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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 or not doing in your community? These might seem like easy to answer questions or not a problem. Are you aware there may be a “hidden danger” — methamphetamine — in your community? Meth is an extremely addictive, illegal drug commonly referred to as meth, crank, crystal, speed, chalk, glass, ice or zip.

Most methamphetamine is produced in clandestine or hidden laboratories. Labs can be located in homes, apartments, hotel and motel rooms, garages, vehicles, storage sheds, barns, vacant buildings, outdoors and in ditches. Remote locations are often chosen to conceal the smell of chemicals.

Meth Ingredients

Meth can be easily produced or cooked using ordinary through toxic — household chemicals in combination with ephedrine or pseudoephedrine found in common colds and cold remedies sold over the counter. These ingredients and other needed equipment can be easily purchased from drug stores, supermarkets, hardware stores, feed stores and farm supply outlets.

Most meth ingredients are toxic and volatile:
• drain cleaner/rubbing alcohol
• lithium batteries
• anhydrous ammonia
• red phosphorous
• starter fluid or dr-o-icer
• muriatic or hydrochloric acid
• lye
• iodine

People who work in retail stores should be alert to large purchases of these items.

LCB County farmer cooperatives himher taken 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 also 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 irreparable 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 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. Harsh liquids dumped or spilled can remain for a long time as residue in bathtubs, toilets, sinks or floors.

High Cost of Cleanup

Meth lab clean up 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 or other heat sources.
• Coolers or thermos bottles.
• Strong odor of urine or unusual chemical odors such as ether, ammonia or acetone.

Signs of meth lab waste:
• Cold/allergy medicine packaging.
• Empty containers from: Heet, antifreeze, ether, starting fluids, freon, lye, drain cleaners, paint thinner or acetone.
• Coffee filters with white pasty, powderly or red substance.
• Coolers or thermos bottles.
• Propylene glycol.

Signs of a drug house:
• Little or no traffic during the day, but lots of traffic at late hours.
• Extra efforts to cover windows or reinforce doors.
• Never putting out trash.
• Unfriendly, paranoid or secretive behavior.
• Renters who pay landlords in cash. Unemployed persons who seem to have plenty of cash.

What To Do

What can you do to help in the fight against meth production? Be informed, be aware, and be alert.

If you suspect a meth lab:
• Call your local law enforcement or State Patrol.
• Do not attempt to stop the chemical reaction. Do not shut off water supply to the house or the chemical reaction.
• Do not turn any electrical devices/lights on or off.
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If you find any potential meth lab litter:
• Move away from the area.
• Call 911 or 555 on your cell phone or your nearest law enforcement office.
• Do not touch or smell any potential meth litter items.

Meth use has a devastating effect on individuals’ lives, families and communities. See July Nebraska for article.
**2005 Perennial Plant of the Year**

**The Perennial Plant Association**

* Hel leborus x hybrida

**Lenten Rose**

Lenten rose is hardy in Zones 4 and 5. Mature plants can form clumps that are 18 to 24 inches tall and 24 to 30 inches wide. Long-lasting blooms are available in many colors and appear as single or double forms. Mature plants often have 50 or more flower petals per plant. This perennial 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.(MUF)

**Climbing, Twinning 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 to late summer/autumn; and late summer/autumn/cycle. Clematis' have 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. Most vines are void of fragrance, but smaller flowering vines like Sweet autumn Clematis (Clematis maximowicziana) produce fragrant, small white flowers from late summer to fall. This vigorous vine can be maintained with regular pruning.

**American bitterbush (Celastrus scandens)** has evergreen, heart-shaped foliage 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

**Plants a Moss and Wire Hanging Basket**

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.

**Start with a wire basket, available at many garden centers and nurseries in the small order.**

**Do not go smaller than 14” in diameter.** Line the bottom and sides of the wire basket with plastic or leaves of 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, not so thick that it takes up too much room that the plants will need. Cut a round piece of plastic from a garbage bag. Place the plastic liner inside the basket, over the moss. This liner will hold the plants from draining out to quickly. Pinch three or four drainage holes into the liner’s bottom.

