

7-2015

## NEBLINE, July 2015

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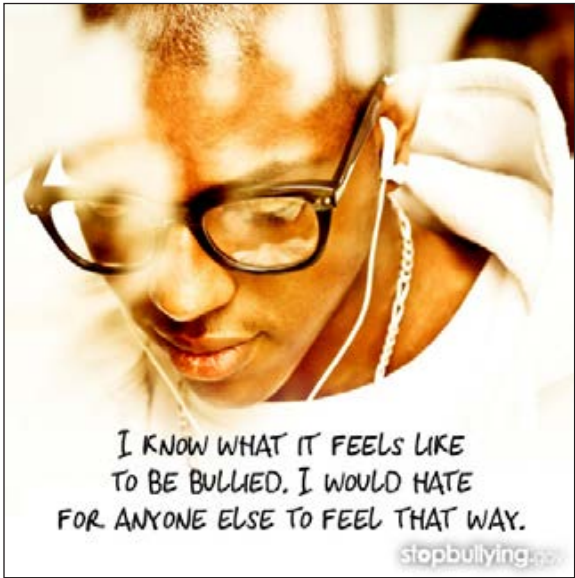
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# NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

## Reduce Bullying and Cyberbullying Through Social and Emotional Learning



### Strategies for Preventing and Intervening in Cyberbullying

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

#### Possible Methods for Cyberbullying

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

#### Strategies for Youth

- (From [www.cyberbullying.us](http://www.cyberbullying.us))
- Protect your password.
  - Keep pictures and videos “PG.”
  - Don’t open messages from someone you don’t know.
  - Log out of accounts when you’re done.
  - Setup privacy controls — don’t let everyone have access to your accounts.
  - NEVER retaliate.
  - If repeated, tell them to stop.
  - Block people who are being mean from contacting you.
  - Never pass on cyberbullying messages or posts.

- Save the evidence and take screen shots to share with adults and law enforcement.
- THINK before you press send.

#### Strategies for Parents

- (From Kowalski, Limber, & Agatston, 2012, Cyberbullying: Bullying in the digital age)
- Know what your children are doing online (e.g., social media, apps).
  - Learn about these sites: how safe are they?
  - Monitor what your children are saying and use instances of negative online behavior as teachable moments.
  - Address any incidents of cyberbullying perpetration or victimization.
  - Have open lines of communication with your children so they feel comfortable sharing what’s going on in their online world.
  - Encourage youth to protect their passwords and never share with friends.
  - Save evidence of any incident.

For “Strategies for School Staff: Prevention” and “Strategies for School Staff: Intervention,” read entire article at [http://empowerment.unl.edu/assets/docs/Combating\\_Cyberbullying.pdf](http://empowerment.unl.edu/assets/docs/Combating_Cyberbullying.pdf).”

**Maureen Burson**  
Extension Educator

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

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

Karen Haase, a Lincoln attorney who specializes in school law, recently presented a 4-H Web seminar “Parenting in a Digital World” about cyberbullying and digital citizenship safety. A recording of the Web seminar is online at <http://4h.unl.edu/givingyourbestwebseminars>.

“We cannot raise our kids to live in a world without conflict,” Haase says. “Disagreements will happen and feelings will get hurt. BUT conflict is not the same as bullying. Bullying happens when there is repeated and unresolved conflict. Bullying behavior occurs because it meets very real needs within the bully: the need for power, attention and/or revenge. **Social and Emotional Learning (SEL) is the only response to bullying behavior which social-scientific**

research has shown works to reduce actual bullying behavior. That is because SEL teaches students how to manage conflict by teaching them how to recognize their own emotions, how to empathize with emotions being felt by others and how to negotiate a solution to the conflict. The need for power, attention and justice (a healthy alternative to revenge) can be met appropriately.”

#### What Are Bullying and Cyberbullying?

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

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

#### University of Nebraska Research

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

University of Nebraska–Lincoln researcher Dr. Susan Swearer and colleagues provide insights into applying research to

benefit local communities. Dr. Eve Brank and her students Lori Hoetger and Katherine Hazen continue important research on the complexity of bullying and victimization.

Dr. Swearer and her team, through the Empowerment Initiative, support and engage in translational research designed



**Dr. Susan Swearer**

to foster positive, accepting communities free from bullying and other negative behaviors. Studies conducted in the Empowerment Initiative lab focus on identifying and addressing the complex personal, social and cultural factors underlying these behaviors. Translational research advances practical solutions to promote healthy relationships within families, schools and communities, such as “Strategies for Preventing and Intervening in Cyberbullying” (see sidebar at right).



(L–R) Lori Hoetger, Katherine Hazen and Eve Brank.

