June 2005

The NEBLINE, June 2005

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Meth Production is Toxic to Communities

Lorene Bartos
Extension Educator

Do you know where your children are? Do you know what your neighbors are doing on your property? They might be involved in methamphetamine production in your community. Meth is an extremely addictive, illegal drug commonly referred to as meth, crystal, crystal meth, crack, crystal methamphetamine, or ice. Meth is a highly toxic, illegal drug that is commonly produced using over-the-counter ingredients and safer chemistry. The ingredients are not only toxic and volatile, but they can cause many health problems and spread some of the worst diseases in the world.

Meth Ingredients

Meth can be easily produced or cooked using ordinary household ingredients. Methamphetamine found in common asthma and cold remedies sold over the counter. These ingredients and one or more equipment pieces can be easily purchased from drug stores, supermarkets, hardware stores, feed stores, farm supply outlets, and other heat sources. Chemicals can also be purchased from pharmacies, or through the internet. Methamphetamine can be produced using any number of ingredients and equipment pieces.

Meth Production

Production of meth in a home poses many precautions to secure anhydrous ammonia tanks. Most storage areas have added lighting, fencing, and gates are locked in the evening. Locks have been put on values. Propane tanks (often used in meth production) are secured in locked storage areas.

Dangers of Meth Production

Production of meth in a home "laboratory" poses dangers to the producers and the community. Breathing the toxic fumes can cause irreversible harm to nasal passages, lungs and brain. The ingredients can ignite, corrode or react. Producers of homemade meth are typically users themselves and not skilled in chemistry. Cooks may be producing meth while their mental capacities are impaired by the drug. All these factors make meth labs a catastrophe waiting to happen. There have been several explosions and fires across Nebraska as a result of cooking meth.

Five to seven pounds of toxic waste are produced per pound of meth. These hazardous chemicals may be dumped on the ground or in nearby streams and lakes, buried, or simply left behind. Toxic wastes can contaminate drinking water.

Buildings used to make meth can be a health risk to the next unsuspecting tenants. Toxic vapors may have absorbed into the furniture, flooring, air vents and walls. Harmful liquids dumped or spilled can remain for a long time as residue in bathtubs, toilets, sinks or floors.

High Cost of Cleanup

Meth lab cleanup is very expensive. The average cost to clean up one lab can exceed $4,000. Last year, the Nebraska State Patrol dismantled more than 300 labs.

Warning Signs of Meth Activity

Signs of a meth lab are:
- Chemicals
- Basic chemistry paraphernalia such as laboratory glassware, rubber tubing, clear glass jugs
- Heat plates, camp stoves, other heat sources
- Chemical smell of chemicals
- Surfaces discolored and clouded
- Liquefied or solidify material
- Discoloration or burn marks
- Smell of chemicals
- Empty containers from: Heet, antifreeze, ether, started fluids, freon, lye, drain cleaners, paints thinner or acetone
- Chemicals
- Empty starter fluid or de-icer
- Unstable or rare materials
- Wastewater or lab waste
- Meth lab litter:
  - Chemicals
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2005 Perennial Plant of the Year

Lenten rose (Helleborus x hybridus)

The major requirement for optimum growth is good drainage. Even in the driest of seasons, Lenten roses are tough plants. This perennials performs best in full shade and makes an outstanding plant for adding color, texture and habit to the ornamental landscape. Lenten roses are easily grown in well-drained, fertile garden soil. The major requirement for optimum growth is good drainage. Even in the driest of seasons, Lenten roses are tough plants that only require occasional watering after they become established. This plant is poisonous and usually not eaten by deer.

Climbing, Twining and Vining

Sweet autumn Clematis (Clematis maximowicziana)

There are over 250 species of clematis which can be grouped by season of bloom into three categories: spring, mid-summer and late summer/ fall. Clematis like their head in the sun and their feet cool. To achieve this, plants require at least six hours of sunlight a day and should be mulched to keep roots cool. Clematis come in a variety of colors. Some are completely, but not so thick that it covers the inside of the basket.

For hanging baskets in cool, shady locations, use tuberous begonias or million bells. As a bonus, these are low maintenance and will bloom again the following spring. The vine will thrive in full sun or partial shade and can grow to 5 high and wide in its first year.

American bitterbush (Celastrus scandens) has yellow flowers followed by red and orange fruits in the fall. In order to have fruits, both the male and female plant must be grown. 'Indian Brave' is a male cultivar and 'Indian Maiden' is one female cultivar that could be selected. Self-pollinating cultivars like Swansong (Clematis montana) TM) are also available. This vine can spread to 20 feet and is effective for covering pergolas and trellises including sandy, dry soil.

Climbing hydrangea (H-\hydrangea petiolaris) is a slow growing vine that is adaptable to shade or sun and prefers a moist, well-drained soil. Heart-shaped leaves form below the flattened clematis flowers that open in early to mid-summer. The older stems of this vine are covered with smooth, red new growth, which is useful for covering pergolas and trellises including sandy, dry soil.

Start with a wire basket, available at many garden centers and garden supply stores. Do not go smaller than 14" in diameter. Line the bottom and sides of the wire basket with burlap. Next, place green moss, also available at many garden centers or mail order catalogs. You should put down a thick enough layer that it covers the inside of the basket completely. You can secure it in place so that it takes up room that the plants will need. Cut a round piece of burlap and place it inside the basket's edge. Place the plastic liner inside the basket, over the moss. This liner will help keep the plants from drying out to quickly. Pierce three or four drainage holes into the liner’s bottom.

There are numerous perennial flowering vines like Sweet autumn Clematis (Clematis maximowicziana) produce fragrant, small white flowers from late summer into fall. This vigorous vine can be maintained with regular pruning.

You can create the same kind of moss and wire hanging basket at home that you see dripping with flowers in the home and garden magazines. It is easy and a fun project to try.

The vine will thrive in full sun or part shade and can grow to 5 high and wide in its first year. (C.M.W.)

Things to do this month

For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens or fibrous rooted begonias in combination with trailing plants, such as English ivy. Remove old flower heads from annual bedding plants to keep them blooming.

Bridal chrysanthemums to secure large, beautiful blooms on straight, strong stems. To disbud, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many small flowers. Place the plastic liner inside the basket's edge. Place the plastic liner inside the basket, over the moss. This liner will help keep the plants from drying out to quickly. Place the plastic liner inside the basket, over the moss. This liner will help keep the plants from drying out to quickly.

Watermelons can be prevented. Do this by maintaining uniform moisture followed by red and orange fruits in the fall. In order to have fruits, both the male and female plant must be grown. 'Indian Brave' is a male cultivar and 'Indian Maiden' is one female cultivar that could be selected. Self-pollinating cultivars like Swansong (Clematis montana) are also available. This vine can spread to 20 feet and is effective for covering pergolas and trellises including sandy, dry soil.

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Plant a Moss and Wire Hanging Basket

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The vine will thrive in full sun or part shade and can grow to 5 high and wide in its first year. (C.M.W.)