**To get the lush, full effect of a basket dripping with flowers, you are going to place the sides of the basket. Start with four-inch pots of trailing annuals, such as sweet alyssum, wax begonias; petunias, geraniums, fuchsias, marigolds and pansies. Also try some trailing foliage plants, such as vina major, sweet potato vine, English ivy and a pretty silver-gray leafed plant called helichrysum. If you decide not to plant the sides of the basket, you can encourage trailing plants to spill over the edges by planting them at a slight angle, tipped toward the back of the basket.

**Hang the basket in its desired location and water it thoroughly.** When the plants are wet, they can be quite heavy, so be sure your hardware is firmly attached to a wall or rafter. Since the basket is over planted, you will have to fertilize and water it more often. You can continue to water the basket, either one or two rows of small trailing plants if you. If the leaves of variegated, varieties, complete the first row and then add enough soil to cover the roots. Once the sides of the basket are planted, you can plant the top. Use a mixture of upright perennials or shrubs, and long lasting flowering plants to make a pleasing arrangement.

**Indian Maiden** is one female cultivar that could be selected. Self-pollinating cultivars like Swtazam® Lemon Lace (Fallopia ‘Sweet Tangerine’) are also available. This vine can spread to 20 feet and is adaptable to difficult sites including sandy, dry soil.

**Climbing hydrangea (Hydrangea anomala subsp. 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 flatterened climbing stems that open in early to mid-summer. The older stems of this vine are pink and bore red or orange flowers in the fall. Foamy white flowers are showy in the fall against the bright, heart-shaped foliage. The vine will thrive in full or part shade and can grow 5 high and wide in its first year. (CMW)

**Lemon Lace (Fallopia ‘Variegata’)** 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 climbing stems that open in early to mid-summer. The older stems of this vine are pink and bore red or orange flowers in the fall. Foamy white flowers are showy in the fall against the bright, heart-shaped foliage. The vine will thrive in full or part shade and can grow 5 high and wide in its first year. (CMW)

**For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens or fibrous rooted begonias in combination which withstand drought conditions. (MJF)**

**Watch for and control blackspot and powdery mildew on rose foliage.**

**Remove foliage from spring bulbs after it turns yellow and begins to dry.**

**Leftover vegetable and flower seeds may be stored in a cool dry area and not cultivated deeper than one inch within one week of the seed.”**

**Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.**

**Lettuce**

Lettuce is a cool season crop. It can be raised in the cooler months. Lettuce is one of the many dwarf varieties available. These are plants that have been bred to grow closely together making it possible to pick as many leaves as you wish. The leaves can be used fresh either in the leafy state or when fully mature. Lettuce is a tender plant and must be protected from frost. The leaves of the plant will satisfy 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.(MUF)

**Disbud chrysanthemum flowers to secure large, beautiful blooms 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.**

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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 have no 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 silken tubes that 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 Cheiracanthium 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 — which 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 hours, the bite may blister and break, leaving a sore that can take several weeks to heal. From 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 and throw them in the trash 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 fine mesh
• Reduce outdoor lighting
• Install yellow or solar vapor light bulbs outdoors — less attractive to insects
• Remove wood piles, rock piles, heavy vegetation, leaves and other debris near the house
• Eliminate fruit trees that serve as food for spiders
• Trim branches of trees and shrubs so they do not touch the house

There are no quick fixes to control sac spiders in the house. Expect to spend some time, and even money, to control these sac spiders.
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 to detect early enough to do some good with a treatment and which products are recommended for control.

An important concept of plant pathology is that the principle is that disease is the result 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.

**Host Plants**

Since plant breeders have not yet been able to develop soybean varieties resistant to Asian soybean rust, every soybean plot 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 many southern states and can be found as far north as Missouri and extreme southeastern Nebraska.

**Environment**

Based on the experience of countries in South America with similar climatic conditions to US soybean producing states, we know our environment should be conducive to development of the disease — more on environment later.

