelock in Lincoln. Volunteers ages 18 and up are needed to help with a variety of events during the fair. Shifts are two or more hours. Volunteers receive a gift bag with a free T-shirt and more. For more information, call Julie Burton at 402-441-6545.



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

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

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

Please attach to each exhibit your name, phone number, project name, title of exhibit (if

any), decade entered in fair, and which county fair or state fair.

Static exhibits and photos can be dropped off before July 26 at the extension office (444 Cherrycreek Road) or during 4-H static exhibit check-in on Tuesday, July 30, 4–8 p.m. at the Lancaster Event Center (84th & Havelock), 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. 5, 7–11 a.m. at the Lancaster Event Center, Lincoln Room. For more information, contact Lorene Bartos 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 success of the Nebraska State Fair. Volunteers needed before, during and after the fair! From hospitality to helping out with educational and children’s programs, there truly is something 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.

Benefits include:

- Free fair gate 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.statefairvolunteer.org or contact Rhonda Veleba at rveleba@gichamber.com or 308-382-9210.

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 greeters. 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 Cathy Johnston at cjohnston1@unl.edu or 402-472-1762.

EXTENSION CALENDAR

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

June

- 24 Family & Community Education (FCE) Council Meeting, Governor's Residence, 1425 H St. 12 noon**
- 25 Guardian/Conservator Training 5:30–8:30 p.m.**
- 25 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.**
- 26 Ag Educator Tom Dorn's Farewell Open House 4–6 p.m.**
- 27 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.**
- 29 Lancaster County Super Fair 4-H Horse Judging Contest, Wilderness Stables, 200 W. Calvert St. 10 a.m.**

July

- 1 All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension**
- 1–2 4-H Premiere Animal Science Events (PASE)/FCS Life Challenge**
- 2 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.**
- 5 4-H/FFA Livestock Booster Club Scholarships Due**
- 10 Family & Community Education (FCE) Sizzling Summer Sampler 6–9 p.m.**
- 12 Extension Board Meeting..... 8 a.m.**
- 12 4-H "Fun With Healthy Foods" Workshop..... 8:30 a.m.–4:30 p.m.**
- 14–18 State 4-H Horse Show, Fonner Park, Grand Island**
- 16 Guardian/Conservator Training 1:30–4:30 p.m.**
- 18 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.**
- 20 4-H Presentations Contest..... 9 a.m.**
- 23 4-H Style Revue Judging..... 8 a.m.**
- 25 4-H Horse Course Challenge..... 9–11 a.m.**
- 25 "Tools of the Trade I" Training 6–9 p.m.**
- 25 4-H Food Booth Training Lancaster Event Center - Lincoln Room ... 6–7 p.m.**
- 30 4-H/FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room..... 4–8 p.m.**
- 31 4-H/FFA Interview Judging for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room..... 9 a.m.**

Farewell Open House for Tom Dorn

Tom Dorn, Extension Educator, has been with University Nebraska–Lincoln Extension for 33 years. In June he will be recognized for his contributions to UNL Extension in Lancaster County and statewide. **The public is invited to Tom's farewell party on Wednesday, June 26, 4–6 p.m.** at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Tom is on medical leave as of May 1.

If you would like to share a letter or fun experience you have had with Tom over the years, please send it by June 24 to Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528. We will put a book together for Tom.

Parenting

continued from previous page

- 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"

FOR MORE INFORMATION

UNL Extension NebFact "Parenting from a Distance" (NF567) at <http://go.unl.edu/0d2>

Outdoor Play

continued from page 5

language skills develop when a child learns the name of a new animal; and science skills develop when a child gets to see how a rainbow forms after it rains.

Parents should be actively involved in teaching a child about nature safety. They could warn younger kids not to play with sharp objects or not to eat something they picked up from the ground.

The length of time spent playing outdoors depends on the child and the number of children out playing, but children should be allowed to go outside every day. Some children may have to learn how to play outside and it's OK to get dirty, while others may catch on quickly and spend hours exploring.

Provide children the chance to play in a variety of outdoor spaces, as different settings will inspire different kinds of play. These places don't have to be far from the home or the city. Parks provide ample opportunity for kids to connect to nature. Even spending time to watch squirrels and birds in one's own backyard is educational.

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

THE NEBLINE ONLINE

lancaster.unl.edu/nebline

Sign up to be notified by email when THE NEBLINE is posted online.