Hang the basket in its desired location and water it thoroughly. When watering the basket, they can be quite heavy, so be sure your hardware is firmly attached to the wall. The basket is over planted, you will have to fertilize and water it more. (B.G.)

Variations of the hanging basket include the half basket and the bayrach. Each of these have a flat side that is mounted on a wall. They can be lined with moss and have the same manner as a basket.

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Itch Mite Update: Extension Will Warn When “Mite Showers” May Happen

Barb Ogg
Extension Educator

Lincolnites who suffered with itch mite bites last fall will find it glad to know University of Nebraska entomologists are monitoring this situation and will be providing updates to the public about this situation throughout the summer.

Last September, a microscopic itch mite, associated with insect galls on pine oak leaves, was linked to extremely itchy, red welts affecting thousands of individuals in Lincoln. This mite was subsequently identified as *Pyemotes herfsi* — a mite native to Europe.

The itch mite outbreak started around Labor Day, but continued well beyond the fall, even into early December. Early on, people were exposed to mites dropping from the trees. Later in the fall, people were attacked after raking leaves and mowing lawns, especially handling oak leaves or grass harboring the mites.

This spring, a few people who have handled leaves or grass clippings have complained about bites on their torso.

Because so little is known about their biology, UNL entomologists are collaborating with Kansas State entomologists to study these little-known mites. Entomologists need to know basic biological information, such as, how these mites winter, their fall nature of host insects, how they transfer to the trees and invade the galls and what conditions resulted in the insect galls and the itch mites to become so abundant, as in 2004.

This spring, batches of galled oak leaves were collected and dissected. A few live overwintered female itch mites were found in a small percentage of these galls. The females were mature and each capable of producing up to 250 young male and female mites.

On April 17, UNL extension entomologist Jim Kalisch collected oak gall midges (i.e., tiny flies) emerging from the soil at two locations in Lincoln. These midges have laid eggs on small pin oak leaves, and small galls are already forming. However, no *Pyemotes* mites have been found within the new crop of midge galls.

So, what should people do?

• According to UNL Extension Entomologist Dave Keith, right now you should go ahead and enjoy the outdoors. If you have oak trees in your yard, observe leaves of pin, red and black oaks for developing leaf edge galls (see photos above).

• If you live in areas where mites were a problem, don’t handle lawn clippings or leaves. Take a shower immediately after handling vegetation. Children playing on the grass may also be at risk.

• Keep tuned to “Backyard Farmer” on NETV and watch newspapers for “mite shower” warnings. Updates will also be posted in The Nebline and on the Lancaster County Extension Website http://lancaster.unl.edu/

Dave does not recommend tree removal or spraying of trees to prevent midge galls or spraying lawns for mites. There are many other types of biting critters that can cause red, itching welts. These include mosquitos (active already), chiggers (coming soon), fleas, black flies (found near moving streams) and spiders.

Source: Dave Keith, University of Nebraska Department of Entomology

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**Spiders!**

During a warm spell in early April, we started seeing yellow sac spiders in our house. Sac spiders are common outdoors, but often invade structures during warm weather. If there are small insects available for food, sac spiders can become established indoors. Because these spiders feed on these nasty bites, it was time to take action.

We saw the first yellow sac spider at the junction of the wall and ceiling in the dining room. After doing a little inspecting, I found a second spider attached his silken tube to the fancy molding above a doorway. These are typical locations to find sac spiders — high in upper corners of rooms, ceilings, behind picture frames, on window molding, blinds or curtains.

During the day, sac spiders hide in these silken tubes they construct each day.

At night, these spiders crawl out of their silken tubes and are often found on walls and ceilings. If disturbed, they will drop to the floor and seek cover.

Sac Spider Identification

Sac spiders belong to the genus *Clubionidae* and the family *Clubionidae*. They are quite small and easy to overlook — about 1/4 - 3/8 inch long — with no conspicuous markings. The front legs are longer than the other three pairs.

Yellow sac spiders aren’t yellow, but quite pale — pale greenish, tan or straw colored. Sac spiders typically have darker fangs and a faint dark stripe running lengthwise down the abdomen (see photo). There are some other sac spider species that are darker in color.

Nasty Bites

The biggest reason to control sac spiders inside is they probably cause more problems than any other type of spider. Experts believe their bites are often mis-diagnosed as brown recluse spider bites.

The venom of sac spiders contains a cytotoxin — what means it kills cells — similar to the venom of a brown recluse. Unlike brown recluse bites which can take several months to heal, most sac spider bites heal much more quickly — in two or three weeks — although the reaction can vary from individual to individual.

Typical symptoms of a sac spider bite include a stinging sensation followed by redness and mild swelling. In a few days, the bite may blister and break, leaving a sore that can take several weeks to heal. Although the person will feel mildly ill, but typically no medical intervention is necessary.

Control Methods

To easily and safely control yellow sac spiders, squish them while they are inside their sac. A tissue or use a vacuum cleaner. Either way works well.

Liquid sprays can be applied to the outside perimeter of the home, but control is often not as effective as people would like.

**Preventing Sac Spiders From Coming Indoors**

Most efforts should be spent to seal cracks and crevices where spiders can gain entry to the house. Other actions include:

• Install tight-fitting screens on windows and doors; also install weatherstripping and door sweeps

• Equip vents in soffits, foundations and roof gables with tight-fitting screens

• Reduce outdoor lighting

• Install yellow or sodium vapor light bulbs outdoors — less attractive to insects

• Remove wood piles, rock piles, heavy vegetation, leaves and other debris near the home, but control is often not as effective as people would like.

• Equip vents in soffits, foundations and roof gables with tight-fitting screens

• Reduce outdoor lighting

• Install yellow or sodium vapor light bulbs outdoors — less attractive to insects

• Remove wood piles, rock piles, heavy vegetation, leaves and other debris near the home

• Eliminate household pests that serve as food for spiders

• Trim branches of trees and shrubs so they do not touch the foundation

**Spiders Bites or Skin Infection?**

Correct diagnosis is important!

Spiders hardly ever cause multiple bites and also rarely leave a significant skin lesion. According to Rick Vetter, University of California-Riverside medical entomologist, both and skin lesions produced by the bacterial infection *Bacillus subtillis* are frequently misdiagnosed as spider bites. These staph infections are highly contagious, spreading rapidly to others. People who live in dense group situations, like nursing homes, correctional facilities and sports camps are particularly at risk of contracting this contagious skin infection. Even though no spider is ever observed biting anyone, it can appear that a spider population is running rampant and biting everyone in sight.

Who has a skin infection — not spider bites — are wasting time and money by treating for spiders because these treatments will not cure the bacterial infection. In addition to staph infections, there are a number of other skin disorders that can be mis-diagnosed as spider bites. Before jumping to a conclusion, consult a physician to rule out a skin infection.

Source: Pest Control Technology, April 2005
The Nebraska LEAD Program (LEADERSHIP EDUCATION/ACTION DEVELOPMENT)

Applications are now being accepted for Nebraska LEAD Group XXV, which begins in the fall of 2005. Thirty highly motivated individuals with demonstrated leadership potential will be selected.

