

Understanding the “WHY” of Challenging Behavior in Young Children Can Help With Strategies

By Hayley Jackson, Extension Educator in Lancaster County

Editor's note: This is third in a series of articles. Previous NEBLINE issues are at <https://lancaster.unl.edu/nebline>.

Challenging behavior in young children is defined as a repeated pattern of behavior that impedes the ability of the child to engage in appropriate social interactions with both their peers and adults (NCPMI, 2023). There are some simple strategies we can use to lessen the likelihood that challenging behaviors are going to happen.

Let's examine what children's behavior tells us and how we can use that information to reduce the occurrence of challenging behaviors. When young children engage in challenging

behaviors such as hitting, temper tantrums or refusal to comply with a directive, it can be extremely frustrating for both the young child and the adult alike. Typically, adults view children's misbehavior as something that the child is doing on purpose to upset the caregiver. When working with young children, this is typically not the case.

Behavior is a Form of Communication

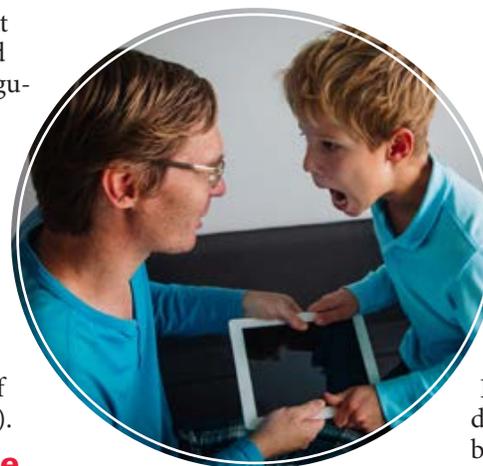
One of the underlying assumptions when thinking about challenging behavior in young children is the idea that all behavior is a form of communication. Even when your child is throwing a temper tantrum, they are communi-

cating a message. Maybe that message is that they are tired or hungry, or they are dysregulated and need your support in calming down.

Whatever the behavior, our job as adults is to look past the behavior to try and figure out what the behavior is telling us. The “what” or “why” of the behavior is commonly referred to as the function of the behavior (NAEYC, 2023).

How to Determine the Function of the Behavior

The best way to figure out what the behavior is communicating is to observe the child in the environment when the challenging behavior is most



Reducing the Challenging Behavior

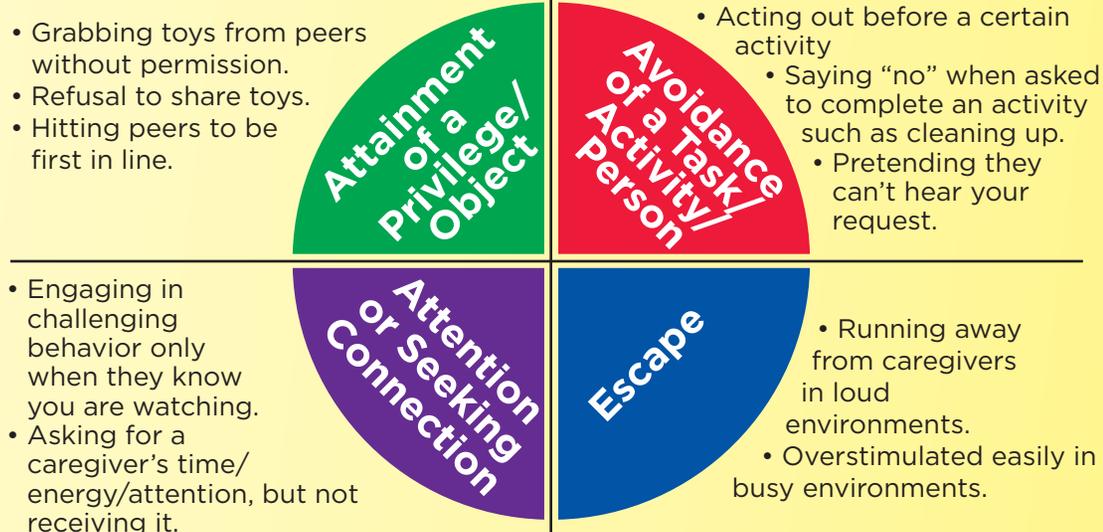
Once you have an educated guess as to what the behavior is communicating, you can then start to alter your behavior or the environment to reduce the likelihood that the challenging behavior continues. How you do this will relate directly to the “why” of the behavior.

Since we know that behavior is communicating either a missing skill or unmet need within the environment, the logical way to reduce the challenging behavior is to teach the child the missing skill or modify the environment to support their needs being met.

For example, if a child is being aggressive with friends because they do not have the skill to take turns with a preferred toy, we could teach the child strategies for taking turns. Strategies such as trading toys, getting a timer

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Possible Functions of Challenging Behavior and What the Behaviors Can Look Like...



likely to occur. You will want to pay special attention to what happens before the behavior (the antecedent), what the specific challenging behavior is and then what happens directly after the child engages in the behavior (often referred to as the consequence). This is called the ABC's of behavior — with the A being the Antecedent, the B being the Behavior and the C being the consequence. Examining the behavior in context can sometimes provide clues as to what the behavior is trying to tell us.