#### How Common is Cyberbullying?

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

Source: Drexel University (2014)

Dr. Brank’s, Hoetger’s and Hazen’s research (January 2015 in the *Journal of Family Violence*) examined how sibling aggression is perceived, how it is reported and how often. No matter how common sibling aggression is, it can still have detrimental consequences, the researchers said. Hoetger added “there hasn’t really been a lot of research that looks at bullying between siblings in particular, so I think that’s definitely a need.” Article is online at <http://go.unl.edu/n48r>.

see BULLYING on page 3

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## NEBLINE

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## Emergency Office Munchies

Alice Henneman, MS, RDN  
Extension Educator

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

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

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

### Downfalls of Desk Drawer Food Storage

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

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

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

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

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

As with a desk drawer, it's better to carry single servings of shelf-stable foods. A banana stored in a handbag left in a warm car over the weekend can be bad news! Perishable foods such as yogurt; cut fruit and vegetables; and cheese should remain at room temperature no longer than TWO hours without refrigeration. If you purchased a food from a refrigerated section at the store, you should keep it in the refrigerator at work or home

and not in a briefcase, handbag or backpack.

### Emergency Munchies With a Focus on Fiber and Protein

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

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

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

- **Nuts.** Did you know ... nuts are a source of both protein and fiber? For example, 1 ounce of walnuts (1/4 cup shelled halves or pieces or 12–14 halves) has 2 grams of fiber as well as 4 grams of protein?
- **Roasted soynuts.** Soynuts are made from roasted soybeans.
- **Trail mix.** Try making your own. Include dried fruit, nuts and/or seeds and whole grain cereal. (*Check out the recipe below.*)
- **Bars.** Look for bars that contain ingredients such as whole grains, dried fruit, nuts and/or seeds.
- **Popcorn.** Carry an individual serving bag of microwave popcorn if you have access to a



Popcorn is a great way to increase your intake of whole grains and your daily fiber.

microwave oven.

- **Individual nut butter pack.** The type you will most commonly find is a peanut butter pack. Nut butters may come in a small cup type pack or a squeeze pack. Include some individually packed whole grain crackers.
- **Tuna salad single serving packet.** Include an individually packaged serving of whole grain crackers.

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

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



## HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator



### MAKE YOUR OWN TRAIL MIX

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

- Sunflower seeds
- Nuts, preferably unsalted
- Dried fruit (raisins, cranberries, cherries, blueberries, etc.)
- Whole grain small crackers
- Spoon-sized whole wheat cereal
- Round oat cereal
- Roasted soynuts



BULLYING

continued from page 1

Types of Bullying

(From: www.stopbullying.gov)

There are three types of bullying:

- Verbal bullying is saying or writing mean things.** Verbal bullying includes:
- Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm

**Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships.** Social bullying includes:

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

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

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone’s things
- Making mean or rude hand gestures

How to Talk About Bullying

(From: www.stopbullying.gov)

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

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.

- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school and understand their concerns.
- Encourage kids to do what they love. Special activities, interests and hobbies can boost confidence, help kids make friends and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

**Help kids understand bullying** — kids who know what bullying is can better identify it. They can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.

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

**Keep the lines of communication open** — research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- What was one good thing that

- happened today? Any bad things?
- What is lunch time like at your school? Who do you sit with? What do you talk about?
  - What is it like to ride the school bus?
  - What are you good at? What do you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?

ADDITIONAL RESOURCES

- Empowerment Initiative, <http://empowerment.unl.edu>
- Nebraska Extension’s “Expanded Learning Opportunities” website, <http://elo.unl.edu>
- Nebraska Extension’s “Early Childhood Development” website, <http://child.unl.edu>
- U.S. Department of Health & Human Services website, [www.stopbullying.gov](http://www.stopbullying.gov)
- Cyberbullying Research Center, <http://cyberbullying.us>

Activities to Help Youth Enhance Their Peer Relationships

Reprinted from Nebraska Extension publication, “Expanded Learning Opportunities: Youth to Youth Positive Interactions” (EC489) by Angela L. Abts, Julie C. Crandall and Leanne M. Manning. Read entire publication with additional activities online at [www.ianrpubs.unl.edu/sendIt/ec489.pdf](http://www.ianrpubs.unl.edu/sendIt/ec489.pdf). These activities are designed for youth groups, but easily adaptable for families.

Kindness Counts

**Grades:** K–6  
**Time Needed:** 30–45 minutes  
**Supplies:** Paper, pencils, markers and 11" x 14" inch poster board.

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

Friendship Card Game

**Grades:** K–6  
**Time Needed:** 30–45 minutes

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

- Questions/Statements on Cards:**
- Why is it important to have friends?
  - What are some things you do with your friends to make them feel special and important?
  - How can you encourage your friends?
  - When were you helped by a friend?
  - How can you be helpful to a friend?
  - When was the last time you shared something with a friend?
  - Why do you think it is a good

- idea to apologize when you have done something wrong or hurtful?
- How do you try to make someone feel better if that person is sad or upset?
  - What makes you feel better?
  - Your friend lost something (book, toy, jewelry, etc.). What are three things you could do to help?
  - There is a new youth in school. What can you say/do to make the youth feel welcome or feel like she or he belongs?
  - What are some examples of being generous? (Examples: You have a snack and your friend says she is hungry. You are playing with Legos® and a friend only has a few — how can you be generous?
  - What is another term for being generous? (sharing)
- Reflection:**
- What was easy or hard about answering the questions?
  - What did you learn from this activity?
  - How does talking about your feelings and thoughts help you be a better friend?



ASK LORENE  
FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

**Question: With all the summer activities my family is involved in, we always seem to find stains on clothes and other items. What should I do to remove these stains?**

**Answer:** First of all, treat the stains as soon as possible. Pack a stain stick and treat the stain as quickly as you can.