Application deadline is June 15, 2005.

The Nebraska LEAD Program is specifically designed for both males and females involved in producing agricultural commodities, in the general range of 25-50, who are intent on making a difference by providing quality leadership for the future of the industry of agriculture and the state of Nebraska. For more information or re-application materials and for further information, call the Nebraska LEAD Program at 472-6810 or e-mail ablezek1@unl.edu.

www.ianr.unl.edu/lead

See our Web Page at

Online Tracking of SBR Pathogen

Meteorologists are monitoring and tracking wind currents in the areas where SBR has been found. They will alert trained first detectors when the wind may have carried spores into areas with host plants and climatic conditions favorable for disease development.

Lancaster and most other soybean producing counties in Nebraska will have a sentinel plot which will be closely monitored for SBR by local extension educators and University specialists.

To view maps of sentinel plot locations and confirmed outbreaks of SBR in the U.S., go to the Plant Disease page on the Lancaster County Extension Web site at http://lancaster.unl.edu/ag/crops/diseases.htm and click on USDA SBR Map.

Counties with active sentinel plots but no SBR will be colored green and counties with confirmed SBR will be red. You will be able to track the spread of the disease over time by clicking on different dates on the calendar.

Soybean rust spores will not survive dew. SBR spore lands on the leaf surface when the rust spore is germinated and penetrates the leaf tissue. It doesn’t require much moisture, a light dew is sufficient for germination and infection to occur. These conditions are most likely to occur in the lower canopy and is why we must scout the lower plant looking for the first incidence of the disease in the field. Waiting until we can see SBR on the upper leaves will be too late to achieve any measure of control.

Treatment Strategies, Products and Timing

According to a new Nebraska written by Extension Plant Pathologist Loren Giesler, it will be important for all producers and crop managers to be aware of where soybean rust is being detected to pursue a treatment that provides the maximum return on investment for fungicide application. Giesler states, “Based on experiences in other parts of the world, it is critical that a fungicide application be made prior to significant rust development in the field. Some researchers in South America suggest that at 20 percent disease severity, the leaf damage is already too great for a fungicide to help. The critical window of protection for the soybean crop will be from flowering (growth stage R1) through full seed fill (growth stage R6).” According to the NebFact, “One fungicide group often discussed for soybean rust management is the triazoles. Triazoles can be used with myclobutanil, propiconazole, tebuconazole and tetraconaole as the active ingredient. These products provide rapid systemic activity with the ability to kill the rust fungus once it infects plant tissues. A triazole or triazole-strobilurin mix should be used if soybean rust is present in the field. The second group of fungicides is the strobilurins which include azoxystrobin, pyraclostrobin and trifloxystrobin. This group has some systemic activity, but the strobilurins are not as rapidly absorbed as the triazoles. This group is also not as systemic to the triazoles and does not appear to be as effective in killing the fungus once it is established in the cotyledon. Strobilurins should only be used in preventative applications or in combination with a triazole if rust is present in the field. The final product is the contact fungicide Chlorothalonil, which is strictly a protectant and has activity only on the leaf surface when the rust spore is germinating. Since this product is not systemic, the residual activity can be affected by environmental conditions (specifically rain or irrigation). Chlorothalonil is generally considered to have a shorter residual activity and will need to be reapplied more frequently than the systemic products.”

Crop Insurance

Crop insurance requires producers to follow best management practices. Scouting is critical and fungicide application may be required by the insurance carrier if yield response will result. Check with your crop insurance agent for specific management guidelines required for crop insurance protection to remain in force.

REFERENCES

• NebFact NF03-634, “Fungicides to Manage Soybean Rust: What are the Product Differences?” by Loren Giesler, Extension Plant Pathologist and Thomas J. Wierling, Adjunct Research Professor. online at http://ianrpubs.unl.edu/PlantDisease/nf634.htm

• NebFact SF05-633, “Soybean Rust: How Great is the Threat for Nebraska?” by Loren Giesler, Extension Plant Pathologist, online at http://ianrpubs.unl.edu/PlantDisease/nf633.htm

Tom Dorn
Extension Educator

This will be the first full growing season since soybean rust (SBR) was discovered in the United States. Producers need to know how rust infects soybean fields, how do to some good with a treat- ment and which products are recom- mended for control.

An important concept of plant pathology is the principle that disease is the results of an interaction between a susceptible host, the pathogen and the environment. This is known as the Disease Triangle. If any of the three factors are missing, then disease will not occur.

Soybean rust is a resistant to Asian soybean rust, every soybean variety is a potential host for the disease. Other known hosts include over 95 species of plants including legume crops such as lima beans, black-eyed peas, kidney beans and green beans. Kudzu is also a known SBR host and is known to survive southern winters, so has the potential to serve as an excellent overwintering host for SBR. Kudzu is an invasive vine that has spread throughout most of the southeastern United States. Also like wheat rust, we can attribute the 2004 hurricane season, most likely by wind may have carried spores into areas with host plants and climatic conditions favorable for disease development.

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Soybean rust is a disease of the soybean. The disease is known as the Disease Triangle. If any of the three factors are missing, then disease will not occur.

Soybean rust (SBR) was confirmed sites where SBR had success June is Noxious Weed Awareness Month

Governor Dave Heineman signed a proclamation declaring June as Noxious Weed Awareness Month, while recognizing the potential noxious weeds to be reapplied more frequently than the systemic products.”

John Dorn

June 2005
Page 4

Farm Views
Household Tips: May 2005

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes

Janet Jargon

FCE Council Chair

I have to buy a new journaling book. Any day now I will get a new grandchild, the fifth boy in our family of six grand- children. They have given me volumes of entertaining incidents and responses for my upcoming journal. My literary “family circus” is one of the best “get your spirit up” tools in this house. I’m eagerly awaiting this new personality to join the family and provide more love and laughs for each of us. Maybe someday there will be time for a writing course so I can preserve the memories better. Will you know more about grandbaby next month?

June 27 is our next Council meeting scheduled for 7 p.m. at the Lancaster Extension Education Center. Helpful Homemakers and Home Service are hosts.

SIZZLING SUMMER SAMPLER

Tuesday, July 12 • 6 to 9 p.m.
Light Supper at 6 p.m.
Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln

Cost $10. Make checks payable to FCE Council.

Send reservation and check by July 6 to: Joy Kruse, 850 Adams Street, Lincoln, NE 68521

Learnshops

“FUN WITH GARNISHES” Fayrene Hamouz & Culinary Science Students
UNL College of Education and Human Science

Learn how to add sizzle to your meals with garnishes of fruits, vegetables and chocolate.

“FUN WITH QUILTING” Tywla Liddle
Show and tell of many quilting items and techniques

Cleaning Supplies Checklist

Cleaning the home is a task always waiting to be done. Are you prepared for the task? Are your supplies well-stocked with these items?

Here’s a handy checklist to make sure you have the supplies you need at your finger-tips.