**Pathogen**

Light infestations of SBR were detected along the gulf coast and the southeastern Nebraska valley in November, 2004. The initial source of the disease is believed to be spores carried on the wind. 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.”

Several environmental factors must be present after a SBR spore lands on a soybean leaf for infection to occur. The optimum temperature range for infection is between 65 and 85 degrees Fahrenheit. A second critical factor is moisture on the leaf surface. The spores require six to eight hours of moisture on the surface of the leaf to germinate and penetrate 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 canopies 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 NebFact 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 use. 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.”

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 include products with myclobutanil, propiconazole, tebuconazole and tetraconazole 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 plant. 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 SF05-632, “Fungicides to Manage S. oryzae Rust: What are the Product Differences?” by Loren Giesler; Extension Plant Pathologist and Thomas J. Weissling, Adjunct Research Professor; online at http://anrpubs.unl.edu/PlantDisease/534.htm

• NebFact SF05-431, “Soybean Rust: How Great is the Threat for Nebraska?” by Loren Giesler, Extension Plant Pathologist; online at http://anrpubs.unl.edu/PlantDisease/431.htm

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 have to reduce Nebraska’s crop yields. Six of Nebraska’s designated noxious weeds can be found in Lancaster County: musk thistle, Canada thistle, plumeless thistle, purple loosestrife, leary spurge and saltcedar.

University of Nebraska Cooperative Extension has the following educational resources about controlling noxious weeds:

• “The 2005 Guide for Weed Management in Nebraska” (cost $)

• NebGuide G86-D389, “Musk Thistle”

• NebGuide G86-509-A, “Canada Thistle”

• NebGuide G87-834-A, “Leary Spurge”

For more information and further education, call the Lancaster County Weed Control Authority at 441-7817.
**President’s Notes — Janét’s Jargon**

Janet Broer
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 me to write down. My literary ‘family circle’ 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 let 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 hostesses.

They have arranged for Bill Janike from the Juvenile Probation Office to provide the program. He will talk about changes through the years in caring for juveniles. Entries for Heritage Skills are also due at this meeting. These include: sculpture, weaving, quilting, crochetting, tatting (etc.), scrapbooking and photography. July 12 is the date set for our Sizzling Summer Sampler. We will begin the evening with a light meal at 6 p.m. and follow with two interesting programs. Fayrene Hamouz will present “Fun with Garnishes” for food serving and guests will get to try their hand at some of the skills. Twyla Lidolph will do “Fun with Quilting” and show some different techniques and fashionable ways to use quilting in garment and home decor. These ladies are very gifted at what they do and I promise it is to be most enjoyable evening. Reservations are $10 and need to be mailed by June 7 to Joy Kruse, 850 Adams Street, Lincoln, NE 68521. Be sure to get this date on your calendar now, with plans to attend with a family member or friend. I promise you it will be interesting and fun. I hope each club is getting their basket together for the raffle to help our scholarship fund. If you can’t bring it to the Sizzling Summer Sampler and want to bring it to the Council meeting that would be fine. Tickets will be sold the night of Sizzling Summer Sampler, $1 each or 6 for $5.

I look forward to seeing club presidents and anyone who would like to visit at our next Council meeting in June.

**FCE News & Events**

Next Council Meeting, June 27

The next FCE Council meeting will be Monday, June 27, 7 p.m. at the Lancaster Extension Education Center. The program will be presented by Bill Janike, former 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 creativity as to size, shape or even container. The raffle will be held at the Sizzling Summer Sampler. (LB)

Lancaster County Association for Family and Community Education presents

**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 zesty to your meals with garnishes of fruits, vegetables and chocolate.

“FUN WITH QUILTING” Twyla Lidolph Show and tell of many quilting items and techniques

**Cleaning Dirty Socks**

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 activities.

**For Fitness**

Many families are exercising less and more children are becoming overweight, according 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.
• Stars 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, rhythm games.
• Play traditional and modified backyard sports: basketball, softball, volleyball and tether-ball.
• Take the family pet for a walk.
• Take a historical (or architect-ural) walk or cycling tour.
• Play indoor active games. It may be helpful 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. Involves all family members and become a healthier family.