Stain removal guidelines for washable fabrics include:

- **Grass:** Pre-treat or pre-soak stains using a liquid laundry detergent or a pre-wash stain remover. Follow the directions on the product’s label. Launder, using the hottest water safe for the fabric. If the stain persists, launder again using chlorine bleach, if safe for the fabric or oxygen bleach.
- **Mud and dirt:** Let the mud dry thoroughly. Brush off as much dry mud/dirt as possible. Pre-treat with a paste of powder detergent and water, liquid laundry detergent or a liquid detergent booster. Launder. For heavy stains, pre-treat or pre-soak with a laundry detergent or a pre-soak product. Launder, using the hottest water safe for the fabric. Always check to see the stain is gone before putting the item in the dryer as heat may set the stain.

“Ask Lorene” by mail: Attn. Lorene Bartos, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email [lbartos1@unl.edu](mailto:lbartos1@unl.edu); or phone 402-441-7180.

Fireworks Safety

Summer time holidays are a time when families get together and share quality time. The Fourth of July is a time to enjoy family and friends but also a time to remember safety tips with fireworks. On average, 240 people go to the emergency room daily around this holiday. Enjoy the holiday and be safe.

The Consumer Product Safety Commission gives the following tips:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks packaged in brown paper, because this is often a sign the fireworks were made for professional displays and they could pose a danger to consumers.
- Always have an adult supervise firework activities. Parents don’t realize young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees — hot enough to melt some metals.

- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.



LANCASTER COUNTY  
**Super Fair**

*Fair Fun Day* for child care groups

**Friday, July 31**

**9:30–11:30 a.m. / 1:00–3:00 p.m.**

All child care groups with youth kindergarten graduates through 4th grade are invited to participate in Fair Fun Day! Guided tour includes hands-on activities, demonstrations, and displays/animals. Registration fee of \$1 per child. A maximum of 300 youth may participate on a first come, first serve basis. **For more information or a registration form, call Lorene Bartos, Fair Fun Day Coordinator, at 402-441-7180. Registrations due July 17.**

*Presented by Nebraska Extension in Lancaster County and the Lancaster County Agricultural Society*



# The Weather Challenges for Haying

Tyler Williams  
Extension Educator

The hay business is a difficult one, and the weather is often the root of the difficulties. Baling at midnight, lack of yield and delayed harvest are all issues that can be directly caused by weather. It never fails; it does not rain unless you have hay on the ground, so here are a few common obstacles and helpful tips.

### Rain on Windrow

There are many cases when rain or damp conditions persist and the alfalfa windrows remain on the ground for days. This presents potential weed and regrowth issues for the area under the windrows. The weeds may require spraying to maintain quality and protect the alfalfa stand. The plants under the windrow will be delayed, which will cause part of the field to bloom later and may alter the timing of the next harvest. Although it is

important to base the timing of the next harvest on the desired goal for your hay, if possible, wait for the delayed regrowth areas to begin to bloom before cutting.

### High Temperatures

High temperatures during the summer can cause alfalfa to bloom more rapidly, which may be misleading for the timing of the next harvest. Even though the crop has bloomed and “appears” ready for harvest, the high temperatures actually extend the recovery time from the previous cutting. High temperatures, especially at night, reduce the stored nutrients in the roots, which are required for plant vigor after cutting. This requires extra time between cuttings in order for the plant to build up its “reserves.”

### Drought

Dry conditions in rainfed fields obviously pose a problem to alfalfa production. In extremely dry conditions, the alfalfa plant will be nearly dormant and

will stop growing. It is difficult to know whether to windrow what is available or let it be. As the alfalfa continues to sit there, it will slowly lose feed value and tonnage. Harvesting the hay is an option, if there is enough feed to justify the fuel and labor. Grazing is also another option, but caution should be used for the risk of bloating. Cutting the hay may stimulate the alfalfa to try and regrow, but moisture is ultimately needed for those new shoots to grow.

### Moisture for Field Operations

Alfalfa quality is not only impacted by harvest timing, but it is also affected by curing, raking and baling conditions. Rain can take nutrients away from the plant during the curing process and can also cause mold. Getting hay to dry fast not only helps to avoid the potential for rain damage, but plant cells continue to respire until hay gets to about 50 percent moisture, losing potential weight. To help the

dry-down time, spread the recently cut hay in a wide swath and turn the hay to expose moister hay underneath. Hay baled too wet can get moldy, over-heat or catch on fire. On the other extreme, raking or baling hay too dry can cause extreme leaf loss, which is the most valuable part of the plant. Rake the hay when it is about 40 percent moisture and bale dry hay when the leaves are re-wet by dew or high humidity.

### Use Forecast Tools

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

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

# Protecting Trees from Borer Damage

Sarah Browning  
Extension Educator

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

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

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

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

### Borer Control

Maintaining good tree health is an important step in reducing borer problems. Healthy,

vigorously growing trees are not especially attractive to attack from native wood boring insects so preventing tree stress is an effective way to protect trees from attack. Healthy, vigorous trees are seldom subject to borer attack.