✓ Hand dishwashing liquid — Make sure you have extra on-hand for on-the-spot cleaning.
✓ Dishwasher detergent — Pick your favorite form — tablets, gels, liquids or powders!
✓ All-purpose cleaner — Wipe down counters, appliances, crumbs on walls and more!
✓ Disinfectant cleaner — A fast and effective way to clean, disinfect and destroy germs.
✓ Wipes — Use wipes for quick cleanups and disinfecting/sanitizing surfaces.
✓ Glass cleaner — Make mirrors, windows, faucets and door handles shine!
✓ Fabric refreshers — Make every room smell fresh.
✓ Dusting supplies — Trap dust and dirt with dusting cloths, mites, dusters and furniture wipes.
✓ Paper towels — Use clean paper towels to clean surfaces and help prevent the spread of germs. Then, throw the germs away with the towels!

Note: Before using household cleaning products, always read and follow the product label directions. Some household cleaning products in a location away from children, pets or food. Install child-resistant locks on cabinets and doors.

Cleaning Dirty Socks

Ball season is here. How does one clean those socks that get so dirty? The best way to clean them is to first, pretreat socks with a prewash stain remover. Then, launder in the hottest water safe for the fabric, using a bleach safe for the fabric. Repeat procedure, if necessary.

Take Time for Family Activities

School is out, it’s time to plan for summer activities. There are many activities for kids to be enrolled in but stop and think about family activi- ties.

For Fitness

Many families are exercising less and more children are becoming overweight, accord- ing to C. Everett Koop, noted Public Health Authority and former U.S. Surgeon General. Koop encourages family activi- ties that can be done together, supporting and rewarding the efforts of each other.

Family activities are a great time to talk to kids. The Shape Up American Web site offers “99 Tips for Family Fitness Fun.” Here are a few to get your family started:

• Schedule a regular time throughout the week for physical activity.
• Start a log of daily fitness activities for each family member.
• Limit time spent watching television programs, video- tapes and playing computer games.
• Spend as much time outdoors as possible.
• Always use the stairs.
• Make chores YOUR chance to be active.
• Park the car as FAR AWAY from the entrance as possible.
• Discover what free and low-cost physical activity areas are near your home (park, bike trail, hiking trail, tennis court and swimming pool, etc.).
• Take a nature hike.
• Take a long walk or jog.
• Run, jog and walk in a family treasure hunt.
• Jump rope — practice rhythms, rhythms and rhymes.
• Play traditional and modified backyard sports: basketball, softball, volleyball and teth- erball.
• Take the family pet for a walk.
• Take a historical (or architec- tural) walk or cycling tour.
• Play indoor active games.

In May, FCE Clubs are asked to schedule time for family fitness in the beginning but it won’t take long for it to become a habit. Taking time together will become an easy way to “walk and talk” at the same time. Involve all family members and become a healthier family.

To Show Commitment

Make a family banner to illustrate your family’s history. Make pic- tures to illustrate the story and fasten them together to make a book for the family library.

• Start a family council. Meet regularly to talk about upcoming activities, problems that come up, and special things you’d like to do as a family.
• Talk about things that make your family special. Make a family banner to illustrate your thoughts.

• Set goals your family can work toward together. Keep track of your progress. When you reach a goal, have a cele- bration!

Sources: NH for Families, “Walking and Talking,” by Extension Educator Amy Peterson, and UNL for Families, Commitment — Family Activities

Lancaster County Association for Family and Community Education presents

FCE News & Events

Next Council Meeting, June 27

The next FCE Council meeting will be Monday, June 27, 7 p.m. at the Lan- caster Extension Education Center. The program will be presented by Bill Janike, for- mer Juvenile Probation Officer. He will speak on his work and how it has changed with today’s society.

Entries for the Heritage Skills Contest should be brought to this meeting. All FCE members are invited to attend.

Club Baskets

FCE clubs are asked to prepare a basket for the scholarship raffle. Choose any theme. Use your creativ- ity as to size, shape or even container. The raffle will be held at the Sizzling Summer Sampler, 51 each or 4 for $5.

I look forward to seeing club presidents and anyone who would like to visit at our next Council meeting in June.
MVP Pudding with Milk
(Makes 6 servings • Prep time: 10 minutes)

4 cups 1% lowfat milk
2 packages (4-serving size) vanilla regular pudding
1 cup of 1-inch lowfat brownie pieces (using fat-free or lowfat brownie mix)
2 cups sliced strawberries
2 cups thawed frozen berries, mixed

Add milk to pudding mix and prepare according to directions on box (instant pudding may be substituted). Place half of the brownie pieces on the bottom of a medium sized bowl and layer with half of the vanilla pudding, 1 cup of strawberries and ½ cup of blueberries. Repeat layers with remainder of the ingredients. Serve immediately or cover and refrigerate.

Note: If fresh berries are unavailable, you can substitute frozen berries, thawed.

Nutrition facts per serving for individual food recipe: Calories: 330, Total Fat: 9 g (Saturated Fat: 2 g), Cholesterol: 8 mg, Sodium: 304 mg; Calcium: 20% Daily Value; Protein: 9 g; Carbohydrates: 49 g; Dietary Fiber: 3 g.

Water is a Nutrient, Too

Did you know there is more water in your body than anything else? More than half of your body weight is water. Water is an essential nutrient because your body cannot make enough to survive. You can only live three to four days without water. Over half of the water you need comes from liquids you drink and over a third comes from food you eat. It is important to drink enough water a day to maintain a healthy level of hydration. Thirst is a sign of dehydration, so don’t wait until you are thirsty to take a drink. Water performs several functions in the body:

- Serves as the transportation system for all body functions.
- Bathes your joints so they move smoothly. Your brain, eyes and spinal cord depend on water for protection.
- Keeps food moving through your intestinal tract. It washes out waste products and prevents constipation.
- Regulates your body’s temperature.

How Much Water do You Need Everyday?
The new 2005 Dietary Guidelines recommend: "The combination of thirst and normal drinking behavior, especially the consumption of fluids with meals, is usually sufficient to maintain normal hydration. Healthy individuals who have routine access to fluids and who are not exposed to heat stress consume adequate water to meet their needs. Purposeful drinking is warranted for individuals who are exposed to heat stress or perform sustained vigorous activity.”

- Two steps that help avoid dehydration during prolonged physical activity or when it is hot include:
  1. (1) consuming fluid regularly during the activity, and
  2. (2) drinking several glasses of water or other fluid after the physical activity is completed,” according to the guidelines.

Food Sources of Water

Daily water needs are met through both drinking water and consuming foods that contain water. Some food sources of water include:

- At least 90 percent of lettuce, celery and other crisp vegetables is water.
- Fluids such as milk, 100 percent fruit juices and clear soups are good sources of water.
- Grain products such as pasta may be up to 1/3 water.
- Fats, such as butter or margarine, contain the least amount of water. Alcohol and car-
  efinated beverages (coffee and pop) are poor sources of water because they increase urine production.

Source: Adapted from Nebraska Nutrition Education Program fact sheet.

