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The NEBLINE, June 2007

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Agricultural Production is $71 Million Industry in Lancaster County

Lancaster County is considered an urban county by Nebraska standards with an estimated 265,000 residents, ranking second in population behind Douglas County. However, agriculture is still a major economic force in the local economy.

According to the National Agricultural Statistics Service (NASS), there are over 1,600 farms in the county, (the largest number of farms of any county in the state). Lancaster County has nearly 450,000 acres (about 700 square miles) in farms with a reported 365,000 acres (570 square miles) of mechanically harvested crops.

Harvested grain crops in 2002 included: 8.5 million bushels of corn, 465,000 bushels of wheat, 26,000 bushels of oats, 722,080 bushels of grain sorghum and 4.15 million bushels of soybeans. Besides the grain crops, an estimated 50,000 tons of hay for feed were produced in 2002, according to NASS.

In Lancaster County, 850 people reported farming as their primary occupation in 2002. Of the 1,600 “farms” recognized by NASS, 949 produced less than $10,000 of products sold, reflecting the large number of “acreages” and “hobby” farms in the county. Another 337 farms reported between $10,000 and $50,000 of products sold, 113 farms produced between $50,000 and $100,000 and 208 farms reported more than $100,000 in sales. In all, over $71 million in agricultural products were sold by agricultural farming operations in 2002. USDA farm program subsidies added another $5.6 million in 2002, bringing total farm gate revenue to $76.6 million.

Not reported by NASS but a significant economic factor in Lancaster County is the production vegetable crops, small fruits, tree fruits, exotic animals and the “green” industry.

Livestock numbers, except for horses, have been dropping steadily. The 2002 beef cattle and calves inventory was 25,900 head, while dairy cattle and calves accounted for 1,800 head. Hog and sheep inventories were 77,000 and 1,600 head, respectively.

The Urbanization of Rural Lancaster County

About 225,000 of the estimated 265,000 county residents live within the Lincoln city limits. Another 7,000 live in one of 14 small towns and villages in the county. The remaining 33,000 people maintain an independent residence in the rural setting. There are more people living on farms and acreages in Lancaster County than the total population of Seward and Saline Counties combined.

The number of rural residences continues to increase at a rapid pace. The county health department issued about 180 permits per year for new rural residential waste water treatment facilities in recent years.

“Longtime Farmer Reflects on How Farming Has Changed in Lancaster County”

Dale Harlan has farmed in the Hickman area for nearly 50 years. He reflected on how farming has changed in Lancaster County:

“There are far fewer ‘mom and pop’ farming operations than there was 20 years ago and certainly the size of the farm has changed dramatically from when I was growing up in the ‘40s and ‘50s. Farms are much less diversified than they were. My dad fed cattle, raised hogs, had milk cows and mother always had 600 to 800 laying hens—along with hogs. With me, the chickens were the first to go and four years ago, the hogs.

Now its just fencing farm row to fence row and that’s the way it is with the vast majority of farmers today. Livestock operations are few and far between but those that are left are just huge.

Some of the reasons for grain and livestock operations getting larger is equipment has become very large and sophisticated and with that, the cost has gone through the roof. The cost of equipment necessitates farming more acres to spread the cost.

Seed and chemical companies have done a great job of improving yield potential. Forty bushel corn was a good crop 50 years ago. Today our county average is about 140 bushels per acre. Unbelievable! But that remarkable achievement has helped make the food we eat the best buy the American consumers have ever had, with only about 13% of our disposable income going for food.

Our city cousins have a dream of living in the country so they can have some space. Many dream of a big garden—maybe a horse for the kids or grandkids—perhaps a pond. They want to live on a good road, have a great school and be a part of the good life they feel they are not a part of in the big city. So they buy their acreage and build their home—only to find they have all the extra things to attend to like more land and more weeds, fences, their own water and septic system and extra time on the road to get to work.

In our county, the pressure to sell land for acreages is real. Should farmers be a part of selling acreages for more than we can farm out of the land—which leads to a checkerboarding of our rural landscape—or do we continue to farm as we have in the past? In my opinion, in this county, we will see more land converted to acreages.”

Call (402) 472-2805 or go to http://4h.unl.edu
New State Law Changed Fence Viewer Process

In Nebraska, if I wanted to make a neighbor pay for part of a division fence, I could ask him or her to do so. For over a century, if the division fence was refused, I could have requested fence viewers to determine how much of the division fence each neighbor would pay for. Now, if I want to do that, I must go to court. I can also build the fence myself and assume full responsibility for the costs of construction and maintenance. Ideally, neighbors should have a written agreement (filled out with the help of the county clerk) identifying how the costs of building and maintaining the fence will be paid. But written fence agreements are rare.

LB108 made major changes to the Nebraska division fence statute. It was enacted by the unicameral on March 1, 2007 and became law one day after it was signed by Gov. Heineman. Under prior law, if neighbors could not agree on what type of fence to build, how to maintain the fence and/or how to pay for it, either neighbor could have requested a fence view. The three-person fence view was appointed by the local county clerk. The fence viewers determined what type of fence should be built and how construction and maintenance costs would be shared. Typically, fence viewers established a portion of the fence for each neighbor to maintain. The rule of thumb was for neighbors to face each other in the middle of the fence and then take care of the fence to their right. If either landowner objected, they could appeal to district court.

If the neighbors can agree on division fence issues, or where one neighbor owns and maintains the entire fence, LB108 does not apply.

LB108 made several changes to the division fence statutes. First, the entire fence viewer process would apply if either neighbor is involved with a mediation and litigation process. A court order is now required to go onto a neighbor’s property to remove trees, buildings, other obstacles or personal property without the owner’s permission. If both neighbors have livestock, they will divide the fencing expense equally; otherwise, each neighbor would pay just its proportion as determined by agreement, through mediation or in court. Finally, the obligation to pay for part of a division fence would apply only if at least one of the land parcels is zoned agricultural or horticultural, or if both parcels are used for agricultural or horticultural purposes.

LB108 is a significant revision to longstanding Nebraska law. Under LB108, the division fence provisions will continue to apply only where neither neighbor wants to build a fence, and both neighbor share the division fence costs. If the neighbors can agree on division fence issues, or where one neighbor owns and maintains the entire fence, LB108 does not apply. Under LB108, both neighbors will use the division fence to confine livestock, they will equally divide the expense of the division fence. Under prior law, the decision regarding how much each neighbor should contribute to the costs was made by fence viewers. Under LB108, if one neighbor has livestock (or if neither have livestock), each neighbor is responsible for an undetermined “just proportion” of the division fence costs. Under LB108, what is a just proportion would be determined either through mediation or in court.