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

- Make sure trees are planted properly by eliminating girdling roots at planting and making sure trees are planted at the right depth.
- Maintain mulch around the base of trees to preserve moisture and prevent the most common and serious injury of all — lawn mower damage.
- To maintain healthy trees, apply one-inch of water weekly if a similar amount of rain has not fallen. During periods of drought, water plants deeply with a slowly trickling hose or small sprinkler.
- Protect plants from damage by wildlife and other pests, as well as winter sunscald on young, thin-barked trees like maples.

Insecticides can be used to manage wood-boring insects with two main modes of control, spray or systemic application.

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

Application of a systemic insecticide is the second method of chemical control. Systemic insecticides move through the plant and are ingested by the immature or adult insect as they feed on the plant. The chemical used most commonly is imida-

Common Wood-Boring Insects in Nebraska		
Pest Name	Common Hosts	Adult Emergence & Egg-laying Period
ROUNDHEADED BORERS (BEETLE ADULTS)		
Banded Ash Borer	Ash, elm, hickory	May–June
Elm Borer	Elm	Late May–July
Cottonwood Borer	Cottonwood, poplar, aspen, willow	June–August
Locust Borer	Black locust	August–September
Oak Twig Borer	Oak, walnut, elm, apple	Late May–early June
Poplar Borer	Poplar, cottonwood, aspen	June–August
Pine Sawyers	Pines	May–July
Redheaded Ash Borer	Ash, oak, walnut, hackberry, maple	May–July
Red Oak Borer	Oaks	June–July
Roundheaded Appletree Borer	Apple, pear, crabapple, serviceberry, hawthorn	June–late July
Twig Girdler	Oak, elm, linden, hackberry, pecan, maple	Late Aug.–early Oct.
FLATHEADED BORERS (BEETLE ADULTS)		
Bronze Birch Borer	Birch	Late May–July
Emerald Ash Borer*	Ash	Late May–July
Flatheaded Appletree Borer	Apple, maple, walnut, poplar, oak, many others	Late May–August
Honeylocust Agrilus	Honeylocust	May–August
Oak Twig Girdler	Oaks	May–July
Twolined Chestnut Borer	Chestnut, oak, beech	May–August
CATERPILLAR BORERS (MOTH ADULTS)		
Ash/Lilac Borer	Ash, lilac, privet, mountain-ash	Late April–June
Banded Ash Clearwing	Green ash, white ash	August–September
Carpenterworm	Oak, elm, poplar, ash, boxelder and many others	May–early June
Dogwood Borer	Dogwood, pecan, oak, birch and many others	June–August
Lesser Peachtree Borer	Peach, plum, cherry, flowering Prunus species	June–July
Peachtree Borer	Peach, plum, cherry, flowering Prunus species	July–August
Pine Moths	Pines	June–August
Red Oak Clearwing	Red oak, pin oak, black oak	June–July
Viburnum Clearwing Borer	Viburnum, arrowwood	June–early August
Willow Clearwing	Willow	July–August

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

cloprid, sold as Bayer Advanced Tree & Shrub Insect Control or Ortho Max Tree & Shrub Insect Control. Imidacloprid is effective against beetle borer larva, such as redheaded ash borer, bronze birch borer, roundheaded apple borer and flatheaded apple borer. It is NOT effective against moth borer larvae, including lilac borer, banded ash clearwing or peachtree borer.

As a soil drench, imidacloprid is mixed with water and applied to the soil at the base of the plant. The chemical is absorbed by the plant’s root system and moved throughout its trunk, branches and foliage. It has a 12 month residual effect, so should only be applied once per year. Depending on the size

of the plant, it can take from one week to three months (for large trees) to reach full effectiveness so should be applied 3–4 weeks before the targeted insect’s egg-laying period.

### Use Caution with Systemic Insecticides

Systemic insecticides like imidacloprid offer great promise in protecting trees from boring insects, but they can also kill bees so use them with caution. Blooming ornamental plants growing around the base of trees will pick up the insecticide, too, and bees feeding on nectar from these ornamental plants will ingest imidacloprid and could be injured. Label precautions for Bayer Advanced Tree & Shrub

Insect Control state, “ This product is highly toxic to bees exposed to direct treatment or residues on blooming plants or weeds. Do not apply product to blooming plants or weeds if bees are foraging in the treatment area.”

Ideally, the use of imidacloprid should be limited to trees surrounded by turfgrass or those in ornamental beds with primarily non-blooming foliage plants.

### FOR MORE INFORMATION

Nebraska Extension publication “Insect Borers of Shade Trees and Woody Ornamentals,” (EC1580) available at the Extension office and <http://go.unl.edu/borer>.



# There is Still Time to Control Bagworms in Early July

**Mary Jane Frogge**  
Extension Associate

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

If you find an outbreak of bagworms, chemical control may be needed. *Bacillus thuringiensis* (Bt) is available at nurseries and garden centers as Dipel or

Vicki Jedlicka, Nebraska Extension in Lancaster County



**Bagworm larvae size mid-July, shown approximate size (on a juniper on left, on a spruce at right with a penny for size comparison)**

Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide to receive good control. Be sure to read and follow all label directions.

If you have a large infestation in your evergreen trees or

shrubs, do not delay in controlling the bagworms. Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late summer and fall is not effective. By that time, your valuable landscape plants are already severely damaged by the maturing bagworms.