4-H District Speech/PSA Results

The 2013 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at the UNL East Campus. Congratulations to the Lancaster County 4-H'ers who participated! The top five in each division received medals. Medal winners in the senior 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 — Renae 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

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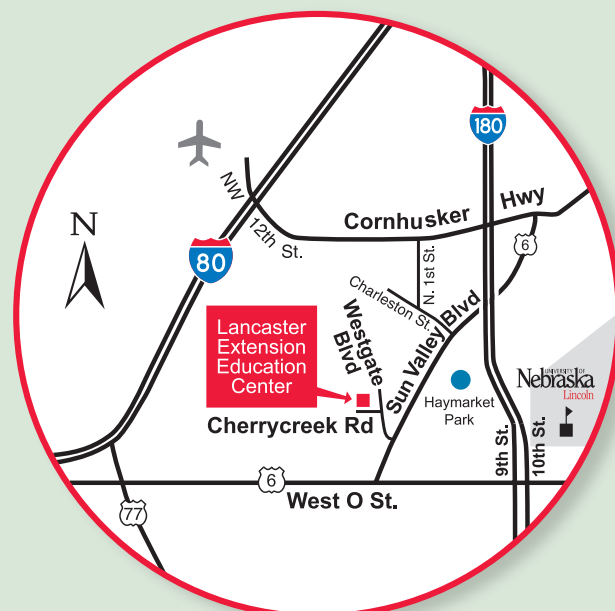
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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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

EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig

EXTENSION ASSOCIATES

Mary Abbott, Tracy Anderson, Soni Cochran, Marty Cruickshank, Mary Jane Frogge, Mardel Meinke, Julie Rasmussen, Dana Willeford

EXTENSION ASSISTANTS

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THE NEBLINE

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444 Cherrycreek Road, Suite A • Lincoln, NE 68528

July

Holly Steinbach



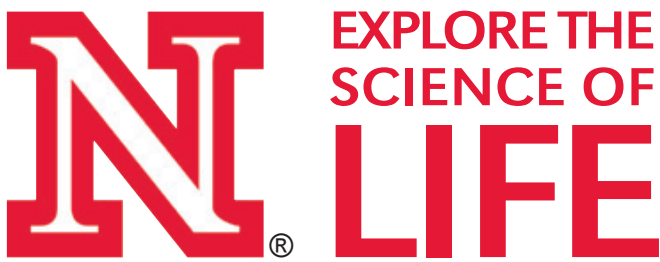
Lancaster County 4-H is proud to announce Holly Steinbach as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service.

She began volunteering with the All American Kids 4-H club seven years ago when her daughter started 4-H. Holly took over as club leader five years ago and continues to lead the club even after her daughter went to college. Holly has also volunteered with the Pick-a-Pig 4-H club and 4-H food booth at Lancaster County Super Fair.



"It is very rewarding seeing the excitement the kids have for their 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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Volunteer at 4-H Food Booth Help Raise Money for 4-H and Have Fun!

The 4-H Corner Stop food booth at the Lancaster County Super Fair is Lancaster County 4-H Council's primary fundraiser. The food booth has windows in the Lincoln Room and Multipurpose Arena.

4-H Council asks clubs and independent members to help by staffing a shift at the 4-H Corner Stop. At any given time, 6 youth (age 8 & up) and 4 adults are needed. Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills.

4-H Council financially supports several 4-H programs and activities such as: Achievement Night; college and camp scholarships; support for state and national contest registrations; and 4-H promotional items and activities



Sign Up

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

Training, July 25

All volunteers are **STRONGLY ENCOURAGED** to attend the food booth training on Thursday, July 25, 6-7 p.m. at the Lancaster Event Center.

4-H'ers Focus on Safety in Bicycle Contest



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



LANCASTER COUNTY 4-H MEMBERS 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, swearing and language or nonverbal 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)

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 others, connections in their community, 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 offend, hurt, or set a bad example.
- 3) Inform myself about youth and their positive development. Fulfill my responsibilities by striving to improve my performance as a volunteer and a mentor of young people. Attend volunteer training sessions when I can and seek out and use books, videos, and other educational materials.
- 4) Teach and model kindness and compassion for others. Recognize that all young people have skills and talents, which can be used to help others and improve the community. Teach and demand teamwork and discourage selfishness.
- 5) 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.
- 6) Teach and model the importance of obeying laws and rules as an obligation of citizenship. Obey the laws of the locality, state, and nation. Promote the responsible treatment of animals and stewardship of the environment.
- 7) 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.
- 8) Provide a safe environment. I will not harm youth or adults in any way, whether through sexual harassment, physical force, verbal or mental abuse, neglect, or other harmful behaviors.