5 Reasons to Support Your Farmers Market

By Tara Dunker, Extension Educator in Gage County

Whether you're looking for a change of scenery on your weekly shopping trip or you're wanting to support small businesses, local markets have you covered. Shopping at your local market comes with some pretty great benefits — here are just a few:

- 1. Supporting your local farmers strengthens your community and local economy.** On average, only 10 cents of each food dollar returns to the farmer. The other 90 cents goes to corporations for packaging, marketing and transportation. Farmers who sell direct to consumers receive 80 cents of each food dollar — a needed boost given our current economic situation.
- 2. Freshly picked, in season, produce is at peak flavor and nutrition.** Not only is buying locally an economic win for your community, but you benefit by getting to know your neighbors and eating fresher, healthier food. Win, win!
- 3. Farmers markets offer foods that align with a healthy eating pattern.** Guidelines for a healthy eating pattern recommend getting a variety of food from all five food groups. These food groups include fruits, vegetables, grains, protein

and dairy (or dairy alternatives). Visit different booths for seasonal fruits and vegetables, as well as local grain, protein and dairy products so you can build a healthy plate. Don't forget, though, a healthy relationship with food means enjoying treats. Whether they be sweet, salty or savory, these foods are especially delicious when you don't have to prepare them yourself.

- 4. Farmers often have recommendations for preparing their products.** If you're grabbing something fresh that requires preparation on your part, don't be afraid to chat with the vendor. Ask questions and share ideas for best cooking methods and favorite recipes. These little inquiries can be extra helpful when buying a product with which you're less familiar.
- 5. You can try a new fruit or vegetable!** Speaking of the more novel products one can find at a local market, be sure to approach each booth with a sense of adventure. They don't say, "Variety is the spice of life," for no reason.

Sources:

- *Top 10 Reasons to Shop at a Farmers Market, United States Department of Agriculture (USDA)*
- *Guidance for Farmers Markets Operators to Slow the Spread of COVID-19 Virus, Nebraska Department of Agriculture. (2020).*



RECIPES OF THE MONTH

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster County

National Farmers Market Week is Aug. 6–12. Celebrate by making one of these recipes with fresh vegetables.

CHOCOLATE ZUCCHINI MUFFINS

(Yield: 12 muffins)

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/3 cup cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 egg
- 1/3 cup brown sugar
- 1/2 cup fat-free milk
- 1 ripe banana, gently rubbed under cold running water, peeled and mashed
- 1 medium zucchini, scrubbed with clean vegetable brush under running water, grated (about 1 cup)

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Line a muffin pan with 12 baking cups.
3. In a large bowl, combine flours, cocoa powder, baking powder and baking soda. Mix well.
4. Break egg into a medium bowl. Wash hands with soap and water after cracking the raw egg. Add the brown sugar, milk, banana and grated zucchini and mix well.
5. Add wet ingredients to dry ingredients and stir just enough to combine the ingredients.
6. Divide the mixture into 12 muffin cups.
7. Bake for 20 minutes or until a toothpick inserted near the center comes out clean.
8. Store muffins in an airtight container at room temperature for two to three days or freeze for up to three months.

Nutrition Information: Serving Size (1 muffin): Calories 80; Total Fat 1g; Saturated Fat 0g; Cholesterol 15mg; Sodium 100mg; Total Carbohydrates 16g; Fiber 2g; Total Sugars 6g, includes 4g Added Sugars; Protein 3g; Calcium 4%; Iron 10%; Potassium 4% (Nutrition Software Used: ESHA Food Processor)

FRESH SALSA

(Yield: 14 servings)

- 4 cups chopped, fresh tomatoes, gently rubbed under cold running water
- 1/4 cup onion, scrubbed with clean vegetable brush under running water, chopped
- 1 jalapeno, gently rubbed under cold running water, seeded and chopped (optional)
- 1 Tablespoon vinegar or lime juice
- 1 teaspoon cumin
- 1 teaspoon minced garlic
- 1 teaspoon salt, optional

1. Wash hands with soap and water.
2. In a medium bowl, combine all ingredients and mix well. For better flavor, let the ingredients stand in the refrigerator for at least one hour.
3. Refrigerate until ready to eat.
4. Serve with veggies, tortilla chips, quesadillas or on a salad or baked potato.

Nutrition Information: Calories 13; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 3.3mg; Total Carbohydrates 3g; Fiber 0.7g



Marissa Jonas, Nutrition Education Program



Craig Chandler, UNL Communications

Time for Fall **LAWN** Seeding

By Sarah Browning, Extension Educator in Lancaster County

The best time to seed cool season grasses, such as Kentucky bluegrass and tall fescue, is between Aug. 15 and Sept. 15, so it's time to get started! And given all the drought damage our lawns have suffered in the last two years, many are in need of repair — in the form of overseeding.