## FOR MORE INFORMATION

A YouTube video "Bagworm Control" is online at <http://lancaster.unl.edu/hort/bagworms.shtml> and a color brochure, "Bagworms Identification and Management" is available on the website and at the Extension office.

# Cleaning Up After Raccoons is Serious Business

**Soni Cochran**  
Extension Associate

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

- around the base or forks of trees
- on fallen logs, stumps, wood-piles or even large rocks
- decks or patios
- attics and garages

I can't stress enough to use an overabundance of caution when cleaning up a raccoon latrine. Never handle or put your nose down to smell raccoon droppings. Why? The raccoon is the primary host of *Basyliascarisc procyonis*, a roundworm that is harmful to people. Roundworm eggs are passed in the feces of infected raccoons. People become infected when we accidentally ingest the eggs. Young children are at highest risk for infection because they are more likely to put contaminated fingers, soil or objects into their mouths or touch their face and eyes. Frankly, any of us are at risk if we are exposed to areas where raccoons frequent and want to clean up those areas.

If you find a raccoon latrine in or around your home, there are steps you should take to prevent possible infection. Eggs in newly-deposited feces are not



**Raccoons are common in rural and urban areas.**



**Raccoon scat (with a nickle for size comparison).**

infectious. It takes at least 2–4 weeks for them to become infective. By promptly removing and destroying raccoon feces, you'll reduce the risk for exposure and possible infection.

If you choose to clean up a raccoon latrine yourself:

- Avoid contaminating your hands and clothes.
- Wear disposable gloves, rubber boots or cover your shoes with disposable booties that can be thrown away immediately. Do not risk bringing roundworm eggs into your home.
- If you have to work in a confined space like an attic, wear an N95-rated respirator. These masks can be found at hardware stores, pharmacies, discount stores and online.

## **Cleaning up a latrine located outdoors:**

- Feces and any material contaminated with raccoon feces should be removed using a shovel or inverted plastic bag. This material should be burned, buried or double-bagged and placed in an outside trash receptacle so it can be disposed of in a landfill.
- Most chemicals don't kill roundworm eggs, but heat will kill the eggs instantly. Use boiling water to clean feces-soiled decks, patios and other hard surfaces.
- Disinfect hard, smooth surfaces like your shovel blade with boiling water.
- Wash your hands well with soap and warm running water. Be sure to get under your fingernails. Launder your clothes thoroughly using hot water and detergent.

## **Cleaning up a latrine located indoors:**

Consider hiring a professional to do this task, especially if you find the latrine in an enclosed area like an attic. If you still decide to clean the area yourself:

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

## FOR MORE INFORMATION

Resources about raccoon control and roundworm are available at <http://lancaster.unl.edu/pest>.



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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.

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.

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.

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.

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.

# Avoiding Chiggers

**Soni Cochran**  
Extension Associate

If you've lived in southeastern Nebraska for any amount of time, you know summer is chigger season. Bites peak around the July 4 holiday when people are outdoors enjoying camping or sitting on the ground enjoying the fireworks displays.

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

The chigger mites climb onto our clothing and then search out areas like the top of socks or waistbands — basically anywhere clothing fits snug. They don't burrow into our skin, but crawl into a hair follicle, inject a salivary fluid and then suck up our liquefied tissues. Within a few hours, reddish, intensely-itchy welts appear on most people. By the time we feel this "itch," the chiggers are long gone.

Here are some suggestions to help prevent bites:

- Avoid areas where chiggers can be found: woodlots, pastures, prairies, roadside ditches, tall grasses and weeds. Chiggers are especially common in moist, low-lying areas.

- Wear loose-fitting clothing. Avoid sitting or reclining on the ground when camping, picnicking or working outdoors.
- Apply an insect repellent to shoes, socks and pants when you know you are going into chigger-infested areas.
- If you've been outdoors in an area possibly infested by chiggers, take a hot shower and use plenty of soap and water. This will take care of many of the chiggers on your body.
- Launder your clothing.

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

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

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





## 4-H Interns Assist During Summer



(L-R) Rachel Johnson, Caitlyn Schmidt and Liz Loseke

Each year, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance during the summer for contests, Lancaster County Super Fair and other activities.

- **Rachel Johnson** assists Cole Meador in the livestock areas. Rachel just finished her second year at UNL where she is majoring in animal science with a beef emphasis and pre-veterinary option. This is her first summer as a 4-H intern. She was a 4-H member in Lancaster County for 11 years.
- **Liz Loseke** assists Marty Cruickshank with the horse, rabbit and poultry program areas. Liz just finished her first year at UNL where she is majoring in animal science in the pre-veterinary option with an entrepreneurship minor. This is her first year as a 4-H intern. She was a 4-H member in Platte County for 11 years.
- **Caitlyn Schmidt** assists Tracy Anderson with Clover College, Super Fair static exhibits and contests. Caitlyn just finished her second year at the University of Nebraska at Kearney where she is majoring in elementary education with a minor in elementary art education. This is her first summer as a 4-H intern. Caitlyn was a 4-H member in Lancaster County for 8 years.