The new MyPyramid Food Guidance System (MyPyramid.gov) recommends we consume 3 cups of low-fat or fat-free milk—equivalent amount of low-fat yogurt (1 cup yogurt equals 1 cup of milk) and/or low-fat cheese (1/2 ounces of natural cheese and 2 ounces of processed cheese equals 1 cup of milk)—every day. For children aged 2 to 8, it’s 2 cups of milk.

Tips for Making Wise Choices

- Include milk as a beverage at meals.
- Choose fat-free or low-fat milk.
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Make a dip for fruits or vegetables.
- Make fruit-yogurt smoothies in the blender.

- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-out flavored yogurt for a quick dessert.
- Top casseroles, soups, stews or vegetables with shredded low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

Keep It Safe to Eat

- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk.
- Chill (refrigerate) perishable food promptly and defrost foods properly. Refrigerate or freeze perishables, prepared food and leftovers as soon as possible. If food has been left at temperatures between 40 and 140 F for more than two hours, discard it, even though it may look and smell good.
- Separate raw, cooked and ready-to-eat foods.

For Those Who Do Not Consume Dairy
- If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of milk is to choose lactose-free alternatives within the milk group, such as cheese, yogurt or lactose-free milk, or to consume the enzyme lactase before consuming milk products.
- Calcium choices for those who do not consume milk products include:
  - Calcium fortified juices, cereals, breads, soy beverages or rice beverages.
  - Canned fish (sardines, salmon with bones) soy-beans and other soy products (soy-based beverages, soy yogurt, tempeh), some other dried beans and some leafy greens (collard and turnip greens, kale, bok choy).


Source: http://mypyramid.gov/mypyramid/ milk_tip.htm

June is Dairy Month

MyPyramid: The Basics

The new MyPyramid Plan can help you choose the foods and amounts right for you. The basics are 1,200 calorie diet are given below. For a quick estimate of what and how much you need to eat, visit http://mypyramid.gov and enter your age, sex and activity level in the MyPyramid Plan box.
Grasshopper Control

Grasshopper populations fluctuate in cycles. High or very high populations may be present for two to four years, followed by low to moderate populations for several years. Even when overall populations are relatively low, grasshoppers in and around the garden can be a nuisance. In outbreak years, however, grasshoppers can destroy unprotected gardens and vegetable plots.

There are several natural enemies of grasshoppers. A few of the most common and effective predators of grasshoppers include ants, ladybugs, damselflies, and blister beetle larvae. A fungal disease caused by Entomophthora grifii may noticeably impact grasshopper populations during non-drought years. Perhaps the most effective and practical natural control for use in yards and gardens is poultry, especially guinea hens and turkeys. However, some poultry may cause substantial injury to the garden.

Chemical control is often the 5th alternative for non-rotating heavy infestations of grasshoppers. Adult grasshoppers are difficult to control with insecticides due to their size and decreased susceptibility to insecticides. Also, they will still be concentrated in their hatching areas, and they can be controlled more effectively as they disperse later in the summer.

Grasshopper management can be effective and practical if the area to be protected is relatively small and isolated; however, protecting a garden from grasshoppers moving out of a large area of adjacent grassland or cropland may be impossible.

Open Burning and Fire Safety

Open burning is a time-honored method of managing weeds and other vegetation. However, when done improperly, it can lead to loss of crops, damage to property, and loss of life. Nebraskans should be aware of the law concerning open burning. Permit laws have been established to prevent fire and property damage.

Permits are required for burning of grasses, weeds, pastures, and noxious weeds. The burning season begins in mid-to late-June. At this time, conditions have changed and have become too dangerous to continue burning. (b) Complaints are received regarding the fire/smoke or (c) if any above rules and regulations have been violated. The permit will expiring with safe burning materials is if the fire is giving off black flames, there is a material in the pile that should not be burning. If you have any questions or concerns about the materials that you plan to burn, an officer from the fire district can look at the burn pile or grassland to be burned and make safety recommenda-

BENNETT RURAL FIRE DISTRICT: 782-6195
(Covering villages of Cherry and Bennett)
(Serves Panama and Firth)
Permits issued by any officer including bankers in both Firth and Panama. Issued for the day of burn only.

CERESCO RURAL FIRE DISTRICT: 665-2391
(Covering Davyce and Ceresco)
Permits issued from city hall. Permits are good for a week.

CORTLAND RURAL FIRE DISTRICT: 798-7875
FIRST RURAL FIRE DISTRICT: 890-8406
(Panama and Firth)
Permits issued by any officer including bankers in both Firth and Panama. Issued for the day of burn only.

HALLAM RURAL FIRE DISTRICT: 826-9483
(Covering villages of John, Center, and Nauss)
Permits must be issued by any officer; must call the day of burn.

HICKMAN RURAL FIRE DISTRICT: 792-2080 or 792-2391
(Serves Rosa and Hickman)
Permits issued by any officer; must call the day of burn and make appointment to permit on Saturday.

MELVILLE RURAL FIRE DISTRICT: 796-2501 or 798-2832
Permits issued for day of burn only.

PLEASANT DALE RURAL FIRE DISTRICT: 798-3250 or 798-3970
Permits issued for day of burn only.

RAYMOND RURAL FIRE DISTRICT: 785-5105
SOUTHWEST RURAL FIRE DISTRICT: 423-0230
District operates out of three stations and serves the villages of Denton, Sprague, Rokeby, Tenney Hill and Emerald. Obtain from any officer or by call Station #1 (705 West Main, Firth) or Station #2 (796-2501, 798-2832) or by call Station #3 (795-3970).

SOUTHEAST RURAL FIRE DISTRICT: 483-6769
Leave message during week or call between 8am-noon on Saturday to reach off-duty personnel.

WAVERLY FIRE & RESCUE DISTRICT: 786-3055
Permits issued at city office Monday through Friday 8-4:30pm or from fire station on Monday evenings 7-8:30pm.

Each rural fire district varies in the procedure they use for issuing burn permits. The following list provides the primary contact number for each district along with any special issuing instructions. In case of fire, call 911, not the rural fire district.

Emergency Water Purification

The following methods are recommended for use during an emergency to disinfect small quantities of contaminated water for drinking, cooking or brushing teeth.

Bacteria inside solid particles such as soil, are harder to kill than bacteria in the water itself. If the water source is cloudy or muddy, add some sand or silt to the water by letting it settle. After most of the suspend-

ted particles have settled to the bottom, gently pour the clear water off the top into a second container being careful not to agitate the liquid more than necessary. This water should then be boiled by pouring it through a clean cloth or other filter media such as coffee filters. Dis-
Register for State Life Challenge by May 27

The statewide 4-H FCS Life Challenge (for ages 12 and up) will be held June 27–28 on UNL East Campus. Information is online at http://4-h.unl.edu/programs/paule/. To participate, please call Tracy at 441-7180 by May 27.

