Reduce Bullying and Cyberbullying Through Social and Emotional Learning

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

Strategies for Preventing and Intervening in Cyberbullying

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

Possible Methods for Cyberbullying

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

Strategies for Youth

(From www.cyberbullying.us)

• Protect your password.
• Keep pictures and videos “PG.”
• Don’t open messages from someone you don’t know.
• Log out of accounts when you’re done.
• 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.

Dr. Susan Swearer

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

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)

How can I get involved?

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 own 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: Interventions,” see online article at http://empowerment.unl.edu/assets/docs/Combating_Cyberbullying.pdf
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, resorting to 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 Scotty, reported an office desk can contain 400 times more germs than an office toilet seat. Consider — cleaning credits, seldom touch office desktops, office phones, etc.

Coughing and sneezing may increase the germ population. Crumbs may attract additional bacteria. If you share a walk 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 (12–14 halves) has 2 grams of fiber. Opt for individually wrapped, smaller container or snack-size, zip-top plastic bag.

Emergency Munchies With a Focus on Fiber and Protein

Foods that include protein and fiber will be the most filling.

Here are some additional tips:

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

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

- Nuts. Did you know ... nuts are a source of both protein and fiber? For example, 1 ounce of walnuts (1/4 cup shelled halves or pieces or 12–14 halves) has 3 grams of fiber as well as 4 grams of protein.
- Roasted soy nuts. 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 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 these 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.
BULLYING continued from page 1

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 humiliating others through 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, staff and other adults often have a role in playing in preventing bullying. They can:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it. 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 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 fail, like walking away.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.

Keep the lines of communication open — research tells us that children really do look to parents and caregivers for advice and help through 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 thing?
- What is lunch time like at your school? Who do you sit with? What do you eat?
- What is it like to ride the school bus?
- What are you good at? What do you like about yourself 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 there are no right or wrong answers 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? Has this happened to you before? What were you 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
- Consumer Information 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. Ahls, Julie C. Cornwell and Leanne M. Manning. Read one view publication with additional activities online at www.ianrpubs.unl.edu/unl/edl/vol489.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 an 11” x 14” inch poster board

Assemble all the youth in your group the task of performing each of three acts of kindness each week. At the end of the week, have them report their acts of kindness. Youth can make posters to display 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 you 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 new friends to feel good about themselves?
- 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 he or she belongs?
- What are some examples of being generous? (Examples: You make a sandwich for your friend and she is hungry. You play with Legos® and a friend needs help. You invite people to your birthday party. You wash the dishes.)
- What is another term for being generous?
- 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?

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 rooms due to fireworks injuries. 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 firework is not made for professional displays and they could pose a danger to consumers.
- Always have an adult supervise fireworks 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 Family Fun Day for child care groups

Fair Fun Day...

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, games, 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 hay, and delayed harvests are all issues that can be directly caused by weather. It never fails; it does not rain unless you have hay laying on the ground, so there are 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. Hay after 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 cause alfalfa to grow more rapidly, which may be misleading for the timing of the next harvest. Even though the crop has blossomed and "appears" ready for harvest, the high temperatures actually extend the recovery time from digging with pruners. High temperatures, especially at night, reduce the stored nutrients in the roots, which are required for plant vigor after cutting. There is usually 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 the crop. If enough feed value and tonnage. Harvesting the hay is an option, if there is enough feed to justify the feed and labor. Grazing is also another option, but could cause the risk of overgrazing. Cutting hay will 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 expire 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 moisutre hay underneath. Hay baled too wet can get moldy. Hay that is 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 has about 40 percent moisture and bale dry hay when the leaves are re-wet by dew or humid conditions.

Use Forecast Tools

Using forecast tools can help plan the cutting, raking and baling operations. The National Weather Service 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.

Common Wood-Boring Insects in Nebraska

**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 (Buprestisae), round-headed borers (Cerambycidae), clearwing borers (Sesiidae), and carpenterworms (Cossidae).

- **Borers** are immature beetles or moth larvae. Adult insects lay eggs on the bark of a host plant, which hatch into very small, cream colored, caterpillar-like larvae, which burrow tunnels into the cambium, sapwood or heartwood of the host plant. Their tunneling causes destruction of water and food movement through the plant’s vascular system, killing sections of bark on the tree’s trunk or branches.
- **Nebraska’s native borers** often target stressed or declining trees, so keeping trees in good health and maintaining their vigor is 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 should this insect enter Nebraska, all — lawn mower damage.

- **True borers** are plants that have hollowed-out, round tunnels into the cambium, which hatch into very small, cream colored, caterpillar-like larvae, which burrow tunnels into the cambium, sapwood or heartwood of the host plant. Their tunneling causes destruction of water and food movement through the plant’s vascular system, killing sections of bark on the tree’s trunk or branches.

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Cleaning Up After Raccoons Is Serious Business
Soni Cochran Extension Associate

When you leave your backyard open to raccoons, you are opening the doors to a multitude of issues. Raccoons are common in rural and urban areas. To clean up latrine located outdoors:

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

Cleaning up a latrine located indoors:

- 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 invertebrate plastic bag. This material should be burned, buried or double-bagged and placed in an outside trash receptacle so it can be disposed of in a landfill.
- Fill a bucket with hot, soapy water. Using a damp (but not wet) sponge, wipe the area clean. Rinse your sponge frequently in the bucket of hot, soapy water.
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- 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.