Getting your seeding done as early as possible is really important, because each week of delay in seeding translates into 2–4 additional weeks required for the grass to mature in fall. It is critical to seed tall fescue no later than mid-September; tall fescue seedlings take a longer time to develop cold hardiness.

Fall is, in fact, the best time of year for seeding lawns due to a combination of factors. First, there's less weed pressure than in spring and less rain in late summer making soil preparation easier to complete. Plus, the extended period of cool fall weather is ideal for growth of cool-season turfgrasses.

Getting Started

Total Renovation — If you need to renovate the entire lawn, start by killing the remaining grass and weeds with glyphosate (RoundUp), then wait for 10–14 days before seeding. Difficult weeds may need a couple applications to kill completely, so get started early. Next, mow the dead vegetation as short as possible and move on to soil preparation.

Overseeding — If you just need to fill in thinned areas, and still have more than 50% good turf, then overseeding is the answer. Skip the RoundUp, but mow the existing grass fairly short, 2.5–3 inches tall, to make the next step — soil preparation — easier.

Soil Preparation — Prepare the seedbed through aerification, making at least three passes over the lawn. You need to produce lots of bare soil, so the seed can make contact with it. Watering the lawn area a day or two beforehand will make aerification easier and allow the machine to take deeper cores.

Fertilization — Nebraska soils are rarely low in phosphorus, but turfgrass seedlings do benefit from a

starter fertilizer high in phosphorus at seeding. Once the area is prepared, apply a starter fertilizer totaling 1–1.5 lbs phosphorus/1,000 sq. ft.

Phosphorus is the second number in the fertilizer ratio. For example, a 16–22–8 product contains 22% phosphorus. At 22% phosphorus, you would need to apply approximately 4.5 lbs. of product per 1,000 sq. ft. to supply 1 lb. phosphorus/1,000 sq. ft. The third number in the fertilizer ratio is potassium.

Spreading Seed

Purchase high quality, blue-tag certified seed with a blend of 3–4 Kentucky bluegrass and/or turf-type tall fescue cultivars. Blue-tag certified seed meets high standards of varietal purity and provides important information, including the following. Quality standards for uncertified seed are lower.

- Date of testing — date germination percentage was tested in the lab. Ensures you're getting fresh seed.
- Cultivar names and species of grasses in the mixture. In other products, especially if specific grass cultivars in the mix are not listed, you may get whatever seed was left over, not quality cultivars or desirable grasses.
- Percent weed seed, including noxious weeds. This value should be as low as possible, ideally zero noxious weeds and 0.5% weed seed or less.
- Germination percentage declines over time, so the freshest seed possible is preferred.

Having a blend of cultivars broadens the genetic base of your turf for disease resistance. Buy high-quality seed from a reputable dealer, not the least expensive seed you can find. The cost of seed is a minor expense when compared to the cost of establishment and maintenance for the life of the lawn.

Seed Buying Don'ts

1. Don't buy seed in bulk bins when the grass species and cultivars are not listed. You don't know what you're buying and it may not be very high quality seed.
2. Don't buy seed labeled VNS, meaning variety not stated.

3. Don't buy lawn seed advertised in the weekend newspaper circulars.
4. Don't buy seed containing annual ryegrass, 'K31' fescue, 'Kenblue' Kentucky bluegrass or 'Linn' perennial ryegrass.

After preparing the area, use a drop spreader to apply the seed. Rotary spreaders are great for fertilizing, but not so great for seeding. Seed is too light to spread uniformly with a rotary spreader so purchase, rent or borrow a drop seeder. Divide the seed in half; apply the first half as you walk north to south, and the second half going east to west. This helps ensure even distribution.

Afterwards, rake the seed slightly to ensure good seed/soil contact. The full seeding rate for turf-type tall fescue is 6–8 lbs/1,000 sq. ft., and 2–3 lbs for Kentucky bluegrass. When seeding into an existing lawn, the seeding rate can be cut in half.

Watering & Mowing

Irrigate the seeded area 2–4 times a day during the first two weeks, depending on temperatures. Keep the top 1/2- to 1-inch of soil moist as the seedlings germinate. Taper off your watering schedule as the seedlings develop. As they approach mowing height, reduce the number of irrigations to 2–3 per week, but water more deeply with each application to encourage deep root development.

Begin mowing as soon as possible. Mowing encourages tiller (secondary stem) development, and helps new plantings thicken up quicker. It also keeps weeds under control while the new seedlings become established. Just be sure your mower blade is good and sharp!

FOR MORE INFORMATION

Check out the following University of Nebraska–Lincoln Turfgrass Science Program publications:

- "Choosing Grasses and Buying Seed," <https://go.unl.edu/grasselection>
- "Improving Turf in Fall," <https://go.unl.edu/fallseeding>
- "Establishing Lawns From Seed," <http://go.unl.edu/lawnseeding>



By Mary Jane Frogge, Extension Associate in Lancaster County

Look for and hand-pick bagworms from your evergreen and deciduous trees.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.

If volunteer tree seedlings, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left to long they will take over gardens and other landscape plantings.