To Show Commitment

• Make a family calendar. Have everyone in the family collect old photos (or take new ones) and write amusing captions for each one.
• Exercise together as a family. Walk, dance, ride bicycles, build a snow fort, rake leaves, etc. Make a commitment to regular physical activity together.
• Write a story together about an important event in your family’s history. Make pictures to illustrate the story and fasten it together into 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 celebra- tion!

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

**Cleaning Supplies Checklist**

Cleaning the home is a task always there waiting to be done. Are you prepared for the task? Your home is closest well-stocked with these items? Here’s a handy checklist to make sure you have the sup- plies 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, ap- pliances, smudges on walls and more!

✓ Disinfectant cleaner — A fast and effective way to clean the majority of germs.

✓ Wipes — Use wipes for quick cleanups and disin- fecting sanitizing surfaces.

✓ Glass cleaner — Make mir- ros, windows, faucets and doorknobs shine!

✓ Fabric refreshers — Make every room smell fresh.

✓ Dusting supplies — Trap dust and dirt with dusting cloths, mites, dustpans and furniture wipes.

✓ Paper towels — Use cloths to clean surfaces and help prevent the spread of germs. Then, throw the germs away with the towels!

Note: Before using house- hold cleaning products, always read and follow the product la- bels. Direct sunlight will cause the shelf life of household cleaning products to be reduced away from children, pets or food. Regularly check cabinet locks on cabinets and doors.

Source: Cleaning Matters, Soap and Detergent Association (LB)
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 60% 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 during the 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.
- Helps your body’s temperature stay constant.

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 are 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 about 1/3 water. Alcohol and caffeine in beverages (coffee and pop) are poor sources of water because they increase urine production.

Source: Adapted from Nebraska Nutrition Education Program fact sheet.

MyPyramid: The Basics

The new MyPyramid Plan can help you choose the foods and amounts right for you. The basic recommendations for a 2,000 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.

GRAINS

Make half your plate grains. Be wise about the choices you make.

VEGETABLES

Serve at least 1/2 cup vegetables at each meal. Eat a variety of vegetables.

FRUITS

Eat at least 1 3/4 cups of fruit each day. Add a variety of fruits.

Milk

Get your calcium-rich foods. Eat at least 3 cups of milk each day.

Meat & Beans

Choose lean and be wise. Eat at least 5 ounces of meat or beans each day.

June is Dairy Month

The new MyPyramid Food Guidance System (MyPyramid.gov) recommends we consume 3 cups of low-fat or fat-free milk — an equivalent amount of low-fat yogurt (1 cup yogurt equals 1 cup milk) — and low-fat cheese (1/4 ounces of natural cheese and 2 ounces of processed cheese equals 1 cup 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).
- Fat-free or low-fat yogurt as a snack.
- 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-fruit with 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 foods 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_rps.html

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
1 cup children’s berries

Add milk to pudding mix and prepare according to directions on box (instant pudding may be substituted). Place baked brownie pieces on half of the pudding mix, 1 cup of strawberries and 1/2 cup of blueberries. Repeat layers with remaining ingredients. Serve immediately or cover and refrigerate.

Note: If fresh berries are unavailable, you can substitute frozen berries, thawed.
Prescribed or controlled burning of pastures and prairies can control grasshopper populations and increase vigor of native bunch grasses and wildflowers. Burning will result in a native plant seed bank for germination while reducing the existing non-native plant populations, including weeds and other invasive species. In order to have an open burn, a burn permit must be obtained from your local rural fire district. Burning without the issuance of a burn permit can result in a citation which carries a fine of $100 to $500.

All rural fire districts are volunteer operated and therefore you need to plan ahead before burning. Most stations do not have staff waiting to take your call and it may take a few days before a permit can be issued. Once a burn permit has been issued, the officer will contact the 911 dispatch center so they have a list of licensed burns in case a fire is called in. Several rules and regulations for open burning must be followed by order of Nebraska State Statute 81-200.01.