There is Still Time to Control Bagworms in Early July
Mary Jane Frooge, Extension Associate

Bagworm outbreaks have been increasing noticeably the past two years in Lancaster County. The larvae hatch in early June and have been feeding on plant material for nearly a month. They are about half 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 those in the shrub line of your garden. If you find an outbreak of bagworms, chemical control may be needed. Bacillus thuringiensis (Bt) is available at nurseries and garden centers as Dipel or Thuricide. Other insects currently labeled for bagworm control include acephate, carbaryl, cythrylthrin, 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.

Avoiding Chiggers
Soni Cochran Extension Associate

If you’ve lived in south-eastern Nebraska for any amount of time, you know summer is chigger season. Bites peak in mid-June to mid-July when people are outdoors enjoying camping or sitting on the ground enjoying the fireworks displays. Chiggers (or as my mom calls them, “jiggers”) are at 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. They can be 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 bumps will 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 wearing baggy clothes when outdoors.
- Wear loose-fitting clothing. Avoid sitting or reclining on the ground when camping, picnicking or working outdoors.
- Avoid an insect repellent to shoes, socks and pants when you know you are going into 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-maintained, especially in areas adjacent to dwellings. Chiggers can be reduced by treating turf with residual granular sprays. Nebraska Extension Entomologist, Fred Bassendale, 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.
National 4-H horse show;

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. For more information, contact Cole Meador at 402-441-7180. This applies to livestock — static entries will still be taken care of by Extension staff.

4-H District Speech/PSA Contest Results

Final Level Testing Before Super Fair

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

Super Fair 4-H Horse Entry Forms Due July 1

All Lancaster County Super Fair 4-H horse entry forms are due in the Extension office by Wednesday, July 1, or postmarked by July 1. No late entries will be accepted. Entry forms are available online at http://lancaster.unl.edu/4h/ and at the Extension office. Reminder — you must have passed all Walk-Trot or Trail Test 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 Raider requires a level III or IV — junior and senior participants only.

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. Cash is only accepted for non-4-Hers, non-4-Hers 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, prepared and donated a brand new sewing machine to one Lancaster County 4-H exhibitor. This 4-H’er you should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Why are you explaining 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.

Super Fair 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 12-16, 2015. All horse exhibitors must file a statement in the 4-H Horse Show office. The statement must describe the treatment reason and be signed by an accredited D.V.M. Show Superintendent, and her husband, Mike, prepared and donated a brand new sewing machine to one Lancaster County 4-H exhibitor. This 4-H’er you should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Why are you explaining 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.

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 Greta and Halsey, there are nearly 50 camps ranging from half day to seven days/six nights. Many camps still have spots available! 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 — low initiatives, high initiatives, zip lines, etc. • shooting sports — archery, air rifle, shotgun, .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://lancaster.unl.edu/4h/camp and the Extension office.

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

For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.
4-H Volunteers Needed

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

- In the 4-H Clover Kids’ food booth (ages 8 and up) from Wednesday, July 29 through Sunday, Aug. 2 (sign up online at http://go.unl.edu/foodboothgroup).
- Static exhibit set-up (ages 8-18) 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 Saturday, Aug. 2 at 9:30 a.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 Cherry蹊ood Road. The pageant will be Thursday, July 23 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 prerequisite, 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; 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 above areas.

General Public Parking

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

Interview Judging, July 29

Interview judging is Wednesday, July 29 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 14 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can call the Extension office at 402-441-7180 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 (see the 4-H Table Setting Contest). Dinner features featuring Cane’s chicken fingers hot off their food truck! This fundraiser is for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets are $10 at the fair and $12 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets are at the door.

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 ages 5–7 are invited to do a 5-minute presentation about their exhibit at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between June 7 and July 24, or sign up at the static exhibit area Tuesday, July 28, 4–8 p.m.

2015 State Fair 4-H & FFA entry forms are due by Extension Tuesday, July 1 or postmarked by July 1. No late entries will be accepted. 2015 Entry Forms are required for each exhibit entering livestock. Bedding feeds ($7/head) for beef, dairy and bucket calves are being collected for sale, 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, Aug. 6.
- 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 at least 24 hours after painting bedding — the paint needs time to dry. All hogs must be washed and dry at time of reaching thecheck-in line.
- 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 goat group. Classes will be decided day of contest and could consist of market and/or breeding animals. Contests 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 due to the Lancaster County 4-H/FFA Livestock Booster Club $500 college scholarship are due June 7. Open to all Lancaster County 4-H/FFA members. Scholarship is for senior youth, but preference is to those who have exhibited production livestock in 4-H or FFA. The application is available online at http://lancaster.unl.edu/4h/Fair. For more information, contact Cole Meador at 402-441-7180. Two winners will be announced at the Youth Livestock Premium Auction.
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 in Lincoln.

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.

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

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

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

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

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.

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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 townships 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.”

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

- 147 reporting nonprofit agencies
- 12,490 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.