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

Every weed that produces seed means more weeds next year. Control weeds before they go to seed.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

September is a good time to root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year's garden.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

Pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Using **WATER** Resources More Efficiently

By *Becky Schuerman, Extension Associate, Domestic Water/Wastewater Management*

Nebraska is no stranger to dry spells, especially during the summer months. Unfortunately, we have been experiencing longer year-round dry spells in recent years that are becoming more severe to deal with. While using water more efficiently is always a good habit to adopt, it becomes more critical during times of drought, even if restrictions are not mandatory yet.

To see the weekly drought map and stats, check out the National Integrated Drought Information System (NIDIS) website at <https://drought.gov>. Enter your zip code for detailed information on conditions where you live, and click on the 'go to' links for statewide and county drought data.

If you are on municipal water, stay up-to-date on what water restrictions are in place. A public water system's main focus is to ensure safe water is available for essential services within

the community, i.e., water for consumption and firefighting. Efficient water usage practices not only conserve water, but can also positively impact your pocketbook.

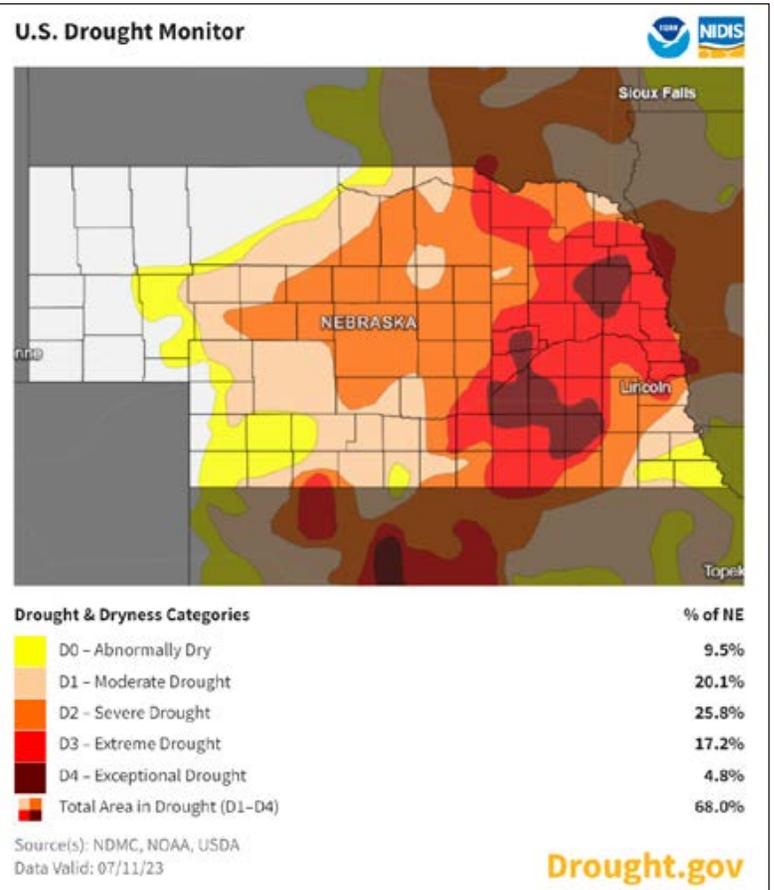
Outdoor Conservation Practices

- ◆ Plant drought-tolerant plants within your landscape.
- ◆ Mulch plants and trees.
- ◆ Find and fix leaky irrigation sprinkler heads/lines.
- ◆ Turn irrigation systems to manual and only irrigate when soil moisture is needed. Learn how to check soil moisture and best irrigation practices at <https://lancaster.unl.edu/managing-spring-drought>.
- ◆ Use soaker hoses or drip irrigation to more efficiently water plants.
- ◆ Sweep debris off driveways, sidewalks and decks instead of hosing them down.
- ◆ Cover pools when not in use to decrease evaporation.
- ◆ Cut back on washing cars, but when you do wash, use a bucket more than a hose.

Indoor Conservation Practices

- ◆ Find and repair water fixtures (e.g., toilet tanks that continuously fill or faucets that constantly drip) and leaky pipes.
- ◆ Install water-wise appliances/fixtures.
- ◆ Run washers with only full loads of clothes or dishes, using the most water-efficient settings.
- ◆ Take short showers.
- ◆ Keep a pitcher of water in the fridge for when you need a cold drink of water.
- ◆ Don't run the water constantly while washing hands/dishes, shaving, shampooing hair or brushing teeth.
- ◆ Capture unused tap water from your sink, tub or shower while waiting for hot water and use it to provide water for plants or pets.

Implementing water-efficient practices all year round is helpful not only during times of drought, but it also



saves you money by decreasing municipal water bills and savings for private well owners

on their electric bill, as well as wear and tear on well pumping equipment.

PARASITOIDS - NATURE'S BIOCONTROL

By *Kait Chapman, Extension Educator in Lancaster County*

Maintaining a beautiful landscape or garden is often a balancing act between conservation and pest management, whether it be responsible watering or staving off weeds. When it comes to insects on plants, finding the perfect middle ground is sometimes difficult: How does one control the "bad," i.e., pests while keeping the "good," i.e., pollinators?