1. An open burn must be attended at all times.
2. Materials that can NOT be burned include plastics, rubber, oil, tires, building materials containing petroleum products, treated wood, pesticides, herbicides or other hazardous wastes and materials.
3. The fire(s) shall be at least 50 feet from your own buildings and at least 300 feet from neighboring buildings.

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 landscapes. There are several natural enemies of grasshoppers. A few of the most common and effective predators of grasshoppers include robber flies, spiders, and blister beetle larvae (on egg pods). A fungal disease caused by Entomophthora grilii 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 last alternative for managing heavy infestations of grasshoppers. Adult grasshoppers can only control with insecticides due to their size and decreased susceptibility. The best time to control grasshoppers is during the 3rd and 4th instars when they are 1.2 to 1.4 inches long. These stages will occur in mid-to-late June. At this time, most eggs will have hatched and the young hoppers will be more susceptible to insecticides. Also, they will still be concentrated in their hatching areas, and they can be controlled more effectively before 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. (DJ)
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/paasel/. To participate, please call Tracy at 441-7180 by May 27.

COUNTY FAIR 4-H & FFA NEWS

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 Moves” Book 2, Clothing Level 1, The Sitter, Youth in Motion and Fast Foods. Books may be checked out prior to the contest for study 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 by Monday, 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 identification, and flower identification judging. 4-H’ers choose which event(s) they want to participate in. Study materials are available at the extension office.

Junior Life Challenge Contest, July 6

Mark your calendars to attend the Junior FCS Life Challenge Contest for 4-H’ers ages 6-8, held July 6, 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 Pre- sentation Contest and changing the classes from being subject area 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.”

Herdsman Judges Needed

Herdsman judges are responsible for checking the youth’s stall 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 herdsman status.

To register, call Deanna or Debi at 441-7180.

Horse Exposition at Fonner Park, June 1

The 2005 Cornhusker State Games will take place July 9 – 17, with 57 sports at more than 75 locations in and around Lincoln. Equestrian events will be held at the State Fair Park Youth Arena.

State Hippology & Judging Forms Due

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

4-H Dog Obedience Workshop, June 14

Are you interested in learning the basics of dog obedience or like to freshen up your skills for the county fair? If your answer is yes, I hope to see you at this workshop. The workshop will take place on Tuesday, June 14, 7-8:30 p.m. at the Lancaster Extension Education Center. If you have any questions or need more information call Deanna or Debi at 441-7180. (DK)

4-H Presentations Workshop, June 15

There will be a Presentations (formerly Demonstrations) workshop on Tuesday, June 14 at 1:30 p.m. at the Lancaster Extension Education Center. Attend this workshop to learn more about the three presentation classes, presentation ideas, as well as tips on how to be a great presenter!

Premier Animal Science Events, June 27–28

The Premier Animal Science Events (PASE) will be held Monday, June 27 and Tuesday, June 28 on UNL East Campus, Animal Science Complex.

- 4-H youth ages 12 and up will have the opportunity to compete on a livestock, dairy, pork or meat judging team. You will be challenged to attend information workshops on a variety of topics and then go head-to-head with other teams.

- 4-H’ers are encouraged to attend the Extension office on June 27 at 441-7180 to register. If you are interested on being placed on a Lancaster County Judging Team, please call Deanna at 441-7180 by June 1 to register.

4-H Sewing Fun Class, June 22

The Bernina shop at Hancock Fabrics will teach a Crazy Quilt Block class Wednesday, June 22. There will be two sessions: 1-4 p.m. or 5:30-8:30 p.m. Cost is $15 for the class and $5 for materials. Participants must be 4-H members enrolled in Clothing Level II or higher.

Learn about foundation piecing, decorative stitching, couching and decorative threads. The block you will work on could be used as part of a wall hanging or pillow for home environment or a Decorator Your Duds project.

Register by June 17 by calling 464-0505. Please indicate at registration if you will be bringing your own machine or will use one provided by Bernina. Special arrangements could be made for a club.