Under prior law there were no restrictions on how land subject to a division fence was used. Under LB108, at least one land parcel must be zoned agricultural or horticultural, or else both land parcels must be used for agricultural or horticultural purposes. Under LB108 fencing disputes between an ag producer and town resident, or an ag owner or a town resident are addressed through the fencing mediation-litigation process only if the farm is in a zoned agricultural area. In unzoned counties, if one parcel is not used for agricultural or horticultural purposes, the division fence statutes do not apply. Disputes between ag producers and acreage owners (or town residents) could be addressed in zoned counties if the agricultural land is in an agricultural zoning district, but cannot be addressed in an agriculture zoning district (or a zoned urban area). If agricultural zoning is still in place, it is still a hand tool in Nebraska. Under LB108, there is no automatic right of contribution for division fences in these unzoned counties unless both land parcels are agricultural or horticultural. Agricultural owners and town residents in unzoned counties are not required to pay for part of the ag neighbor’s division fence. Neighbors can still agree on division fence contribution from their ag producer neighbor if they install a division fence. Under prior law, a neighbor’s consent was required to apply to a fencing dispute under LB108, a landowner is entitled to the admission of maintaining a division fence without the neighbor’s permission, but only to the extent that such access is reasonably necessary to allow the neighbor to build, repair or maintain the fence. However, if the neighbor refuses permission, the construction, repair or maintenance is going to remove trees, buildings, other obstacles or personal property without the owner’s permission. If the owner requests a division fence view was used. Under LB108, at least one land parcel must be zoned agricultural or horticultural, or else both parcels must be used for agricultural or horticultural purposes. However, if the neighbor refuses permission, the construction, repair or maintenance is going to remove trees, buildings, other obstacles or personal property without the owner’s permission. Under LB108, LB108 was introduced primarily because Nebraska counties requested that the law be changed to address the former (sometimes contentious) fence viewer process. LB108 encouragesvoluntary resolution of division fence disputes, and also provides for direct court action if voluntary dispute resolution fails. In such cases, Nebraska judges will be resolving division fence disputes instead of citizen fence viewers.

Source: David Jaken, Professor (UNL Water and Ag Law Specialist)
Preventing Tick Bites

Barb Ogg
UNL Extension educator

There are several method of removing ticks that are dangerous. Burning a tick with matches or a cigarette is not recommended. Neither is spraying the tick with hairspray or alcohol. Squeezing the tick’s swollen abdomen can make the blood in its stomach go back into the body, which could increase the chance of disease transmission. The most effective way to get rid of a tick is to grab the tick with tweezers as close to the head of the tick as possible. Gently and steadily pull the tick, but do not rub or pinch it, for a couple of minutes the tick will tire and release its hold.

The most common tick throughout Nebraska is the American dog tick. This tick is a vector of Rocky Mountain spotted fever. Although, outbreaks of Rocky Mountain spotted fever aren’t common, it does need to be treated by a doctor. The longer an infected tick feeds, the greater the chance of disease transmission.

Another common tick in southeast Nebraska is the lone star tick. Because the lone star tick has a single white spot on their back. These ticks can transmit a disease very similar to Lyme disease.

People living in rural areas or areas may be frustrated with ticks and want to spray insecticides to kill them. Because ticks have a leathery body and are not easily killed with insecticides, this type of control usually is not very effective. A more helpful solution is to maintain a short grassy lawn which is not a very conducive environment for ticks.

To improve the taste of water stored for lengthy periods of time, tankage and water storage containers need to be very clean. Containers can be purchased in most household stores, but there are many types and sizes of containers available for water storage, including those made of glass and plastic. Containers, if or purchased in new housewares and sporting goods departments and some water vending locations. Avoid using plastic milk containers because fat traces may remain.

Treating the water with chlorine is recommended, because organisms, such as bacteria, can be introduced as the water is collected. Use standard household bleach with a ratio of one part bleach to one part water. After you mix the two clean containers several times to aerate them away from heat and light to prevent bacterial contamination into the stored water. An emergency water supply can be purchased bottled water or potable tap water stored in containers that have been cleaned thoroughly. There are many types of containers available for water storage, including those made of glass and plastic. Containers, if or purchased in new housewares and sporting goods departments and some water vending locations. Avoid using plastic milk containers because fat traces may remain.

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There are many situations when a water supply could temporarily be interrupted for a few hours or only be accessible for a short time. Availability of drinking water is critical in these situations because water is the most important nutrient for the human body. Creating an emergency water supply can be a lifesaver if a water supply is interrupted.

In an emergency, an ample water supply is a priority. Needs will differ depending on age, physical condition, activity, and climate. In general, people may need to drink at least two quarts of water per person per day. Never ration drinking water, even when supplies run low. Drink the amount needed for the day and try to find more for tomorrow. The amount of water needed can be minimized by reducing activity and staying cool.

An emergency water supply can be purchased bottled water or potable tap water stored in containers that have been cleaned thoroughly. There are many types of containers available for water storage, including those made of glass and plastic. Containers, if or purchased in new housewares and sporting goods departments and some water vending locations. Avoid using plastic milk containers because fat traces may remain.

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June is Dairy Month. Here’s a recipe from the Centers for Disease Control and Prevention and the “Fruits and Veggies – More Matters” campaign featuring both dairy and fruits for a power-packed combo!

### Strawberry Yogurt Shake

**Preparation Time:** 10 minutes  
**Number of Servings:** 2  
**Cups of Fruits and Vegetables Per Person:** 2

<table>
<thead>
<tr>
<th>1/2 cup unsweetened pineapple juice</th>
<th>3/4 cup plain low fat yogurt</th>
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Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

### Nutritional Facts – Serving Size: 1/2 cup of strawberry yogurt shake (calories: 140; Total Fat: 2 g; Saturated Fat: 1 g; Cholesterol: 1 mg; Sodium: 65 mg; Total Carbohydrates: 27 g; Dietary Fiber: 2 g; Sugars: 23 g; Protein: 6 g; Vitamin A: 2% DV; Vitamin C: 19% DV; Calcium: 20% DV; Iron: 6% DV)

### Water is Body’s Most Essential Nutrient

**Summer’s arriving and so is the temperatures rise, so does your body’s need for proper hydration. Water is one of your body’s most essential nutrients—and the one it needs in the greatest amounts, is most often disregarded. Every cell, tissue and organ in your body needs water to function properly. Some other important functions of water include:**

- Regulates body temperature.
- Transports nutrients and oxygen through the body.
- Comprises important body fluids (blood, digestive juices).
- Carries waste products out of your body.
- Moistens body tissues, such as eyes, nose, mouth.
- Prevents constipation.
- Cushions joints.
- Protects organs and tissues.