Practicing integrated pest management (IPM) means

using a variety of methods to tackle a pest problem, ultimately reducing the amount of pesticides needed. This also reduces the risk of negatively impacting non-target organisms including people, pets and beneficial



Parasitoid wasp cocoons on a hornworm caterpillar, a common pest of tomato plants.

bugs like pollinators. In some cases, insecticide applications may not only impact a pest, but also what preys on the pest. This could potentially cause a resurgence, with pest levels exceeding what they were

pre-treatment. Thus, conserving biodiversity, or a variety of life and species, also has the added benefit of conserving predators and parasitoids, i.e., "nature's pest control."

Parasitoids are fascinating, albeit disconcerting, creatures. They are also similar to parasites, living and feeding on or in a host. The primary difference is that parasitoids ultimately end up killing their hosts, often feeding on them from the inside out. One of the most classic examples of parasitoids helping with pest control are small parasitoid wasps, which use their "stinger" to deposit eggs inside a host insect. The eggs eventually hatch, and the wasp's larvae will eat the host alive, until the



Aphids parasitized by wasps. After the wasp matures and emerges from the aphid, they leave behind an empty shell, often called an aphid "mummy."

wasps are ready to complete their development and emerge as adults.



LANCASTER COUNTY
Super Fair

Aug. 3–12, 2023

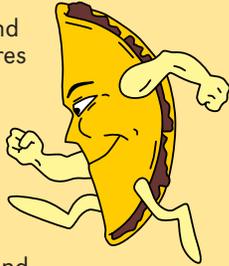
4-H & FFA Exhibits & Events Aug. 3–6

4-H Horse Shows Aug. 2–6

Lancaster Event Center Fairgrounds

**SUPPORT 4-H BY EATING AT
4-H FOOD STAND**

4-H Council's food stand at the Super Fair features a variety of snacks and beverages, including the popular "Walking Taco," snow cones and cotton candy! The Clover Cafe (in the Lincoln Room) and the Horseshoe Cafe (in the Multipurpose Arena) will be open Aug. 3–6, 10 a.m.–9 p.m. (Sunday closes at 8 p.m.). The food stand is 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.



**4-H Will
Livestream
From the Fair!** 

Lancaster County 4-H will livestream several animal shows and the Fashion Show via YouTube at <https://youtube.com/4HLancasterNE>. Videos will be available to watch later. Schedule and direct links will be posted at <http://lancaster.unl.edu/liveevents>.

CHICKEN DINNER & SILENT AUCTION, AUG. 4

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 4, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (enter Gate 3 off Havelock, park near Exhibit Hall). Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets at the door are \$10. Advance tickets are \$9 at the Extension office before the fair or at the 4-H food stand during the fair. A silent auction will be held during the Chicken Dinner, 5–7 p.m. Top bidders may pay for and pick up items after 7:30 p.m. If you wish to donate items or gift certificates for the silent auction, contact Sara Hansen at 402-450-6728 or Sheri Ramirez at 402-805-2696 or Skr0701@windstream.net no later than Wednesday, July 26. Both events are fundraisers for 4-H Council.

Webinars Addressing Biting Pests in Early Childhood and School Settings

Nebraska Extension is offering the "From Prevention to Policy" webinar series about biting pests in early childhood and school settings. The webinars are free, but registration is required. Resources will also be shared, including head lice Nit Kits. Attendees are eligible to receive professional development hours approved by the Nebraska Department of Education.

• **All About Bed Bugs** presented by Kait Chapman and Dr. Jody Green on Wednesday,

July 26, 2–3 p.m. Register at <https://go.unl.edu/bedbugs23>.

• **Head Lice & Nit Kits** presented by Kait Chapman and Hayley Jackson on Monday, July 31, 1–2 p.m. Register at <https://go.unl.edu/headlice23>.

• **Ticks & Mosquitoes** presented by Dr. Louise Lynch-O'Brien and Kait Chapman on Monday, Aug. 7, 1–2 p.m. Register at <https://go.unl.edu/ticks23>.

Ag Landlord/Tenant Workshop

The University of Nebraska–Lincoln's Center for Agricultural Profitability will present a 2023 Landlord/Tenant Cash Rent Workshop for landowners and operators on Wednesday, Aug. 16 from 10:30 a.m. to 2 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A in Lincoln.

The meeting is free to attend, but registration is required by Aug. 14 by calling Nebraska Extension in Lancaster County at 402-441-7180.

The workshop will cover current Nebraska cash rental rates and land values, best practices for agricultural leases and other contract

considerations. The meeting will also include information about farm succession and transition planning and offer an opportunity for those in attendance to have their leasing questions answered.

Jim Jansen, an agricultural economist, and Allan Vyhnalek, extension educator emeritus, will lead the presentation. A meal will be included, sponsored by NextAg Appraisal & Realty.

More information about cash rental rates, leasing, and farm and ranch transition can be found on the Center for Agricultural Profitability's website at <https://cap.unl.edu>.