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 N E B L I N E for more information or call Tracy at 441-7180.

Salt Creek Wranglers are providing a training opportunity to practice for districts within our 4-H Silver Dollar Series. The show on Sunday, June 12, will highlight the Western Pleasure and Horsemanship classes using the district format. Registration starts at 8 a.m. on the Wranglers grounds. For more information, call Tasha Dybdal at 756-2070. Showhills on these and other horse shows are online at lancaster.unl.edu/4h/news.htm.

Cornhusker State Games Horse Schedule

The 2005 Cornhusker State Games will take place July 9 – 17, with 57 sports at more than 75 locations in and around Lincoln. Equestrian events will be held at the State Fair Park Youth Arena.

- Early Deadline: June 20
  - Late Deadline: June 27 (w/5 s/w late fee)

- Saturday, July 9, 11 a.m. — Team Penning
- Sunday, July 10, 8 a.m. — Western
  - Saturday, June 11 a.m. — Rodeo
  - Sunday, July 17, 8 a.m. — Dressage

For more information, go to http://cornhusker- stategames.unl.edu or call equestrian director Sandy Reiber at 402-483-5696.
**Cloveer College**

Tuesday, June 21–24, 2022

**Cloveer College** is a weeklong, hands-on event for high school students at the Nebraska Junior College. It offers a wide range of workshops and activities designed to provide students with practical, real-world experiences. The college has four “hands-on” workshops full of fun and learning! Youth may attend as many workshops as they wish. Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be served in the workshops (unless otherwise noted on the registration form). If you have questions, contact Tracy Kulm at 414-7180.

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**4-Day Workshops**

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**WORKSHOP DESCRIPTIONS**

**4-Day Workshops**

- **Cloveer Kids Day Camp**
  - **Tues, June 21:** 12:45–2:45 PM
  - **Wed, June 22:** 10:00–2:00 PM
  - **Thurs, June 23:** 10:15–12:15 PM
  - **Fri, June 24:** 10:15–12:15 PM

- **INSTRUCTOR:** Trish Bueker, Extension Educator

- **Overview:** The Cloveer Kids Day Camp is a weeklong, hands-on activity while learning about animals, food fun, science, history, and more. Students will learn new crafts and hands-on activities in the Cloveer Kids Day Camp. The Cloveer Kids Day Camp is for youth ages 8–17.

- **Fees:** $20

- **3-Day Workshop**
  - **Sun, June 26:** 10:00–2:00 PM
  - **Mon, June 27:** 10:00–2:00 PM
  - **Sun, June 26:** 10:00–2:00 PM

- **INSTRUCTOR:** Jane Dowd, Extension Educator

- **Overview:** The 3-Day Workshop is a weeklong, hands-on activity while learning about animals, food fun, science, history, and more. Students will learn new crafts and hands-on activities in the 3-Day Workshop. The 3-Day Workshop is for youth ages 8–17.

- **Fees:** $20

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**Let’s Paint Workshop for Youth, July 15**

**AGES:** 6 and up

**FEE: $5**

**INSTRUCTOR:** Karen Evasco, Extension Educator

**Overview:** Join us for a fun workshop where you can create your own masterpiece! This workshop is perfect for beginners and advanced artists. You will learn how to mix colors and create beautiful paintings. No painting experience is necessary.

**3-Day Workshop**

- **Mon, June 20:** 10:00–2:00 PM
  - **Tues, June 21:** 10:00–2:00 PM
  - **Thurs, June 23:** 10:00–2:00 PM

- **INSTRUCTOR:** Roberta Sanderson, Extension Educator

- **Overview:** The 3-Day Workshop is a weeklong, hands-on activity while learning about animals, food fun, science, history, and more. Students will learn new crafts and hands-on activities in the 3-Day Workshop. The 3-Day Workshop is for youth ages 8–17.