It is recommended healthy adults get around 8 to 12 glasses of water a day. That may seem like a lot, but we also can get water from other beverages and foods. Be wise when you choose other beverages for your fluid needs. Here are some tips:

- Caffeinated beverages (tea, coffee, and soda) and alcohol can act as a mild diuretic, increasing fluid lost through urination. Decaffeinated beverages do not have this effect.
- 100% fruit juice can supply a varying amount of vitamins A and C. But don’t be fooled by fruit drinks that aren’t 100% fruit juice, they will supply you with extra sugar and calories and not the same nutritional content (juice drink, juice beverage, juice cocktail, punch).
- Except for water and carbonated beverages, simple sugar does not supply a significant amount of any other nutrients.
- Milk supplies water and other essential nutrients such as calcium, vitamins D and A, certain B vitamins, protein, potassium and phosphorus. Choose skim or 1% to avoid extra fat and calories. Flavored milk, such as chocolate or strawberry, also can be a healthy choice. Just remember adding extra sugar adds extra calories!
- 100 extra calories a day can lead to a 10 pound weight gain a year. Your beverage choice can often sneak in extra calories without you even realizing it. Take a look at the Nutrition Facts label and the next time you take a drink—make your drink count!

### Safe at the Plate

This term applies to more than baseball. One of the most common mistakes people make is serving cooked food on the same plate used to transport the raw meat or poultry from the kitchen to the grill. Cross contamination also can occur when vegetables or other uncooked foods come into contact with raw meat, plates and utensils that were used for raw meat and poultry are safely cooked. So this summer keep it safe by using separate plates—one for raw foods and one for cooked food.

### Tools of the Trade

You can never have enough tools and two of something is better than one—and safer. It is important to have more than one spatula, fork and other utensils on-hand when grilling. Backyard chefs often reuse a spatula or kitchen tongs to place raw food on the grill and later use the same utensil to remove the food after it’s been fully cooked. Because the utensil comes in contact with raw food, it could harbor bacteria and transfer them to the cooked food. Be sure to use two utensils, one for raw food and one for cooked food.

### The Temperature Rise

If you are transporting cooked poultry and hamburgers it is not a reliable way to determine if foods have been cooked to a temperature high enough to kill bacteria like E. coli O157:H7 and Salmonella typhimurium. To make sure food is safely cooked is to use a food thermometer to determine the internal temperature. All poultry products should reach a safe minimum internal temperature of 165 degrees F. Ground beef and pork should be cooked to 160 degrees F and steaks and roasts to 165 degrees F. All poultry should be cooked to 165 degrees F.

### An Ice Chest isn’t Just for Drinks

An ice chest is a valuable tool at outdoor summertime. Not only does it serve as a vehicle for transporting food, it also plays a critical role in reducing the plethora of produce. For many grilling enthusiasts there is only one way to cook—with fire! However, realize foods cooked over high heat (or temperatures greater than 90 degrees F) will become unsafe in just one hour. Because of the heat and humidity, foods can spoil in a shorter time, particularly those left on picnic tables for several hours should not be eaten. Hot foods need to be kept hot (over 140 degrees F or higher). Use the grill and warming trays to maintain these temperatures.

### Chill Out

Play it safe by putting leftovers and perishables back on ice after eating. Don’t send leftovers home with the guests unless they are properly refrigerated. Food items should be chilled. Also, cold dishes such as salads and desserts should be stored in a cooler with ice and immediately chilled. These food items are at risk for food poisoning. It is critical to use the “Danger Zone” (40 degrees F to 140 degrees F), where bacteria can grow and multiply between these temperatures. Use coolers and ice to maintain these temperatures.

### Practice Safe Cooking and Food Handling When Grilling

By Alice Hennenman, MS, RD, UNL Extension Educator
Don’t let the unexpected mishaps spoil your summer vacation. PACK these on-the-go cleaning supplies to help you stay clean and healthy.

Portability is key:
• Hand-wipes for hand cleaning before road-side snacks or on sightseeing trips.
• Disinfectant spray and air freshener—this is in full swing. Spring is here.
• The lambs are doing well and it is fun to look out and see them running up and down the dirt piles in the lots. I think they are playing “king of the hill.”
• Waverly’s Hamlow first graders came to visit. Jill, the sheep dog, had to meet both. We decided that the first graders have been coming to the farm for 24 years and now the second generation are coming. Matt Warner said he remembered the trip and now he has a daughter in the group.
• The students enjoyed petting the bottle lambs and going to the hay loft.
• I attended the Lancaster County Speech Contest. I enjoy seeing how the 4-H’ers improve from year to year.

Club Baskets
Help support the Lancaster County FCE Scholarship by providing a basket for the raffle on July 10 at the Sizzling Summer Sampler. Baskets are provided this year. If your club hasn’t already gotten a basket, call Lorene at 441-7180 or stop by and pick one up. Choose any theme. Use creativity in putting the baskets together—food, bath products, gardening, picnic or fun items.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER
Tuesday, July 10 • 6 to 9 p.m.
Light Supper at 6 p.m.
Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln

Cost $10. Make checks payable to FCE Council. Send reservation and check by July 5 to Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Programs
"HEALTHY ELEGANCE"
Elizabeth Worley, of dessArts

"WHERE IS TASMANIA?"
Don Janssen,
UNL Extension Educator

For additional information about Grandparenting Grandchildren, contact Donna Lambs and going to the bridge Community Center. Jim Blue of Cedars will be our guest speaker. Bring your Heritage Skills entries. The Sizzling Summer Sampler is July 10 at 6 p.m. Elizabeth Worley of dessArts will present one of our programs on Healthy Elegance. Don Janssen, extension educator, will present the Evening program on Where is Tasmania? During the evening, there will be a basket raffle to raise money for the scholarship fund. Hope your clubs have their baskets together.

Grandparents Raising Grandchildren
If you are a grandparent, raising your grandchild in Nebraska, you aren’t alone. A recent census indicates 3,796 grandparents who are raising grandchildren in Nebraska. This includes approximately 946 Lancaster County grandparents. If you’re a grandparent raising your grandchild, you have an important responsibility. The child you are raising faces unique challenges you need to think about.

UW—Extension Fact Sheets
University of Wisconsin-Extension has a series of nine fact sheets designed to help grandparents raising young children (birth to age 8) learn more about what to expect and where to turn for support. They are available free online at http://www.uwex.edu/relationships/factsheets.html

The Grandparents Raising Grandchildren fact sheet series was developed by Dr. Julie Poehlmann and Dr. Mary Brittain-Peterson at the University of Wisconsin-Madison with feedback from grandparents and experts in the field. The focus includes family relationships and child development. Topics include understanding children’s behaviors, the importance of close relationships, open communication and maintaining contact with parents.