## Rabbit Tattoo Opportunity, July 18

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

## Donated Sewing Machine To Go To a 4-H'er

This is the seventh year Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. Send papers by Monday, July 6 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

## "Fun with Healthy Food!" Workshop, July 10

All youth ages 8 and up are invited to participate in a "Fun with Healthy Food!" 4-H workshop on Friday, July 10, 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! Workshop is different every year. \$10 fee. Register by July 7 with payment. Registration form is available at the Extension office and <http://go.unl.edu/nhf6>.

## 4-H Sewing Help Sessions

Kath Conroy, a 4-H Clothing Superintendent, and Carolyn Eschliman, a 4-H volunteer, are offering to help 4-H youth with their sewing projects. These exceptional seamstresses have many years of experience helping 4-H'ers with their sewing projects. Their help sessions will be held at Bernina Sewing Studio in the Piedmont Shopping Center on Wednesday, July 8, Thursday, July 9 and Friday July 10, 12:30–4:30 p.m. There is no cost and registration is not required.

## 4-H Summer Camps Offered Through Aug. 6

It is not too late to sign up for 4-H Summer Camps which are offered through Aug. 6. With locations at Gretna and Halsey, there are nearly 50 camps ranging from half day to seven days/six nights. Many camps still have openings! Open to all youth ages 5–18 (need not be in 4-H).

A wide variety of programs are offered including:

- team building challenge courses — lows initiatives, high initiatives, zip lines
- shooting sports — archery, air rifles, shot gun, .22 rifle, muzzleloader
- aquatics — canoeing, fishing, tubing, kayaking, tanking, swimming
- nature programing and GPS
- arts, crafts, exploration, campfires, games, songs and fun!

More information is online at <http://4h.unl.edu/camp> and the Extension office.

## Ak-Sar-Ben 4-H Show Entries Due Aug. 2

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 24–27 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. 19–20 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. 2 at the Extension office or at 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](http://www.rivercityrodeo.com).

## State Fair 4-H & FFA Animal Entries Due Aug. 9

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. The 2015 State Fair will be Aug. 28–Sep. 7 at Fonner Park in Grand Island.

**Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair.**

This means Lancaster County Extension staff will NOT be collecting State Fair entries or entry fees during Super Fair. Entries will be due Aug. 9.

Instructions and link to register are at [www.statefair.org/p/getinvolved/244](http://www.statefair.org/p/getinvolved/244). For more information, contact Cole Meador at 402-441-7180. This only applies to livestock — static entries will still be taken care of by Extension staff.

## HORSE BITS

### Final Level Testing Before Super Fair

Tuesday, June 30 will be the last date to test in order to ride in the 2015 Lancaster County Super Fair. The 4-H horsemanship level group testing will take place starting 5:30 p.m. at the Lancaster Event Center in Pavilion 4 – Amy Countryman Arena. Anyone wishing to test must sign up by June 23 by contacting Marty at [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) or 402-441-7180. All written level requirements must be completed and submitted to Marty Cruickshank before the riding can take place.

### Super Fair 4-H Horse Entry Forms Due July 1

All Lancaster County Super Fair 4-H horse entry forms are due in the Extension office by Wednesday, July 1, or postmarked by July 1. **No late entries will be accepted.** Entry forms are available online at <http://lancaster.unl.edu/4h/Fair> and at the Extension office. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the Extension Office before July 1 to show at the fair.

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

## State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 12–16 at Fonner Park in Grand Island. Information is at <https://animalscience.unl.edu/anscdistrictandstate4hshows>.

### Health Papers

**A 14-day health certificate and a Coggins Test will be required** for a horse to be shown at the State 4-H Horse Expo.

### Notice to Exhibitors

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, a narcotic, stimulant, depressant, analgesic, local anesthetic or drug of any kind within 24 hours before the first scheduled event of each show day at 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. Show staff reserves the right to drug test any horse in any class at any given time.

The Nebraska 4-H District Horse Shows and Fonner Park State 4-H Horse Exposition are held for Nebraska 4-H horse exhibitors. Your parents, leaders, friends, Fonner Park and Nebraska Extension congratulate your efforts in qualifying and participating in these great horse shows. If 4-H exhibitors are physically able to exhibit their horses, they also are expected to prepare their horses for all events. Family and/or friend assistance is welcomed and expected, BUT warm-up riding, etc., by persons other than the exhibitor may require immediate and appropriate action by the show superintendent and the Nebraska 4-H Horse Advisory Committee.

## 4-H District Speech/PSA Contest Results

The 2015 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at UNL East Campus. 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. Congratulations to all youth who participated!

### Speech Contest:

- Junior division — Sarah Lange
- Senior — Sheridan Swotek (medal)

### Public Service

### Announcement Contest:

- Junior division — Riley Peterson (medal)
- Intermediate division — David Swotek (medal), Ella Hendricksen
- Senior division — Sheridan Swotek (medal)





## LANCASTER COUNTY Super Fair

July 30–Aug. 8, 2015

4-H & FFA Exhibits & Events July 30–Aug. 2

4-H Horse Show July 26–Aug. 2

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 Entry Pass Hangtags

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available July 1–29). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, July 30–Monday, Aug. 3, 11 a.m. and park in designated areas. 4-H/FFA families are asked to enter Gate 3 (second Havelock driveway) where there will be an exhibitor lane when possible to speed entry — except when unloading/loading static exhibits, use 84th street entrance and temporarily unload/load by the Lincoln Room and park in Lot K if staying longer.