COUNTY FAIR 4-H & FFA NEWS

2005 LANCASTER COUNTY FAIR AUGUST 3–7

Lancaster Extension Center • Lancaster, NE

Senior Life Challenge Contest, May 25 A county level Senior Life Challenge (for ages 12 and up) is scheduled for Wednesday, May 25, 7 p.m. at the Lancaster Extension Education Center. Preregistration is not needed. Contest questions will be based on the following 4-H manuals: Financial Champions “Money Money” Book 2, Clothing Level 1, The Sitter, Youth in Motion and Fast Foods. Books may be checked out prior to the contest for studying purposes.

Animal ID’s Due June 15

All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, dairy cattle and rabbits which will be entered in the Lancaster County Fair or Nebraska State Fair are due to extension no later than June 15.

Horticulture Judging Contest, July 6

The 4-H Horticulture Judging Contest will be held Wednesday, July 6, 10 a.m. noon at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8-19 — need not be enrolled in a horticulture project. Preregistration not required — enter day of contest.

The contest consists of three events: tree identification, grass weeds and insect identification. Judging will be based on the IPC’s 2005 Trees, Grasses and Insects books/judges. 4-H’ers choose which event(s) they want to participate in. Study material is available at the extension office.

Junior Life Challenge Contest, July 6

Mark your calendars to attend the Junior FCS Life Challenge Contest, July 6 at 1:30 p.m. at the Lancaster Extension Education Center. Stop by the office to pick up a packet to help you prepare for the contest.

Presentations Contest, July 15

Last year the Demonstration Contest received a make-over beginning with changing the name of the contest to Presentations Contest and changing the classes from being subject oriented, to method of presentation. The three classes include: 1) presentation using LCD, slide, video or overhead projector, 2) presentation using posters, 3) multimedia presentation. You choose which presentation contest date works for you: July 15, beginning at 1 p.m. or Aug. 6, beginning at 8 a.m. Preregister by Friday, July 8. See Fair Book for complete information.

Correction to Fair Book: GIS/GPS

The rules for the 4-H GIS/GPS category should state “Each individual is limited to only one entry per class number” instead of “Limit one exhibit per individual.”

Herdmanship Judges Needed

Herdmanship judges are responsible for checking the youth’s stalls twice a day between the hours of 8 a.m. and 9 p.m. Judges look for cleanliness of both the animals and stalls. 4-H and FFA members are also judged on courtesy and conduct shown to judges, other exhibitors and the public. The judges will determine the top club deserving herdsmanship honors. If you are interested in volunteering as a livestock herdsmanship judge during county fair, please call Deanna at 441-7180.

State Hippology & Judging Forms Due June 1

Hippology and judging entry forms for the State 4-H Horse Exposition at Farm Park are due to the Extension office on June 1. You still have time to enter!

Tree ID Class, June 28–30

4-H leader Marcia Claesson is presenting upcoming hands-on Tree Identification classes for June 28–30. There will be two 3-day sessions offered (register for session one only):

• June 14–16 from 10 a.m. to noon (rain date June 17). Register by June 6.
• June 28–30 from 10 a.m. to noon (rain date July 1). Register June 20.

Each day will include walking tours of East Campus, including the Maxwell Arbore- tum. Cost is $15 per student and includes two tree identification guides — one created by the instructor. Parents are invited to join class at no cost.

To register, contact Marcia at marciaclaesson@yahoo.com or 466-0974.

Denim Daze: Train the Trainers, June 29

Denim Daze: Train the Trainers, will be held on Wednesday, June 29 at the Textiles, Clothing & Design Department on UNL east campus. Please check the July NEWS for more information or call Tracy at 441-7180. This is open to adult and youth volunteers.

Online Volunteer Training

Leader support and resources are available online to all 4-H volunteers. This online leader training gives volunteers the ability to learn at your own pace and when it is convenient for you. The training uses ten modules to take leaders through a variety of 4-H information. In addition to each lesson the site features a discussion board, chat room and resources such as handouts, forms and more. Take advantage of this exciting new way of learning, users must have an e-mail address and access to the Internet. If you are interested in registering, please send an e-mail to Lisa Kaslon, Platte County extension educator at lkaslon2@unl.edu and instructions as well as your password and username will be sent to you.
LET’S PAINT WORKSHOP FOR YOUTH, JULY 15

The Paint! Run-a-Ways organization, present a workshop for youth ages 8-19 on July 15, available at the (organization). The event is the only way to run away without leaving your own home. 

CREATE YOUR OWN NEBRASKA ART

Carve your own design into a prairie dog. This workshop will be used as a mold to form clay dog into your own 3”quarter! THU-JUN 23; 12:15-2:45 PM

AGES: 8 and up • FEE: $5 INSTRUCTOR: Pam Branson, Master Gardener

WATERCOLORS

Have fun learning basic water-color techniques. Come dressed in “painting clothes.” Bring a large container (i.e. a coffee can) to hold water. All other supplies provided.

THU-JUNE 23; 3-5PM AGES: 8 and up • FEE: $8 INSTRUCTOR: Marya Clark, Extension Assistant, M.A. in Art Ed.

JELLY JUICE POUCH PURSE

Recycle juice pouches with this fun craft idea. Juice pouches will be provided (or bring 8 pouches EMPTIES, CLEAN AND DRY). Bring a sewing machine, basic sewing notions and one yard of cotton or poly/cotton woven fabric for lining and thread to make. Basic sewing skills necessary.

THU-JUNE 23; 8AM-12PM (double session) AGES: 8 and up • FEE: $3 INSTRUCTOR: Jo Fujin, 4-H Volunteer

ADVANCED LEATHER CRAFT

Learn the steps of toting leather and make a leather project necessary. Tools provided, bring if you have.

TUE-JUNE 21; 10:15-12:15 PM AGES: 8 and up • FEE: $10 INSTRUCTOR: John Dowd, CLOVER KIDS

FUN WITH SCRAPBOOKING

Use scrapbooking techniques to create a birthday calendar. Bring 12 photos, 1 appropriate for each month. THU-JUNE 22; 10AM-12PM AGES: 8 and up • FEE: $5 INSTRUCTOR: Kit Staatoff, owner of A Page in Time and 4-H Volunteer

COLOR CLOVER KIDS REGISTRATION FORM

To register, complete the registration form (one person per form) and return with payment (check/money order payable to Lancaster County Extension). Registrations must be registered by June 14 at 5 PM. Registrations are handled on a “first come” basis and will only be accepted upon receipt of fee. Classes often fill up, so registration is encouraged. Registration is not accepted, all fees are nonrefundable unless a class is cancelled or canceled. May photocopy form if needed.