4-H Announcements

FOR ENROLLED 4-H'ERS OR 4-H VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Hnews> for details. The 4-H Youth Development Program is open to all youth ages 5–18 and there are no fees to join Lancaster County 4-H. If interested in joining or volunteering, call 402-441-7180.

VIDEO COMPANION ANIMAL SHOWMANSHIP

The Nebraska 4-H Video Companion Animal Showmanship Contest is open to youth ages 10–18 who are enrolled in a companion animal (including cat) project. Videos should be recorded at the youth's home and submitted at <https://4h.unl.edu/companion-animal-showmanship> following the instructions at this website. Entries can be submitted starting July 1 and are due by Monday, Aug. 14 at 5 p.m.

4-H AT NEBRASKA STATE FAIR

The 2023 Nebraska State Fair will be Friday, Aug. 25–Monday, Sept. 4 at Fanner Park in Grand Island. 4-H events will be featured the first weekend. Nebraska 4-H has lowered the age eligibility requirements for most in-person events to 9 years of age (by Jan. 1 of the current year), including livestock, rabbit and dog shows, Fashion Show and most contests. Note: an exception is the Chicken BBQ Contest for 4-H'ers 14–18. For a schedule of 4-H activities at the State Fair and more, go to <http://4h.unl.edu/state-fair>.

- **STATIC EXHIBITS ARE SELECTED AT SUPER FAIR** — 4-H static exhibits must be selected by judges at county fairs to advance to the State Fair. Note: In many cases, level 1 projects are not eligible. At the Lancaster County Super Fair, a purple State Fair sticker will be placed on all exhibits selected for State Fair along with a general information sheet. After Super Fair, exhibitors will be mailed a detailed State Fair instruction sheet.
- **ANIMAL ENTRIES DUE ONLINE BY AUG. 10** — Animal exhibitors are eligible to participate at the Nebraska State Fair regardless of county fair placing. To be eligible, livestock nominations and payment must have been completed online at <https://showstockmgr.com> by June 15. 4-H/FFA youth or their families must submit their final animal entries online via ShoWorks by Thursday, Aug. 10, 8 p.m. Information and link to ShoWorks is at <https://4h.unl.edu/state-fair-livestock-exhibitor>.
- **CONTEST ENTRIES DUE ONLINE BY AUG. 10** — Most of the 4-H contests at the Nebraska State Fair do not require youth to participate or qualify at a county-level contest, including Weed & Grass Identification, Horticulture Judging, Tree Identification, Insect Identification, Dog Skillathon, Culinary Challenge, Chicken BBQ and Dairy Judging. Be sure to review the eligibility requirements for each contest before entering. 4-H/FFA youth or their families must submit their contest entries online via ShoWorks by Thursday, Aug. 10, 8 p.m. Information and link to ShoWorks is at <https://4h.unl.edu/state-fair-contest-participant>. Note an exception: Fashion Show entries must qualify at a county-level contest, and Extension staff submit the entries.

For 4-H/FFA Super Fair-related announcements, see the Fair Book, 4-H e-newsletter or 4-H Facebook group.



HEART OF 4-H VOLUNTEER AWARD

Tom Mueller

Lancaster County 4-H is proud to announce Tom Mueller of Lincoln as winner of the August “Heart of 4-H Award” in recognition of outstanding volunteer service.

He has served for 4 years as leader of the Happy Go Lucky 4-H club comprised of live-stock exhibitors in southern Lancaster County, including Clover Kids ages 5–7. He is also a member of the sale committee for the Lancaster County 4-H/FFA Purple Ribbon Market Livestock Premium Auction at the Lancaster County Super Fair.

“I like being a 4-H volunteer because growing up showing cattle at the Lancaster County Fair, I made so many great friends and learned a great deal,” Tom says. “Being able to give back as a club leader and help today’s youth have the same — if not better — experiences is fulfilling. My favorite experience as a 4-H volunteer is watching the kids in our 4-H club grow friendships together and form a camaraderie with one another, along with watching their projects get better every year.”



HEART OF 4-H VOLUNTEER AWARD

Sadie Hammond

Lancaster County 4-H is proud to announce Sadie Hammond of Lincoln as winner of the September “Heart of 4-H Award” in recognition of outstanding volunteer service.

A former Lancaster County 4-H member and summer intern, she has volunteered with 4-H for 5 years. Sadie helps in a variety of ways at the Lancaster County Super Fair:

- Co-superintendent of the Table Setting contest.
- One of the superintendents of the static exhibit General Areas (which includes posters, entomology and entrepreneurship).
- Assists with the Fashion Show.

“I like being a 4-H volunteer because this is a cause I’m very passionate about,” she says. “4-H is where young people make new friends, develop new skills, become leaders and help shape their communities. I want to provide youth with positive experiences in a safe and welcoming environment in order to help them gain life skills. My favorite experience as a 4-H volunteer is seeing 4-H’ers come back year after year growing and developing new skills.”