UNL Web Site Answers4Families
The Answers4Families project (Nebraska Network for Children and Families) provides information, dialogue, education, and support to Nebraskans with special needs by providing Internet resources. The Web site, www.Answers4Families.org, is created and monitored by the University of Nebraska—Lincoln. The Web site is designed to assist:
• Grandparents raising grandchildren
• Families of children with disabilities
• Families with children with mental health issues
• Families with medically disabled children
• Families with adopted or foster children
• Families with an Alzheimer’s patient
• Families caring for an elderly

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Pack Smart for Summer Vacation
Anticipate your needs:
• Stain removal wipes to stem the tide of summer stains, like ketchup and ice cream.
• Stain sticks to pretreat spots and stains, putting them on hold until the laundry brigade arrives.
• Gentle laundry detergent so bathing suits and other delicates can come clean from the effects of sun and surf.

Clean your surfaces:
• Swab away for commonly touched surfaces in your hotel room, such as doorknobs, telephones and refrigerators.
• Window and dusting wipes for those less-than-spotless situations.

Keep hands clean:
• Hand sanitizers to tag along on sightseeing trips and shopping excursions.
• Bar or liquid hand soap for camping trips and other expeditions where they might be in short supply.

If the sleeping bag is washable, read the product label for recommended amount of detergent. Do not use bleach. Use a cool or cold water setting and a delicate or gentle cycle. For best results, run the bag through one or two extra rinse cycles without detergent. Carefully remove sleeping bag from the dryer when it is dry. Do not dry under direct sunlight. Cleaning instructions: If you are a grandparent, raising your grandchild in Nebraska, you aren’t alone. A recent census indicates 3,796 children benefit from the 8,454 grandparents who are raising grandchildren in Nebraska. This includes approximately 946 Lancaster County grandparents. If you’re a grandparent raising your grandchild, you have an important responsibility. The child you are raising faces unique challenges you need to think about.

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Care of Hanging Baskets

Hanging baskets extend a touch of the garden to the home, porch or patio. Many garden flowers and foliage plants can be easily grown in hanging baskets.

Selecting Plants
Choose the right plants for your hanging basket. For large baskets, combine only those plants that require the same growing conditions. For small containers, it is often better to use the same plant type. Collectively, a group of plants will offer a variety of colors and textures for a year-round display. If very small containers, usually just one good-sized plant is enough. Baskets planted with annuals will flourish for one year and should be replanted each spring. Foliage plants can be grown for several years, depending on the plant type. Although some perennials grow well in hanging baskets, it may be impractical to overwinter them in containers.

Growing Requirements
Choose plants with similar requirements for sun and water. No matter how attractive a plant may appear, it may not thrive unless the plants have similar growing requirements, their beauty will soon fade and they may die. Also, some plants may overtake others and the balance of the basket may become out of proportion.

Design
Design is not reserved for fresh flowers and foliage or dried plants. A group of plants, or even a single plant, is assembled and used, some decorative element should be considered.

Form
Plants with upright or vining forms are ideal for hanging baskets. Upright or erect plants can also be used, but they are usually best planted in the basket at a 45 degree angle. Intersting effects can be achieved through the grouping of contrasting plant forms. For example, the trailing lobelia combined with the upright geranium yields a contrast between the upright and vining habit.

Other considerations:
1. Focus point—Where does the eye travel? If it is a large basket, there may be one larger, more noticeable plant. In a smaller basket, you may have just one plant, or the entire basket becomes one scene.
2. Scale—Consider the size relationships between the basket, its container and the surroundings.
3. Proportion—This refers to the height, width and depth of the basket and its plants.
4. Dominance—Does one plant dominate, or is the total effect created by all the plants?
5. Line—This gives a sense of direction to the eye. In most baskets, the lines are flowery, curved or rectilinear.
6. Balance—Will the basket and its plants remain stable for its useful life? Is the structure of the container and the plants so created that it will not give way to one side, or out of scale?

Choosing Containers
Though wire baskets make the most suitable hanging baskets, almost any container with holes for water drainage can serve the purpose. Choose a basket you will use for an extended period of time and its type and size. Give some thought to the size relationships between plants, container and surroundings, as well as the overall shape of the container and its final placement. The container should be in proportion and scale with the plants you plan to grow. Decide whether the container will become an important part of the design or merely there to support the plants. A large, bold container filled with small plants usually looks out of proportion. Healthy plants require adequate drainage. Self-contained pots with no drainage holes can be made suitable by planting in a pot-in-pot arrangement or by adding a dry well or drainage layer (about 1/4 depth of container) to the container bottom. Three or four potted plants are usually better than one large container.

Healthy plants require adequate drainage. Self-contained pots with no drainage holes can be made suitable by planting in a pot-in-pot arrangement or by adding a dry well or drainage layer (about 1/4 depth of container) to the container bottom. Three or four potted plants are usually better than one large container.

Choosing the Right Plants

- Use color for:
  - direct contrast (reds, greens or yellows; purples, oranges, or blues)
  - color combinations (blues, violets, greens; reds in a monochromatic scheme (all red).

- Consider yellow or purple pansies or all white flowers with lavender or albusum.

- Use green foliage plants such as ivy, fern and springer fern, or the grey tones of dusty miller to provide a unifying and/or accenting effect. This is especially important when using boldly colored annual flowers.

- Also, consider the color (or colors) of the basket. It should complement the colors of the plant and location where the basket will hang.

Horticulture

There are numerous dwarf evergreens, flowering trees and shrubs from which to choose.

- Thyme, lavender, rosemary, and lavendar
- Never use a plant that is not hardy in your climate
- Planting as cuttings
- Use 1/4 depth of container (about 1/4 depth of container) to the container bottom. Three or four potted plants are usually better than one large container.
- Use a sharp knife through lined support

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- Color—Consider the size relationships between the basket, its container and the surroundings.

- Scale—Consider the size relationships between the basket, its container and the surroundings.

- Proportion—This refers to the height, width and depth of the basket and its plants.

- Dominance—Does one plant dominate, or is the total effect created by all the plants?

- Line—This gives a sense of direction to the eye. In most baskets, the lines are flowery, curved or rectilinear.

- Balance—Will the basket and its plants remain stable for its useful life? Is the structure of the container and the plants so created that it will not give way to one side, or out of scale?

- Choosing Containers

- Though wire baskets make the most suitable hanging baskets, almost any container with holes for water drainage can serve the purpose. Choose a basket you will use for an extended period of time and its type and size. Give some thought to the size relationships between plants, container and surroundings, as well as the overall shape of the container and its final placement. The container should be in proportion and scale with the plants you plan to grow. Decide whether the container will become an important part of the design or merely there to support the plants. A large, bold container filled with small plants usually looks out of proportion. Healthy plants require adequate drainage. Self-contained pots with no drainage holes can be made suitable by planting in a pot-in-pot arrangement or by adding a dry well or drainage layer (about 1/4 depth of container) to the container bottom. Three or four potted plants are usually better than one large container.