- **Fees:** $20

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**Garbage Getters**

**AGES:** 12 and up

**FEE: $50**

**INSTRUCTOR:** Roberta Sanderson, Master Gardener

**Overview:** Learn about the world of color techniques and fun food workshops. Youth will learn how to make their own healthy, colorful, and nutritious snacks in this hands-on workshop. Youth will also learn how to make their own healthy, colorful, and nutritious snacks in this hands-on workshop.

**3-Day Workshops**

- **Mon, June 20:** 10:00–2:00 PM
  - **Tues, June 21:** 10:00–2:00 PM
  - **Thurs, June 23:** 10:00–2:00 PM

- **INSTRUCTOR:** Roberta Sanderson, Extension Educator

- **Overview:** The 3-Day Workshop is a weeklong, hands-on activity while learning about animals, food fun, science, history, and more. Students will learn new crafts and hands-on activities in the 3-Day Workshop. The 3-Day Workshop is for youth ages 8–17.

- **Fees:** $20
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, 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 effective performance, advocate 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. Some of 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 involve board members in developing 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 being. It says what, in the end, you want to be remembered for.”

The mission statement describes your organization and what you are doing. The mission statement describes 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 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 comparable 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 results the organization wants to achieve.
• Suggests to the board the kinds of skills it must have or recruit to be effective in daily operations.
• Enable the board to make decisions about which programs and projects to undertake and which to avoid.
• 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 understanding of the board members and understand the differences in points of view among board members. Such differences may well explain weak support and commitment of 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 role, 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 only policymaking responsibility; however, board responsibilities are much broader.

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

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

In order to ensure there are adequate financial resources, the board may be involved in planning fundraising campaigns.

Establishing sound 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 is responsible for the working conditions in the organization. Accordingly, the board should understand the challenge of an employer as well as the 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 role is overseeing organizational operations. It is a responsibility met by the board 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 the organization’s operations are:

• Developing board policies on evaluation and oversight.
• Design of assessment and monitoring system.
• Achieving early problem recognition.
• Being proactive and anticipatory problems.
• Ensuring the utilization of information from the assessment and monitoring system.

By meeting the legal requirements of the organization, giving an organization visibility and ensuring the community support for the organization and their ability to positively influence others in the community.

The board should ensure:

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

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, with 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.

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 the lead in the Navigator’s program, she even studies abroad. At the end of her last year, she began her sophomore year at the University of Nebraska–Lincoln, a future teacher, Wieskamp she gets. “It’s a big campus, a lot of students involved — you’re completely active that fits you. And like till you’re here — every

This Nebraska Student Hails the Husker Experience

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submit.unl.edu
Choose from More than 40 Nebraska 4-H Summer Camps

Open to all youth ages 5-19, 4-H summer camps are a great way to experience new friends and adventure with a wide variety of exciting activities such as canoeing, mountain biking, horseback riding, rappelling or climbing, volleyball, basketball, art, dancing, backpacking, shooting sports, water skiing and fishing!

There are more than 40 day and overnight camps scheduled in May, June, July and August at the three 4-H camp locations in Nebraska:

- Eastern Nebraska 4-H Center, Gretna
- Nebraska State 4-H Camp, Halsey
- South Central 4-H Center, Alma

Brochures with camp descriptions, registration forms and more information are available online at http://4h.unl.edu/camp/youth/ or at the extension office.

Household Hazardous Waste Collections for 2005

Residents of Lincoln and Lancaster County can bring household hazardous wastes to the following collection sites.

**Saturday, May 21**
- **Pfizer, Inc.**
  - 9 a.m.–1 p.m.
  - 601 W. Cornhusker Highway
  - (Latex Paint Exchange Day. Only good usable latex paint is accepted. Please bring container that is at least half full.)