BEHAVIOR

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or practicing deep breathing while we wait are all skills children could use to take turns with peers. Once the child has additional skills to successfully take turns, they will not need to use aggression to share and instead they will start to use the appropriate strategies to take turns.

Biting is another example of a challenging behavior. If we observe a young toddler biting peers in order to engage in social play, we would want to teach the child strategies for entering into play with peers in more appropriate ways. One such way would be to teach them to grab a toy of interest, walk up to a peer and say “play?” while holding up the toy. Once the child learns to

successfully enter into play with a new strategy, the child’s biting should diminish as they have a new way to achieve their goal.

Reframing Our Mindset

Thinking about challenging behaviors as a missing skill or unmet need can help adults to reduce negative feelings about the behavior and the child. Although challenging behaviors

are frustrating, viewing the behavior as a tool for communication rather than children “being bad” can be helpful in reframing the way we feel about the behavior. Viewing challenging behavior in this way also reminds us that one of our jobs as caregivers is to teach children the skills and strategies they need to be successful in the world.

4-H Teen Council Invites New Members

Attention youth in 7th–12th grade! Want to have so much fun making new friends, doing community service projects and participating in other activities that you won’t realize you are learning important leadership skills? Join 4-H Teen Council! Guest presenters provide fun, hands-on activities at meetings! Teens help determine community service projects such as creating hygiene kits for people in need and planning and facilitating a 4th & 5th Grade Fun Night.

Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Upcoming meetings will be Sept. 10, Oct. 8 and Nov. 12. For more information or to join, contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

Four Lancaster 4-H Clubs Receive Governor’s Ag Excellence Awards

Congratulations to the four Lancaster County 4-H Clubs who received 2023 Nebraska 4-H Foundation’s Governor’s Agricultural Excellence Awards: **5-Star 4-H Club, Fusion 4-H’ers, 4-H Teen Council** and **Hunter’s Pride**. The awards are sponsored by the Nebraska Investment Finance Authority (NIFA) and provide funding for 4-H clubs to complete projects that will have a lasting impact on their communities.

4-H Clover College: 52 Hands-on Workshops



Clover Kids Day Camp for ages 6–7 was presented by various Extension staff, interns and 4-H volunteers.

4-H Clover College is a four-day series of hands-on workshops for youth presented by Nebraska Extension in Lancaster County. The emphasis is on science, agricultural literacy, healthy living, career development and citizenship/leadership. Many of the projects made during the sessions are eligible to be exhibited at the Lancaster County Super Fair in August.

This year's Clover College featured 52 workshops with a total of 939 session registrations. New workshops this year included: "Bubbles & Fizz," "Wheat to Pancakes," "Eat Like a Cow," "Light Up Art," "Outdoor Adventures," "Kitchen Chefs," "Rain Chains" and "Appli-Doodle Sewing."



New this year was "Kitchen Chefs" presented by Extension Educator Kayla Colgrove.

Feedback included:

- "My favorite part was everything!!!"
- "My favorite part was to learn and be interactive and do activities."
- "My favorite part was talking and hanging out with new friends."
- "I learned a lot of stuff this week."
- "I enjoyed trying out new things. Clover College is an awesome place!"

A special thank you to the 69 instructors and assistants! This is the 27th year of Clover College. More photos will be posted at <https://flickr.com/photos/unlxtlanco/albums>.



Youth built sail cars in "Wind: A Super Power" presented by Extension Assistant Elizabeth Thiltges.



"Treasure Map" presented by Lancaster County Engineers focused on GPS/GIS technology.

4-H Premier Animal Science Event Top Results

Congratulations to the Lancaster County 4-H'ers who competed at the statewide Premier Animal Science Event (PASE) held at University of Nebraska–Lincoln East Campus on June 21–22. During this two-day event, 278 4-H'ers from 38 counties across the state participated in five animal science contests. A huge thank you to Lancaster County livestock judging coaches Anne Johnson and Tyler Pickenpaugh! Complete results can be found at <https://4h.unl.edu/pase>. Here are the Lancaster County top placings:

POULTRY JUDGING CONTEST

- **Senior division:** as a team, Lilee Chevalier, Noah Jelinek, Catherine Polk and Claire Polk earned 2nd place. Individually, Noah Jelinek earned 1st place.

LIVESTOCK JUDGING CONTEST

- **Senior division:** as a team, Lilee Chevalier, Noah Jelinek, Clara Johnson and Olivia Vanderford earned 3rd high team overall; 3rd place high team overall in sheep & goats, 5th place high team in reasons and 5th place high team overall in swine. Individually, Clara Johnson earned 8th place high individual overall.
- **Intermediate division:** as a team, Grace Chevalier, Hannah Chevalier, Madalyn Chevalier, Lauren Johnson and Kyler Plugge earned 4th place high team in reasons.

LIVESTOCK SKILLATHON

- **Senior division:** as a team, Lilee Chevalier, Noah Jelinek and Clara Johnson earned 5th place.