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- Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the spring vegetables are harvested.

- Remove old flower heads from annual bedding plants to keep them from seeding and to keep the plants compact and bushy.

- Remove old flowers from annual bedding plants to keep them from seeding and to keep the plants compact and bushy.

- Transplanting

- When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of cycling roots will surely break free if it is too tightly wrapped around the plant.

- If you do not have much room to landscape, consider using some of the many dwarf varieties available. These plants are excellent for low growth and stay small, as well as attractive pruning maintenance. There are numerous drought, evergreen, flowering trees and shrubs from which to choose.

- Disbud chrysanthemum flowers to assure large, beautiful blooms on straight, strong, single stems instead, remove the small side buds along the stems which form in the angles of the leaves. This will all of the new plants that have strong, straight stems.

- Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container’s bottom to provide drainage.

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- Use bark mulch around young trees to protect them from lawn mower damage.

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Get Involved with Wildlife and the Outdoors

There is a lot to learn and appreciate about wildlife and the outdoors. With this in mind, take some time to explore nature and all it has to offer.

• Read a book about wildlife and the outdoors. Discuss the book with others and ask questions. Read it out loud to a child and experience the wide eyes of wonder and excitement as a tale of nature unfolds.

• Take an earthy walk. In other words, find a place to walk where soil is underfoot. Think about what soil contributes to the environment and the many forms of life it supports.

• Become an expert on a particular mammal, bird or fish. Read and study books on the species and share this insight with others.

• Involve youth in outdoor activities. Read a book about wildlife or go on a nature walk. Children and youth are especially curious and like to explore and get their hands dirty.

• Take time to stop and look at the surroundings. Even in the city, the sky, plants and wildlife are there to enjoy. Try to find plant and animal shapes in the clouds.

• Join a group or organization that focuses on wildlife or the environment. Find something that fits a particular interest and become an active participant.

• Start a hobby watching, taking pictures or writing about wildlife. Camping and canoeing are fun ways to enjoy nature. Outdoor activities make special memories.

• Plant something. Sketch a plan for a backyard to incorporate different trees and shrubs, flowers or tall grasses that may attract wildlife.

• Thank someone who has done something for the well-being of wildlife and the environment. This could be a farmer for implementing conservation practices or a neighbor for recycling.

• Celebrate wildlife and have fun with nature. Be creative and don’t let anything hold you back.

Source: Ron Johnson, Ph.D., UNL wildlife specialist

FOR MORE INFORMATION
For resources and information on attracting wildlife, 4-H youth programs and more, visit http://lancaster.unl.edu

Do NOT Flush Medications

Barb Ogg
UNL Extension Educator

Historically, most experts have recommended flushing unwanted, unused or expired medications down the toilet. But, new research findings suggest this is not the best method of disposal. Instead, place them in the trash after taking precautions to prevent accidental ingestion by humans or animals.

Pharmaceuticals and personal care products (PPCP’s) applied to the body or ingested have the potential to be excreted into sewage systems and ultimately, into wastewater effluent. When scientists have looked for PPCP’s in the environment, these chemicals have been found.

A recent study of the water quality of streams in the Boulder Creek Watershed, Colorado, found PPCP’s in water samples. Trace amounts of these compounds have also been detected in surface water, drinking water and wastewater effluent sampling conducted in both Europe and the U.S.

A nationwide study by the United States Geological Survey detailed trace levels of PPCP chemicals found in prescription drugs in 80 percent of the waterways across the country. The break-through study checked for the presence of materials such as pharmaceuticals, antibiotics, steroids, hormones and other compounds. Seven streams and groundwater in Nebraska were included in the study.

Wastewater treatment plants have not been designed to remove PPCP’s, but water professionals are actively researching technologies which will remove or break down these compounds.

Scientists are concerned some pharmaceuticals—endocrine disrupters—may adversely affect the reproductive system of the fish and aquatic organisms living in waterways. Evidence of the medications’ potentially negative environmental effects has been documented around the country. Scientists have found fewer male fish than anticipated in streams, and male fish with female reproductive characteristics. Many scientists consider these findings to endocrine disrupting chemi- cals found in wastewater.

To help keep pharmaceuticals out of the environment, the Lincoln-Lancaster County Health Department (LLCHD) recommends the following simple steps.

1. Don’t flush unwanted or expired medications down a toilet or drain. This includes septic systems as well as municipal wastewater systems.

2. Alter the medications in some way (e.g., mix with cat litter, coffee grounds, baking soda).

3. Remove all identifying information, dose and secure the lid.

4. Dispose of the medication in the trash, preferably the day of pick up.

Source: Lincoln-Lancaster County Health Department, U.S. Geological Survey, American Water Works Association, U.S. Environmental Protection Agency

You Can Take Steps to Reduce Snakes in the Yard

Sonni Cochran
UNL Extension Associate

Of all the types of wildlife people find undesirable, snakes are often times at the top of the list. In this area, the vast majority of encounters with snakes are related to people and non-venomous snakes like garter snakes and bull snakes. Even then, few people are willing to accept these beneficial creatures in their yards and gardens.

During warm spring months, you are more likely to see snakes because they have come out of hibernation and are mating. If you can’t handle the sight of snakes, there are a few things you can do to reduce their presence around your property.

• Keep your lawn mowed and clear of debris. Snakes need cover to hunt for food and protect themselves. If they don’t have places to hide, they are less likely to be around. Don’t leave wood or brush piles, keep window wells cleaned and remove hole snakes might be able to hide in.

• Repair cracks along the foundation and fill holes around pipes.

• Just because you see a snake on your property doesn’t mean you have to kill it. You can avoid it or use the opportunity to learn about the snake by watching it. It is best to leave these beneficial animals where they are. Focus your efforts on excluding the snakes from any buildings and creating a habitat less inviting for snakes and their prey.

In this area, most snakes are non-venomous, like bull snakes (above) and garter snakes (below).

Lava Rock Barriers May Discourage Some Snakes

Some people report success with the use of lava rocks around buildings as a way to help discourage garter snakes. If you would like to try this method, you may need to place them at least two-feet wide and six-inches deep. Do not use any weed cloth or plastic under the rocks. You still need to remove any desirable habitat and repair cracks in foundations.

Household Hazardous Waste Collections

Friday, June 22, 9 a.m.–1 p.m.
Union College Parking Lot, 52 & Cooper Streets

Saturday, June 23, 9 a.m.–1 p.m.
NE Wesleyan University, parking lot, 56 & Huntington Streets

Some items you can bring for disposal:
Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides, (even banned medicines, fertilizers, explosives and ammunition.