Every 4-H/FFA vehicle needs an entry pass hangtag — **NO EXCEPTIONS** — so be sure to get a hangtag for every vehicle used during the fair (e.g. mom, dad, teen exhibitors that drive). General parking without the entry pass will be \$5 daily except Monday–Wednesday will be free parking.

This year 4-H/FFA exhibitors will not need gate admission passes for occupants of vehicles with a 4-H/FFA entry pass hangtag Thursday, July 30–Monday, Aug. 3, 11 a.m. After the 4-H/FFA days of the fair, each 4-H/FFA exhibitor and family member will need to bring a gate admission ticket picked up from a ticket sponsor or pay \$2 per person to enter.

*These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.*

### General Public Gate Admission

FREE general public gate admission tickets will be available July 1–Aug. 8 at ticket sponsors. Ticket sponsors as of press time are: Casey's General Store, Russ's Market and Super Saver. Check <http://superfair.org> for additional ticket sponsor locations. Gate admission without this free ticket will be \$2 per person per entry.

### General Public Parking

\$5 per vehicle per day. Re-entry permitted on same day if you keep your parking pass. New this year — FREE parking on Monday, Aug. 3 to Wednesday, Aug. 5.

## New Barn Quilt and Hay Bale Decorating Contests

The Lancaster County Agricultural Society is presenting two new contests for 4-H clubs & FFA chapters. Independent members are welcome to participate as long as they work together in a group. Entry forms are due July 1. Top three prizes in each contest earn Pizza Ranch gift cards! If you have any questions, contact the Lancaster Event Center at 402-441-6545.

**BARN QUILT CONTEST** — Ag Society will provide one piece of plywood 4' x 4' x 1/2" already primed and pre-drilled for hanging. You may pick up the plywood at the Lancaster Event Center or Extension office. Each club/chapter will provide their own paint and painting supplies. The pattern must be a clean design, typical quilt appearance. All entries will be used as fair decoration throughout the grounds. In order to be displayed, entries must be delivered to the Lancaster Event Center between July 20–23. Rules and entry form is at <http://lancaster.unl.edu/4h/fair/contest/SF2015BarnQuiltContest.pdf>.

**HAY BALE DECORATING CONTEST** — Ag Society will provide 1 round bale. Participants must provide their own decorating supplies. Decorations should be weather and wind-proof. Set-up/decoration times are Sunday, July 26, 9–5 p.m. and Monday, July 27, 2–4 p.m. Decorations are to remain for the entire fair. Rules and entry form is at <http://lancaster.unl.edu/4h/fair/contest/SF2015HayBaleDeco.pdf>.

## 4-H Volunteers Needed

Adults *and* youth are needed to help 4-H during the Lancaster County Super Fair.

- **In the 4-H Corner Stop food booth** (ages 8 and up) from Wednesday, July 29 through Sunday, Aug. 2 (sign up online at <http://go.unl.edu/foodboothsignup>).
- **Static exhibit set-up** (ages 8 and up) on Thursday, July 23 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 25 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** (ages 12 and up) on Wed., July 29.
- **Teen tour guides are needed for Fair Fun Day** (ages 14 and up) for child care groups on Friday, July 31 at 9:30 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.

## Presentations, July 18

This year's Presentations Contest will be Saturday, July 18, 9 a.m. at the Lancaster Extension Education Center. Must preregister by July 13. Open to all 4-H'ers ages 8–18 (4-H age). See Fair Book page 12 for complete contest information. A handout is available at <http://lancaster.unl.edu/4h/Fair> and the Extension office. All participants are strongly encouraged to read the handout. New this year, 4-H FilmFest (Digital Video) replaces the Multimedia class.

## Style Revue Judging, July 21

### • Public, July 30

Style Revue judging will be Tuesday, July 21, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Style Revue will be Thursday, July 30 at 7 p.m. at the Lancaster Event Center, Exhibit Hall. A handout and entry forms are available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>. Must submit entry forms by July 13.

## Static Exhibit Check-In July 28, 4–8 p.m.

4-H & FFA static exhibits do not preregister, but **MUST** be physically checked in during Static Exhibit Check-in on Tuesday, July 28 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. **MUST** be attached at this time. In the Lincoln Room, exhibits are grouped into the following areas designated by signage: **Clover Kids; General Areas; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology**. A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s). All static exhibits will be released on Monday, Aug. 3 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

## Interview Judging, July 29

Interview judging is Wednesday, July 29 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons 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 14 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 6 and 24**. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 28, 4–8 p.m.

## Chicken Dinner Fundraiser, July 31

Lancaster County 4-H Council is having a Chicken Dinner on Friday, July 31, 5:30–7:30 p.m. at the Exhibit Hall - Room B (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck! This is a fundraiser for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets can be purchased for \$6 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are \$7.

## Clover Kids Show & Tell, Aug. 2

All Clover Kids, youth ages 5–7 by January 1, 2015, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 2, 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 6 and July 24, or sign up at the static exhibit area Tuesday, July 28, 4–8 p.m.