**Friday, June 24**
- **Union College**
  - 3–7 p.m.
  - Parking Lot, S2 and Cooper
  - (3 blocks south of 52nd and Calvert)

**Saturday, June 25**
- **Nebraska Wesleyan University**
  - 9 a.m.–1 p.m.
  - Parking lot, 56 and Huntington

**Friday, Sep. 23**
- **Shepherd of the Hills Church**
  - 3–7 p.m.
  - 9555 Panama Road, Hickman

**Saturday, Sep. 24**
- **Goodyear Tire & Rubber Co.**
  - 9 a.m.–1 p.m.
  - 4021 North 56 Street

**Saturday, Oct. 22**
- **State Fair Park,** 4-H Youth Complex
  - 9 a.m.–1 p.m.

**Items you can bring for disposal:**
- **HEAVY METALS**
  - Items you can bring for disposal: 
    - Countertop appliances, batteries, paint strippers and thinners, metal dry cleaning solvents, metal定substances, metal cleaners, refrigerators, ovens, and metal cookware.

**THE NEBLINE**

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Mailing Address:
The Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Rd., Suite B • Lincoln, NE, 68528-1507

Phone: 441-7180

Fax: 441-7188

U-NPACTS Information Center: 441-7188

Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lincoln Extension Education Center
444 Cherrycreek Rd., Suite B • Lincoln, NE, 68528-1507

Lancaster Extension Office
400 N. 34th St., Suite B • Lancaster, NE, 68529

Main Office
444 Cherrycreek Road, Suite A • Lincoln, NE, 68528-1507

Satellite Office
Lancaster Event Center
400 N. 34th St., Suite B • Lancaster, NE, 68529

Web site: lancaster.unl.edu

Gary C. Bergman, Extension Educator – Unit Leader, gbergman1@unl.edu
Mary Abbott, Extension Educator, mabbott3@unl.edu
Lorene Bartos, Extension Educator, bartos1@unl.edu
Maureen Burson, Extension Educator, mburson1@unl.edu
Hilary Catron, Extension Assistant, hcatron2@unl.edu
Marty Cruickshank, Extension Assistant, mcruickshank2@unl.edu
Tom Doran, Extension Educator, tdom1@unl.edu
Mary Jane Foggie, Extension Educator, mjfoggie2@unl.edu
Alice Henneman, Extension Educator, ahenneman1@unl.edu
Don Janssen, Extension Educator, djanssen2@unl.edu
Deana Karmazin, Extension Educator, dkarmazin2@unl.edu
Tracy Koehn, Extension Educator, tkoehn1@unl.edu
Vicki Jollieka, Publication & Media Assistant, vjollieka2@unl.edu
Mark Minkle, Extension Educator, mminkle2@unl.edu
Helein Mitrofanova, Extension Educator, ymitrofanova2@unl.edu
Barb Ogg, Extension Educator, bogg1@unl.edu
Zainaba Rida, Extension Assistant, zrida2@unl.edu
Heidi Schmidt, Extension Assistant, haschmidt2@unl.edu
David Smith, Extension Technology, dsmith2@unl.edu
Jim Wies, Extension Educator, jwies1@unl.edu
Dana Wilford, Extension Educator, dwilford2@unl.edu
Karen Woolf, Extension Educator, kwoolf@unl.edu

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Donna Bundy
Lancaster County 4-H is pleased 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 Deanna Kar.

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 extension office or online at http://lancaster.unl.edu/4h.

The answer was a massasauga rattlesnake.

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

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

U.S. Drought Monitor Map
As of May 10, Lancaster County was not in drought conditions.

Spring 4-H Chess Tournament Results

On April 9, 35 youth competed in the 4-H Spring Chess Tournament presented by the Lancaster County Checkmates 4-H club. Here are the top winners.

Complete list is on 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: John Hurdle of Lincoln.

Tied for 2nd place and receiving purple ribbons: Keenan Kallman of Nebraska City and Wyatt Nelson of Lincoln.

**Elementary Division, K-6**

1st place trophy and receiving a purple ribbon: David Linn of Lincoln with a perfect score of 4 points.

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 Schwimm of Lincoln

1st place 4-H member and receiving a blue ribbon: Mateo Tijerina of 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.

Fourth Graders Learn about Agriculture at 5th Ag Awareness Festival in Lincoln

This Angus-cross heifer (above) patiently chews her cud as students rotate between sessions. Her three-week-old calf weighed approximately 80 pounds at birth.