These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collection.

Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.
Pre-Fair Leader Training, May 24

New leaders, experienced leaders, 4-H members and parents are invited to this leader training on Thursday, May 24, 9:30 a.m. to 7 p.m. at the Lancaster Extension Education Center. Pre-registration by May 23 by calling 441-7180.

Premier Animal Science Events, June 25–26

The Premier Animal Science Events will take place June 25–26 in the Animal Science Building on UNL’s East Campus. If you are interested in participating in the state 4-H livestock, meats, dairy or poultry judging contest or would like to become a member of the livestock skill-a-thon or quiz bowl team, please call Deanna at 441-7180 by June 6 to sign up for a team.

Quality Assurance Training, June 12

Lancaster County will be holding a 4-H/FFA Quality Assurance training on Tuesday, June 12, 6:30-7:30 p.m. at the Lancaster Extension Education Center. This year’s topics for the quality assurance trainings are: reading medication labels, proper injections and product quality. Every 4-H and FFA youth planning to exhibit livestock this year must complete this certification class prior to June 15. Call Deanna at 441-7180 for further details.

4-H Life Challenge Contests

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (PCS). Contests are open to all 4-H’ers, need not be enrolled in a specific project. Pre-registration is not needed for the county-level contests. Contact Tracy at 441-7180 for more information.

County-level Senior Life Challenge (for ages 12 and up) is scheduled for Friday, June 8, 1:30 p.m. at the Lancaster Extension Education Center. Contests will be based on the following 4-H manuals: Fast Foods; You’re the Chef; Foodworks; Growing All Together, 1, 2, and 3; Shopping in Style and Design Decisions. They may be checked out prior to the contest for studying.

The statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 25 and Tuesday, June 26 on UNL East Campus. To participate, please contact Tracy at 441-7180 by June 4. Information is online at http://4h.unl.edu/programs/

The county-level Junior Life Challenge (ages 8–11) will be held Thursday, July 12 at 1:30 p.m. at the Lancaster Extension Education Center. Contact Tracy for study packet.

Teen Council Won’t Meet in June

4-H Teen Council will not meet in June. The next meeting will be Sunday, July 8 at 3 p.m.

Horse Bits

Country Fair 4-H Horse IDs Due June 1

4-H horse identification forms for the Lancaster County Fair are due in the extension office by Friday, June 1. Late ID forms WILL NOT be accepted. Please take the time to fill out forms completely and thoroughly. Draw your horse’s markings on the picture as accurately as you can. Also, be sure to indicate the horse’s color on the drawing. ID forms can be picked up at the extension office.

State 4-H Hippology and Judging Forms Due June 1

Hippology and judging entry forms for the State 4-H Horse Exposition at Fonner Park are due to the extension office on Friday, June 1. Contest entry forms are available in the extension office or online at http://lancaster.unl.edu/4h.

Salt Creek Wranglers will host a 4-H Pre-district Warm-up on Saturday, June 9, beginning at 9 a.m. at the Salt Creek Wranglers arena. English Pleasure, English Equitation, Western Pleasure and Western Horsemanship classes will be run in the district format. This would be an excellent opportunity to practice and become accustomed to that format before actually going to districts.

The Wranglers will also host 4-H shows on Saturday, May 26, 9 a.m. and Sunday, July 8, 9 a.m. For more information and show bills, go to www.saltcreekwranglers.com or call Diane Olsen at 464-0754.

County Fair 4-H Horse Entry Forms Due July 6

All County Fair Horse Entry Forms are due in the extension office by Friday, July 6. NO LATE ENTRIES will be accepted.

Reminder—You must have passed all Walk-Trot or Level I Horsemanship requirements to show at the County Fair. You must have passed Level II to participate in off-the-horse roping classes. Barback Equitation requires a level III.

Horse Judging Contests, May 30 and June 27

There are two upcoming horse judging contests:

• State Horse Judging Contest—Junior-Intermediate at the Fort Robinson Horse Camp, June 14-16. The 2007 4-H Horse Camp at Ft. Robinson State Park near Crawford, NE will be held June 14, 15 and 16. For registration and further information, call the Dawes County Extension Office at (308) 432-3373.

All 4-H Riding Skills Level Tests Must be Done in Group Testings

Attention all Lancaster County 4-H horse riders: all riding skills level tests must be done in group testings! The dates and locations for the 2007 Advancement Level Testings are as follows:

• June 9 — Location TBA
• June 26 — Location TBA
• July 2 — Location TBA
• Sept. 29 — Location TBA

Please RSVP at least one week in advance of the test date to Marty at mcruickshank2@unl.edu or 441-7180.

All American Kids 4-H Club Donate Craft Materials to Children’s Museum

As a service project, the All American Kids 4-H Club donated craft materials to the Lincoln Children’s Museum. They spent about a month and a half collecting items from family, neighbors and friends. Flowers, seashells, ribbon, paper, pipe cleaners, cookie cutters, leaves and feathers were among the variety of objects the club collected. Arrangements were made to deliver the donated items to Pam Thompson of the Lincoln Children’s Museum on March 10. This club consists of students from North American Martyrs Catholic School in the Highlands.

—Submitted by Elaine Simpson Lancaster County 4-H Clubs are encouraged to submit their club happenings to True News. Send to vadulski@hastings.unl.edu or via UDL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528.

All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle and rabbits which will be entered in the Lancaster County Fair are due to extension office by Friday, June 15. Note: animal ID forms are not available online because they are carbon copy triplicates. Pick up forms at extension office.

4-H/FFA Animal ID’s Due June 15

All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle and rabbits which will be entered in the Lancaster County Fair are due to extension office by Friday, June 15. Note: animal ID forms are not available online because they are carbon copy triplicates. Pick up forms at extension office.

2008 Lancaster County Fair Dates

The 2008 Lancaster County Fair will be August 6–10 at the Lancaster Event Center in Lincoln.

Pre-District Warm-up

4-H Show at Wranglers, June 9

Attention all Lancaster 4-Hers: All 4-H’ers are invited to the State 4-H Warm-up Show at Wranglers which will be held Saturday, June 9 beginning at 9 a.m. at the Salt Creek Wranglers arena. English Pleasure, English Equitation, Western Pleasure and Western Horsemanship classes will be run in the district format. This would be an excellent opportunity to practice and become accustomed to that format before actually going to districts.

The Wranglers will also host 4-H shows on Saturday, May 26, 9 a.m. and Sunday, July 8, 9 a.m. For more information and show bills, go to www.saltcreekwranglers.com or call Diane Olsen at 464-0754.
**Dairy Fun Day, June 23**

Robby Daisy, 4-H club members and Norris FFA members invite your family to attend Dairy Fun Day at Priateiland Dairy near Firth (13000 Pella Road) on Saturday, June 23, 11 a.m.-3 p.m. Free fun activities and lunch. 4-H club will assist with tours, a petting zoo, face painting and more.