# Livestock Information

## Animal Entries Due July 1

**All Super Fair 4-H and FFA animal entry forms are due to Extension by Tuesday, July 1** 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 online at <http://lancaster.unl.edu/4h/Fair> and at the Extension office.

## 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, July 30.
- 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.
- Champion senior showman from Sheep, Beef, Swine and Dairy Cattle are eligible for the Elite Showmanship Contest, now in its third year.

## Livestock Judging Contest, Aug. 2

Now in its third year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 2, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, July 30, 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 fourth 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 6

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 6. 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. Two winners will be announced at the Youth Livestock Premium Auction.





# EXTENSION CALENDAR

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

## June

- 23 **Guardian/Conservator Training** ..... 1:30–4:30 p.m.  
25 **Co-Parenting for Successful Kids Class** ..... 9:30 a.m.–1 p.m.  
29–30 **4-H Premiere Animal Science Events (PASE)/FCS Life Challenge,**  
*UNL East Campus*  
30 **4-H Horsemanship Level Testing, Lancaster Event Center -**  
*Amy Countryman Arena* ..... 5:30 p.m.  
30 **4-H Horse Incentive Program Ends**

## July

- 1 **All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension**  
5 **4-H/FFA Livestock Booster Club Scholarship Forms Due to Extension**  
10 **Extension Board Meeting** ..... 8 a.m.  
10 **4-H “Fun with Healthy Food!” Workshop** ..... 8:30 a.m.–4:30 p.m.  
12–16 **State 4-H Horse Show, Fonner Park, Grand Island**  
14 **Guardian/Conservator Training** ..... 1:30–4:30 p.m.  
15 **4-H Horse Incentive Program Forms Due to Extension**  
18 **4-H Presentations Contest** ..... 9 a.m.  
18 **4-H Rabbit Tattoo Opportunity** ..... 10 a.m.–Noon  
21 **4-H Style Revue Judging** ..... 8 a.m.  
23 **4-H Food Booth Training, Lancaster Event Center - Lincoln Room** ..... 6–7 p.m.  
28 **4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,**  
*Lancaster Event Center - Lincoln Room* ..... 4–8 p.m.  
29 **4-H Interview Judging for Static Exhibits at Super Fair, Lancaster Event**  
*Center - Lincoln Room* ..... 9 a.m.  
**July 30–Aug. 8 Lancaster County Super Fair (4-H/FFA Exhibits & Events**  
**July 30–Aug. 2; 4-H Horse Show July 26–Aug. 2),**  
*Lancaster Event Center (see complete schedule at <http://superfair.org>)*  
**July 31 Fair Fun Day for Child Care Groups at Super Fair,**  
*Lancaster Event Center* ..... 9:30 a.m. & 1 p.m.

## Three 4-H Clubs Received Global Youth Service Day Grants

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

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

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

### Teen Council Donated Tie Blankets



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

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

Teen Council member Hanna Brandt said, “My mom and I went to the fabric store with a 4-H leader and some other teens — it was interesting to think about what would comfort someone at the Friendship Home. It felt

wonderful to know that we were doing something to make someone’s life better. I will always cherish this experience.”

### Fantastic 4 Hosted a May Day Celebration

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

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

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

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



Fantastic 4 hosted a May Day celebration for girls who live at People’s City Mission or attend Lakeview Elementary School.

### Joe’s Clover Knights Assisted Refugees

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

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

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

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

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



Joe’s Clover Knights created care packages for 14 refugee families.

## EXTENSION NEWS

### Volunteer Partners Recognition

As part of National Volunteer Month, Volunteer Partners held its annual “Celebrating People in Action” luncheon on April 21.

**Lincoln RentWise Network** was awarded “2014 Volunteer Group in Action.” Extension Educator Lorene Bartos was a founding instructor for the Lincoln Rentwise Network and continues to teach Rentwise classes to low-income renters in Lincoln and other trainers statewide. The nomination for Rentwise’s award stated, “The Lincoln RentWise Network is comprised of volunteers from the community who dedicate their time in teaching and promoting RentWise. Because of these volunteers’ dedication, the Lincoln RentWise Network has graduated over 3,000 RentWise participants.”



Lincoln Rentwise Network team members include Extension Educator Lorene Bartos (center).

Volunteers Partners announced **2014 Lancaster County volunteer data** as reported by nonprofit agencies:

- 147 reporting nonprofit agencies
- 124,490 total volunteers
- 1,701,517 total volunteer hours

Nebraska Extension in Lancaster County’s volunteer data:

- 1,591 volunteers
- 24,850 volunteer hours

### Lancaster County Years of Service

Recently, **Deanna Covault**, a Lancaster County employee (Clerk Typist II) at Nebraska Extension in Lancaster County, was recognized for 15 years of service to Lancaster County.

### Super Fair Volunteer Opportunities

The Lancaster County Super Fair will be held July 30–Aug. 8 at the Lancaster Event Center, 84th & Havelock in Lincoln. Volunteers ages 16 and up are needed to help with a variety of roles during the fair, including new theme day activities daily. Shifts are two or more hours. Volunteers receive a free T-shirt and discounted meals. For more information, call Trudy Pedley or Mike Wulf at 402-441-6545.

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