4-H Premiere Communication Event Top Results

The new statewide Nebraska 4-H Premiere Communication Event was held on June 23 at the University of Nebraska–Lincoln East Campus. Over 180 4-H'ers from 52 counties across the state competed in five communication events. Congratulations to all Lancaster County 4-H members who participated! Complete results can be found at <https://4h.unl.edu/premier-communication-event-contests>. Here are the Lancaster County purple ribbon winners:

PREPARED SPEECH CONTEST

- **Senior division:** Lilee Chevalier (2nd place)
- **Intermediate division:** Parker Hansen, Brooklynn Nelsen, Amorita Payne, Kanyon Plugge, Alexa Smith

RADIO PUBLIC SERVICE ANNOUNCEMENT CONTEST

- **Senior division:** Riley Peterson, Emma Thomson
- **Intermediate division:** Amorita Payne, Maria Polk, Alexa Smith, Callia Thompson, Kathryn Weaver

IMPROMPTU SPEECH

- **Senior Impromptu Speech division:** Lilee Chevalier (3rd place)
- **Intermediate Impromptu Speech division:** Brooklynn Nelsen, Amorita Payne (4th place)

ILLUSTRATED PRESENTATION

- **Intermediate division:** Andrea Bettenhausen (2nd place), Hannah Chevalier, Parker Hansen, Alexa Smith

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EXTENSION CALENDAR

All events held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln, unless otherwise noted.

July

- 26 **Webinar Series: From Prevention to Policy — All About Bed Bugs 2–3 p.m.**
- 27 **Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.**
- 31 **Webinar Series: From Prevention to Policy — Head Lice & Nit Kits 1–2 p.m.**

August

- 1 **4-H/FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center Fairgrounds - Lincoln Room. 4–8 p.m.**
- Aug. 3–Aug. 12 **Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug 3–6; 4-H Horse Shows Aug. 2–6), Lancaster Event Center Fairgrounds**
- 7 **Webinar Series: From Prevention to Policy — Ticks & Mosquitoes. 1–2 p.m.**
- 10 **Deadline for State Fair 4-H Contest and Animal Entries — Must Enter Online**
- 16 **Landlord/Tenant Cash Rent Workshop 10:30 a.m.–2 p.m.**
- 17 **Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.**
- Aug. 25–Sept. 4 **Nebraska State Fair, Fanner Park, Grand Island**

September

- 4 **Extension Office Closed for Labor Day Holiday**
- 5 **4-H Council Meeting 6 p.m.**
- 8 **Extension Board Meeting. 8 a.m.**
- 10 **4-H Teen Council Meeting. 3 p.m.**
- 14 **Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.**
- 23 **Composting Demonstration, Pioneers Park, across from the Nature Center. . . 10 a.m.**
- 30 **4-H Council’s Alumni Scholarship Deadline**

EXTENSION NEWS

Summer 4-H Interns

Each summer, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance.

Extension Interns

Three full-time interns help with ongoing summer programming, including contests, Clover College, Lancaster County Super Fair and other activities.

- **Ellie Latcham** (left) assists Extension Associate Kristin Geisert with Clover College, Super Fair static exhibits and contests. Ellie was a Lancaster County 4-H member for 11 years. This is her third summer as a 4-H intern in Lancaster County Extension. Ellie is an upcoming senior at University of Nebraska-Lincoln majoring in Textiles, Merchandising and Fashion Design.
- **Stephanie Stephens** (center) assists Extension Assistant Jazmin Jurkevicius Phares with the livestock projects. This is her third summer as a 4-H intern in Lancaster County Extension. Stephanie was a 4-H member in Buffalo County for 13 years. In December, she will graduate from UNL with a bachelor’s degree in Agriculture Education and



Extension interns (L–R): Ellie Latcham, Stephanie Stephens and Jacie Pelikan

minor in Animal Science, then start working as the 4-H Extension Assistant in Otoe County.

- **Jacie Pelikan** (right) assists Extension Associate Kate Pulec and Extension Assistant Elizabeth Thiltges with the horse, rabbit, dog, cat and household pet projects. This is her second summer as a 4-H intern in Lancaster County Extension. Jacie is an upcoming senior at UNL majoring in Applied Climate Science and Animal Science.

STEM Discovery Initiative Interns

Three interns are serving as STEM Discovery Initiative Interns through a collaboration with Nebraska Extension 4-H Youth Development and several 21st Century Community Learning Center (CLC) sites. The interns will create new educational



STEM Discovery Initiative Interns (L–R): Hannah Pedersen, Amber Goertz and Paige Trumble

programs to engage youth during out-of-school time at CLCs and other educational 4-H programs.

- **Hannah Pedersen** (left) is from Phillips, Neb. She participated in a Hamilton County 4-H club through middle school and early high school. She is an upcoming senior in the Emerging Media Arts program at UNL.
- **Amber Goertz** (center) is from Bennington, Neb., and participated in 4-H for over 10 years. She is an upcoming junior at UNL majoring in Business Administration.
- **Paige Trumble** (right) is from Platteville, Colo., and was a member of Weld County 4-H for 13 years. She is an upcoming senior at UNL majoring in Agricultural & Environmental Science Communications.