**4-H Robotics County Fair Entry**

4-H'ers involved in the Robotics curriculum may enter a project in the 4-Hers in the County Fair following the engineering class (added after Fair entry is sent to press).

**You Be The Teacher (class # H860012)—**share with others what you learned in this project. Examples may include a poster, an essay, etc. (note: not state fair eligible).

**Online at http://lancaster.unl.edu/4h or available at the office.**

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**New Art Projects**

There are two new inter- medium and advanced Home Environment projects, “Sketchbook Crossroads” and “Portfolio Pathways.” These projects will help youth develop their artistic skills and talents. Youth can explore many new media—from sketching and painting to sculpting and graphic design. Stop by the office to see the project manuals.

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**Youth**

**Chris Stephenson**

Lancaster County 4-H is proud to announce Chris Stephenson as winner of June’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Chris has volunteered with 4-H for over 7 years in many roles: independent Clover Kids project leader; Rabbits R Us 4-H Club project leader; and as a co-leader—of the club, member of Rabbit VIPs Committee; County Fair 4-H Rabbit Superintendent; Bucket Calf Superintendent; Clover College instructor; and Wildlife Habitat team coach. She has also assisted with Shooting Sports programs and the County Fair Bicycle Safety Contest.

I like being a 4-H volunteer because it’s a great way to spend quality family time,” says Chris. “I learn as much, or more, as the kids do, and it’s my way of giving back to a system that has offered so much to me through the years. I get to see the future in the kids I work with, and it’s a beautiful future! My favorite experience is seeing the pride the younger 4-H’ers have in their accomplishments and how the older 4-H’ers make their skills. The skills 4-H’ers learn will be with them their entire lives.”

Chris and her husband Ron and three daughters live on a farm near Bennet. In addition to volunteering for 4-H, Chris volunteers at Messiah and Holy Savior Lutheran churches, and as a parent volunteer at Norris Elementary and Middle schools.

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

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**Be a 4-H Clover College Volunteer!**

Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at tkulm1@unl.edu or 441-7180.

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**Insect Pins Available at the Extension Office**

Due to popular demand, you can purchase insect collecting pins at the Lancaster Extension in Lancaster County office. The cost is $5 for a packet of 100 pins. They are available in size 3, the size needed for most insects and size 1, for smaller insects.

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**2-Day Workshops**

**Checkmate I**

Beginning chess players learn rules and values of pieces. Build skills and play complete games in stages.

**TUE & WED, JUNE 19-20; 12:45-2:45PM**

AGES 9 & up + FEE $5

**INSTRUCTOR:** James Wala, 4-H Checkmate Leader

**Checkmate II**

For those who know chess rules and play complete games. More advanced tactics and strategies to improve skills emphasized. Tournament-like play.

**THU & FRI, JUNE 21-22; 10AM-12:15PM**

AGES 10 & up + FEE $5

**INSTRUCTOR:** James Wala, 4-H Checkmate Leader

**1-Day Workshops**

**Fox Walking & Stalking**

Learn primitive walking techniques. Learn how to fox walk and the stalking steps needed for quiet, undeetectable movement in the wilderness. Dress for the weather and bring a blindfold.

**TUE, JUNE 19; 8-10AM**

AGES 8 & up + FEE $2.50

**INSTRUCTOR:** BJ Spring, AGES 10 & up + FEE $10

**INSTRUCTOR:** Maureen Burson, Extension Educator

**10AM-12:15PM**

**Fabulous Face Painting**

Learn how to paint awesome designs on faces, arms and legs.

**TUE, JUNE 21; 12:45-2:45PM**

AGES 10 & up + FEE $10

**INSTRUCTOR:** Maureen Burson, Extension Educator

**Spectacular Spectrometer**

Learn about how astronomers use light to study the universe.

Build a spectrometer (which spreads out the various colors of light into a spectrum) and view a variety of different light sources.

**WED, JUNE 20; 12:45-2:45PM**

AGES 8 & up + FEE $6

**INSTRUCTOR:** Chris, Jessica and Jamie Stephenson, 4-H Volunteers

**Hoody Makeover Workshop**

Create a hooded towel for a baby or toddler. Kit includes towel and thread. Bring scissors, sewing pins, ruler and sewing machine (if available).

**THU, JUNE 21; 10:00-11:30AM**

AGES 8 & up + FEE $5

**INSTRUCTOR:** Maureen Burson, Extension Educator

**Hooded Towels**

Create a hooded towel for a baby or toddler. Kit includes towel and thread. Bring scissors, sewing pins, ruler and sewing machine (if available).

**WED, JUNE 20; 12:45-2:45PM**

AGES 8 & up + FEE None

**INSTRUCTORS:** U.N.L. Physics Professor Kevin Lee & SEPPO Student

**How'd You Do That?**

Learn about how microscopes use light to study the universe.

Build a spectrometer (which spreads out the various colors of light into a spectrum) and view a variety of different light sources.

**WED, JUNE 20; 12:45-2:45PM**

AGES 11 & up + FEE None

**INSTRUCTORS:** U.N.L. Physics Professor Kevin Lee & SEPPO Student

**Folding**

Learn how to fold traditional and origami designs. This temporary tattoo is made with airbrush. (note: not state fair eligible).

**FRI, JUNE 22; 12:45-2:45PM**

AGES 8 & up + FEE $10

**INSTRUCTOR:** Jhoni Kucera, 4-H Volunteer

**Airbrush**

Learn how to use airbrush techniques to create designs on your nails using decals, rhinestones, striping tape and nail art brushes.

**FRI, JUNE 22; 12:45-2:45PM**

AGES 8 & up + FEE $5

**INSTRUCTORS:** Paradise Face and Body Painters and Christian Kucera

**Nail Art**

Learn how to create different designs on your nails using decals, rhinestones, striping tape and nail art brushes.

**FRI, JUNE 22; 12:45-2:45PM**

AGES 8 & up + FEE None

**INSTRUCTOR:** Jhoni Kucera, 4-H Volunteer

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**CLOVER COLLEGE REGISTRATION FORM**

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 11. Registrations are handled on a “first come” basis and will only be accepted upon receipt of fees. Classes fill quickly—early registration is recommended. Telephone registrations are not accepted. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed.