Name ____________________________ Age ______

Parent/Guardian Signature: ____________________________ Date: ______________________

Address ____________________________ City ____________________________ State __________ Zip____

Daytime Phone ____________________________ Evening Phone ______________________

Special Needs (allergies, etc.) ________________________

Workshop(s) you wish to attend (circle all that apply): Fee ______

CLOVER KIDS BOXED MYSTERY BOXES - MOBILE (ADV) FEES VARY

CLOVER KIDSモンSTER BOXES - MOBILE (ADV) FEES VARY

CLOVER KIDS KIDS GROOVE CAR CRAFTS (ADV) REGISTRATION REQUIRED

CLOVER KIDS BEADED CRYSTAL BRACELET (ADV) Registration Required

CLOVER KIDS PAPER MOOSE (ADV) REGISTRATION REQUIRED

CLOVER KIDS BEADED LILLY (ADV) REGISTRATION REQUIRED

CLOVER KIDS CLOVER IN A BAG (ADV) REGISTRATION REQUIRED

CLOVER KIDS MAKE YOUR OWN CLOVER (ADV) REGISTRATION REQUIRED

CLOVER KIDS MAYFLOWER (ADV) Registration Required

CLOVER KIDS FLOWER arranging kit (ADV) Registration Required

CLOVER KIDS TREASURE CHEST (ADV) REGISTRATION REQUIRED

CLOVER KIDS ROCKETSHIP (ADV) REGISTRATION REQUIRED

CLOVER KIDS HORSING AROUND (ADV) REGISTRATION REQUIRED

CLOVER KIDS HORSE OF COURSE (ADV) REGISTRATION REQUIRED

CLOVER KIDS JEWELRY MAKING (ADV) REGISTRATION REQUIRED

CLOVER KIDS SCUBA ACTIVITY BAG (ADV) REGISTRATION REQUIRED

CLOVER KIDS JUICE POUCH PURSE (ADV) REGISTRATION REQUIRED

CLOVER KIDS HORSE OF COURSE II (ADV) REGISTRATION REQUIRED

CLOVER KIDS EASTER TOTE (ADV) REGISTRATION REQUIRED

CLOVER KIDS ORCHID CENTERPIECE (ADV) REGISTRATION REQUIRED

CLOVER KIDS SEWING BOXES (ADV) Registration Required

CLOVER KIDS GENUINE LEATHER CRAFTS (ADV) REGISTRATION REQUIRED

CLOVER KIDS ADVANCED LEATHER CRAFTS (ADV) REGISTRATION REQUIRED

CLOVER KIDS FABRIC ART (ADV) REGISTRATION REQUIRED

CLOVER KIDS LIGHT BOX KIT (ADV) REGISTRATION REQUIRED

CLOVER KIDS JEWELRY MAKING (ADV) REGISTRATION REQUIRED

CLOVER KIDS BRACELET (ADV) REGISTRATION REQUIRED

CLOVER KIDS CLOVER APRON (ADV) REGISTRATION REQUIRED

TOTAL ______

Mail or bring registration form and payment to: 
UNL, Lancaster County Extension, 444 Cherry Creek Rd., Ste. A, Lincoln, NE 68528
Board Members of Nonprofits Have Important Responsibilities

Yelena Mitrofanova
Extension Educator

As the nonprofit sector has grown to accommodate a wide range of voluntary endeavors, millions of people have been given an opportunity to serve on the boards of nonprofit organizations. Serving as a board member is one of the most challenging and rewarding volunteer experiences.

An effective decision-making body can ensure that the nonprofit organization in many different ways: perform some of the tasks of the organization, support the organization’s work in the community, bring necessary resources for better performance, advise the organization on legal or other matters and help with fund raising.

While appointment or election to a board is an honor, board members have important duties and responsibilities requiring time commitment, particular skills, talents and resources. These responsibilities fall into five fundamental areas.

Establishing the Organization’s Mission, Vision and Direction

Every nonprofit organization needs to have a clear and agreed upon mission statement. Board members should involved in the planning and enactment of the mission and vision statements.

The mission is the fundamental statement of why the organization exists, the style in which it will operate, the community it will serve and the variety of people who are its members.

Drucker says, “The mission is: Why you do what you do, the organization’s reason for existence. It says what, in the end, you want to be remembered for.”

The mission statement describes why your organization exists and what you are doing that is in keeping with the future of your organization: where you are going and where you want to go — your long-term organization intent. Initially, the vision statement is a dream with the right plan, personnel, commitment and implementation, can come to reality.

According to Jerry Cronin in “Organizational Mission and Values” (1985), the well-developed and mission and vision statements will have the following benefits:

• Enable the board to define the “business of the organization” so all of its energy can be spent in pursuit of compatible results.
• Enable to define funding sources compatible with the mission of the organization.
• Enable the board to decide how to spend resources so budgets can be tied to the most critical needs the organization wants to achieve.
• Suggests to the board the kinds of skills it has or will need to recruit in daily operations.
• Enable the organization to develop its planning with action steps.
• A side benefit of developing mission and vision statements is the process of development. It will cause the board members to begin to form closer bonds, share expectations, and an awareness of the future of the organization and understand the differences in points of view among board members. Such differences may well explain some weak support and commitment from some board members. These differences may be resolved as mission/vision statements are developed and the board members have internalized the statements.

Ensuring the Financial Sustainability of the Organization

As a rule, nonprofit organizations face financial vulnerability. The board is responsible for the availability of adequate financial resources for the work of the organization. Boards are often thought of as mainly policymakers, however, board responsibilities are much broader.

In terms of financial management, the board should consider including financial responsibilities to the organization:

• Approving and developing the annual budget.
• Developing financial controls and procedures.
• Establishing and monitoring financial record keeping systems.
• Ensuring financial reporting systems are in place.
• Monitoring revenue and expenditures of the organization.

In order to insure there are adequate financial resources, the board may be involved in planning fundraising campaigns, establishing fund-raising targets, based on the needs of the organization, developing fund-raising goals, objectives and action steps.
• Recruiting champions and volunteers.

Financial management, however, should not be considered an end in itself. It is really a tool, means, for accomplishing the program priorities set by the board and organization’s management; when implemented well, it strengthens the overall ability of the organization to meet its mission and vision goals.

Ensuring the Existence of Sufficient and Appropriate Human Resources

The board is the legal employer of all staff and responsible for the working conditions in the organization. Accordingly, the board should understand the challenging ability as an employer and develop all the necessary tools for effective management of its employees and volunteers:

• Appropriate personnel policies have been adopted by the board and are followed by the management.
• There is a position classification and salary schedule policy for the organization.
• Affirmative action and nondiscrimination policies have been adopted and enforced throughout the organization.
• A current job description exists for each position.
• Appropriate training is obtained for staff on a regular basis.
• Appropriate use is made of volunteers.
• All personnel are evaluated at least annually.

Supervising Organizational Operations

One of the most neglected aspects of the board’s roles is overseeing organizational operations. This is accomplished by meeting the legal requirements of the organization, monitoring and evaluating of the organization’s performance and personnel, and ensuring the board itself works effectively. The board’s role in the oversight of organizational operations are:

• Developing board policies on evaluation and oversight.
• Design of assessment and monitoring system.
• Achieving early problem recognition.
• Being proactive and anticipating problems.
• Ensuring the utilization of information from the assessment program for organization and organizational improvement.

As well, a basic responsibility of the board is to ensure its own renewal and development. The board development cycle illustrated below is one way of describing the key steps in its process:

• Developing a board profile.
• Recruiting and selecting new members.
• Election and re-election of board officers.
• Orientation for new board members.
• Ongoing support and recognition.

Training and development. Ensuring Effective Community Relations

Effective public relations can give an organization visibility and connections in the community, and can provide community support for the activities of the organization. One of the major goals of any public relations effort for a nonprofit organization is the organization’s ability to attract voluntary support. There is not a nonprofit organization in existence that does not need volunteers, their skills, time and efforts.

The effective community relations of any nonprofit organization begin with development of the board. Board members are selected for their particular interest in the organization and their ability to positively influence others in the community. They should be people who are helping to ensure they are responding effectively and efficiently to the changing needs in their community. Development and implementation of public relations strategies to promote awareness of the organization in the community is an important role of the board. Boards are also becoming more involved in collaborative efforts with other organizations.

The board should ensure:

• The community is aware of the mission of the organization.
• There arelesia representatives in the community, government and other funding agencies.
• The membership receives information on programs and services.
• There are clear principles and objectives to guide any collaboration with other agencies.
• An awareness of the organization is developed in the community.

Source:

• Board Development Cycle http://ch3web/boards/Tools
• Community Tool Box

Submit cover letter and resume to Yelena Mitrofanova, Cooperative Extension, 444 Cherry Creek Road, Lincoln, NE 68528. Review of resumes will begin June 8 when position is filled.

Community CROPS Seeks Executive Director

Community CROPS (Combining Resources, People, and Opportunities for Sustainability) is looking for Executive Director who will manage the project and coordinate the work of community gardeners. Assist with training, facilitate workshops and events, recruit community gardeners, cultivate and build support for the project. Serve as liaison among project participants, project partners and community. This is a grant-funded position requiring monthly reports to Advisory Committee.

Bachelor’s in horticulture, agriculture, business administration, leadership development, urban planning/community development, or related field preferred. Experience working with culturally diverse population. Flexibility and demonstrated leadership/problem-solving skills are necessary. Strong communication and organizational skills are essential. Travel and some evening/weekend work required; must have a valid driver license.

This Nebraska Student Hails the Husker Experience

Jill Wieskamp, a junior majoring in Spanish and secondary education at the University of Nebraska–Lincoln and a Norris High graduate, lives- and loves- the Nebraska experience. She is involved in her sorority, she’s a leader in the Navigator program, she even studies abroad. Jill, a future teacher, Wieskamp she gets. “It’s a big campus but it’s involved — you could get involved in any activity that fits you. And like I’ll you’re here — every FOR EXPLORING MORE... There is no place like Nebraska.

Admissions: 800-742-8800 admissions.unl.edu for more information on admission and enrollment.
Household Hazardous Waste Collections for 2005

Residents of Lincoln and Lancaster County can bring household hazardous wastes to the following collection sites. These collections are for household only, not for businesses.

- **Saturday, May 21**: Nebraska Wesleyan University, 1950 N Street, Lincoln (9 a.m.-1 p.m.)
- **Saturday, June 4**: Lancaster Event Center (6800 S 144th St., Lincoln) (9 a.m.-1 p.m.)
- **Saturday, Aug. 6**: Lancaster Event Center (9 a.m.-1 p.m.)
- **Saturday, Oct. 22**: 4-H Youth Complex, 6835 N 20th St., Lincoln (9 a.m.-1 p.m.)

You can bring items for disposal:
- **HEAVY METALS**: Items containing mercury such as thermometers and fluorescent bulbs.
- **SOLVENTS**: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
- **Pesticides**: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring banned products such as DDT, chlorides, 2,4,5-T, pentachlorophenol, alvek, PCP.

Returns of usable or recyclable items will not be accepted because these items can be recycled.

For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040.
Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu

Donna Bundy
Lancaster County 4-H is proud to announce Donna Bundy as winner of June’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Eleven years ago, Donna’s niece was a member of the Rompin’ Rover’s 4-H dog club.

Donna came along to the meetings and decided to volunteer as a project leader. A few years later, the club disbanded and Donna started the Canine Companions club (which is still going strong today) as organizational leader. The past several years, she has been the Lancaster County Fair superintendent of the 4-H Dog Show.

“I like working with the kids and dogs,” says Donna, who trains weekly with her 4-H club members. She also likes watching the youth grow.

“The 4-H dog program in Lancaster County would not exist without Donna’s leadership and extensive knowledge,” says 4-H staff Donna Karmazin.

Donna lives in Lincoln and is an active member of the Greater Lincoln Obedience Club (GLOC). She takes her dog, Tye, all over the world to compete in agility and obedience shows.

Congratulations to Donna! Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the 4-H Web site at http://lancaster.unl.edu/4h/Programs/activity2.htm.

Primary Division, K-3
1st place trophy and 1st place 4-H member and receiving a purple ribbon: Reina Jackson of Lincoln with a perfect score of 4 points.
Tied for 2nd place and receiving purple ribbons: Chance Cox of Grand Island, Justin Yoon of Lincoln, and Joel Brazda of Lincoln.
Tied for 3rd place and receiving blue ribbons: Thomas Hafer of Lincoln and Jesse Hays of Omaha.

Elementary Division, K-6
1st place trophy and receiving a purple ribbon: Michael Linn of Lincoln with a perfect score of 4 points.
1st place 4-H member and receiving a purple ribbon: John Hurdle of Lincoln.
Tied for 2nd place and receiving purple ribbons: Kaushal Kalyanasundaram of Omaha and Wyatt Nelson of Lincoln.
Tied for 3rd place and receiving blue ribbons: Matthew Shattil of Lincoln and Paul Lombard of Lincoln.

Middle School Division, K-9
The middle school entrants played a round robin tournament.
1st place and receiving a purple ribbon: Darrin Lim of Lincoln with a perfect score of 5 points.
2nd place and receiving a purple ribbon: Chung Rhee of Lincoln.
3rd place and receiving a purple ribbon: Adam Schwimmer of Lincoln.
1st place 4-H member and receiving a blue ribbon: Mateo Tijerina of Lincoln.

Fourth Graders Learn about Agriculture at 5th Ag Awareness Festival in Lincoln
One Nebraska farmer feeds 129 people per year. This was just one of the things fourth graders attending the Ag Awareness Festival learned about agriculture and how it impacts their daily lives.

On April 5 and 6, nearly 400 Lancaster County youth from 11 schools attended the Ag Awareness Festival at the Lancaster Event Center. This is the fifth year the festival has been held in Lincoln.

Students rotated between the following 10 interactive stations: Grain Products, Grain Production, Farming Technology, Swine, Horse, Dairy Production & Products, Ruminant Nutrition, Dairy Calves, Beef Products, Beef Production and Food Safety.

The Ag Awareness Coalition, led by University of Nebraska Cooperative Extension, organizes the festival with the help of agriculture businesses, commodity associations and food industry companies.

Packing peanuts which dissolve in water are just one example of a corn byproduct.

Youth take an up close look at two young gilts (female swine).

Youth really “get into” combines (at right) and other farm equipment. To learn how much farm technology has changed, youth also grind corn on a 1908-patented hand corn grinder.

For the most recent map, visit www.drought.unl.edu/kd