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**Mail or bring registration form and payment to:**

UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507
Center for People in Need’s ‘Truckloads of Help’ Program Distributes Nearly $22 Million Worth of Donated Products

The Center for People in Need is a Lincoln-based, non-profit human service agency. Our mission is to increase resources for families and individuals to help them overcome socio-economic barriers that limit their paths to success. Central to our operations is to carry out our work with minimal staff and large numbers of volunteers, by working in collaboration with other agencies and organizations and by leveraging our resources.

Our most comprehensive program is ‘Truckloads of Help,’ which is unique in Nebraska and throughout the nation. We obtain products through ‘Gifts-in-Kind,’ a national clearinghouse for companies and corporations contributing new products for donation to charities throughout the country. Semi-trucks regularly deliver to our warehouse a variety of products, including office furniture, supplies and equipment, clothing, bedding, toys, small appliances, cleaning supplies and household and personal care items. Businesses donating merchandise include Sears, GAP, Old Navy, Office Depot, Nike, Gillette, Oral B, Depot, Nike, Gillette, Oral B, and Lincoln Action Program.

Feedback confirms the program is a success. Participating agencies tell us the office products they receive help them administer their programs, and frees up dollars for client services. They say the program helps their clients by providing for their basic needs, assisting with employment, supporting their work toward self-sufficiency and helping families stretch limited budgets. The products also serve as incentives for people to obtain their GED, learn English or to attend self-help classes. Likewise, although of great value, the program ‘Truckloads’ also is used for other programs, including our ‘Neighborhood FOOD’ program. In collaboration with the Lincoln Food Bank, we food to different Lincoln sites each week in low-income Lincoln neighborhoods. Weekly, over 700 families receive approximately 20 pounds of food at no cost. We also distribute personal care products obtained through ‘Truckloads.’

Toys obtained through our ‘Truckloads’ program have made our ‘Toyland for Kids’ project possible. In collaboration with other organizations, we provided gifts to approximately 4,000 low-income children this past holiday season. In 2007, we plan on giving holiday gifts to nearly 6,000 children. Each year we have special distributions for Mother’s Day and Father’s Day through agencies across the state.

We are implementing two new projects: using ‘Truckloads’ for college students in the community focusing on ‘Truckloads’ for college students in the community focusing on homeless youth. This August, in collaboration with other agencies, we will launch ‘Tools for Education.’ We will give at least 3,000 low-income children backpacks filled with school supplies and new clothes. Soon we will begin our ‘Emergency 24/7’ project with a $12,000 grant from the Rape/Spouse Abuse Center. They will have 24-hour, seven-days-a-week access to the Center’s warehouse to pick up items when they encounter a family in crisis.

‘Truckloads’ is a success because of our dedicated staff, our donors, our volunteers and our partnerships. The ‘Truckloads’ warehouse and distributions are managed by only two full-time employees. Our donors provide the funds needed to secure the merchandise. Our volunteers make it possible for the program to function. Every month, volunteers donate anywhere between 400 and 800 hours to the ‘Truckloads’ program. By working in partnership with other agencies and organizations, we more effectively reach families needing services and pool efforts.

At the end of May, the Center for People in Need will move to a new location at 3901 North 27th Street. We have been operating out of multiple locations and staff have been working in cramped quarters. Our new site provides for all staff and ‘Truckloads’ warehouse to be under one roof. The additional space will make it possible for us to bring in more goods and expand our reach to serve more families and human service agencies. Our goal is to increase the number of agencies participating in the ‘Truckloads’ program from the current 180 to at least 300. We are seeking donations to help remodel the site. We need to raise $150,000 by June 1 in order to receive an $80,000 matching grant from Woods Charitable Fund. Pledges, which need to be paid by December 31, 2007, count toward the goal.

For more information about the Center for People in Need or its programs, go to www.centerforpeopleinneed.org or call 476-4367. To volunteer, call 476-4357.
A retreat designed for 6th grade girls and their mothers

• Enhance effective communication including expressing emotions
• Learn more about body image and sexuality
• Explore techniques to handle peer pressure and stress
• Discuss the importance of individual family values
  Cost includes meals, snacks, lodging (modern cabins with restrooms and twin beds) and program materials. Early bird registration by Aug. 15 is $120 per pair. Two full scholarships based on need are available to Lancaster County 4-H families.

For more information or a registration form, go to http://lancaster.unl.edu/4h/Fair or call Maureen Burson at 441-7180.

For more information or assistance contact UNL Extension in Lancaster County at 441-7180.
**Explore Career Options at Big Red Academic Camps**

The 2007 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features workshops on topics such as movie-making or fashion design, youth showcase their work at a special “capstone event” which family members or parents are invited to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office. For more information, call 472-2805.

**Choose from More than 40 Nebraska 4-H Summer Camps**

4-H Summer Camps & Trips are open to all youth ages 5–19 — need not be in 4-H. Specializing in leadership development and team building, 4-H summer camps create positive memories which last a lifetime.

With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to five days/four nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins. Six camps aimed at youth ages 5–8 are one-day camps and adult chaperones are invited!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association.

2007 4-H Summer Camp brochures have complete information and registration forms available online at http://4h.unl.edu/camp or at the extension office.

**Pioneers Park Nature Center Herbal Festival**

Saturday, June 23, 8:30 a.m.

The Pioneers Park Nature Center and the Nebraska Herbal Society of Lincoln invite you to their Morning with Herbs Festival featuring workshops, a catered herbal luncheon and an herb garden tour. Guest speaker Theresa Mieseler speaks about “Planting a Fairy Garden” and “Creating Herbal Topiaries.”

Cost $20/person. Call 441-7895 for a registration form. All workshops will be filled on a first-come, first-served basis.

**4-H’ers Have a Ball at Kiwanis Karnival**

Over 350 4-H families and Elliott school students and their families attended this year’s Kiwanis Karnival held April 14 at Elliott Elementary School. Lincoln Center Kiwanis sponsors the free, family event by providing snacks and prizes. Eleven 4-H clubs created and ran carnival-type games for kids.

**Can You Guess It?**

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

The answer was Rhubarb Plants in Early Spring

**Unicameral Youth Conference**

Explore Career Options at Big Red Academic Camps

Did you guess it from the May Neuline? Updated June 2007

• 96% of the mothers and 91% of the daughters are able to discuss and discuss ways parents can handle “sticky situations” which may occur.

• 100% of the daughters and 92% of the mothers better understand how to handle “sticky situations” which may occur.

• 100% of the daughters are committed to making choices which keep their bodies healthy.

• 86% of the mothers better understand the joys and challenges which may come in the future and feel like they have additional strategies to parent their children.

A Daughter/Mother Camp for sixth graders is scheduled Oct. 5–6 (see page 11).

**Attendees participated in a Real Colors personality assessment to learn about different personality types.**

**A hands-on food preparation experience expanded basic cooking skills.**

**Participants learned to try new things by experiencing a rope challenge course.**

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