

## HEART OF 4-H

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Emily, age 13, are members of Rabbits "R" Us. Emily is also a member Wee Amigos.

Bob Dresser, parent of a 4-H'er in Rabbits "R" Us, nominated Sara saying, "Sara is very positive about 4-H and each individual's participation. She includes each person in the activities and encourages each person to express his/her views and suggestions. She has organized each meeting so persons learn about conducting and participating in a meeting."

Sara says she likes being a 4-H volunteer because, "It is fun to teach kids to have fun and learn responsibility at the same time. 4-H is such a good organization that I feel it is important to give back what I had learned from it as a kid myself." Sara was a 4-H member for nine years.

She enjoys helping the younger kids in the club. "They are so eager to learn and participate, and when the fair is here they want to take and do everything. I also try to encourage the older members to gain some leadership skills by helping and encouraging them as well."

The Rabbits "R" Us club ran the dunking booth at last year's county fair. Sara says, "Everyone had fun even though

there was work involved. The fair always is a lot of work, but the fun is what you remember."

Married to Todd Morton for 20 years, Sara works at BryanLGH Medical Center. She is involved in their children's school activities and is a board member of the Capital City Horse & Pony Club.

Sara's favorite way to relax is watching baseball or going camping in the Sandhills. Something most people don't know about her is she loves big band music.

Congratulations to Sara Morton. Volunteers like her are indeed, the heart of 4-H!



## CLINTON

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times a year and the board meets every first Monday of month. The neighborhood association is also supporting Clinton Elementary School by collecting "General Mills" box tops. General Mills pays cash to Clinton for all the box tops they return. The money is used by the school for educational materials and the kids even get to help with suggestions on how the money is spent.

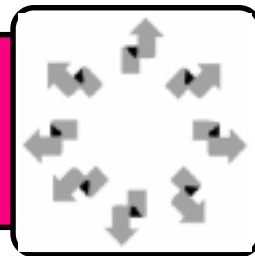
Another project the community is involved is the Free to Grow: Approaches for a Sub-

stance Abuse-Free Community. Through Lincoln Free to Grow\*, Clinton neighborhood residents have been working with several partners to implement new projects. There are three major projects currently underway: **Strengthening Multi-Ethnic Families and Communities** is a project that gives parents an opportunity to discuss and share parenting concerns with other parents. **Our HOUSE (Helping Others Using Support and Education)** is a project designed to help families deal with daily challenges and frustration by support and education in building on personal strengths. **Neighborhood Watch Groups** is a project providing residents an opportunity to address safety concerns.

Clinton neighborhood residents are looking forward to January 2004, when CEDARS Northridge Community Center will open its doors at 27 and Holdrege Streets. The new 17,500 square-foot facility will house basic community services like childcare services, after-school services, health care outreach, job training and placement, English and GED classes.

\* For more information on Lincoln Free to Grow, contact Lincoln Action Program at 471-4515.

## Miscellaneous



### New Biking Bound Camp June 9-12 — The Ultimate Experience for Youth!

How does four days of fun-filled biking through the beautiful bluffs of the Platte River sound? The new Biking Bound Camp is an action-packed biking event for youth ages 11-14. The camp will be held June 9-12 at the Eastern 4-H Center.

The Nebraska Downhill Racing Team, a regional racing team, and the Omaha Safety Council will present a variety of demonstrations and programs on the latest equipment, skills and safety considerations needed for a top-notch biking experience.

The Nebraska Downhill Racing Team will give two days of instruction on basic and advanced mountain biking and will finish off the camp with an evening of trick riding!

Campers may bring their own helmet and bike or the camp will outfit.

Biking Bound is one of more than 36 4-H camps offered this summer. For more information or registration forms, visit [4h.unl.edu](http://4h.unl.edu) or pick up a camp pamphlet at the extension office.

### Junior Leader Weekend at Eastern Nebraska 4-H Center, June 20-22

The Eastern Nebraska 4-H Center near Gretna is pleased to announce a special weekend event for all teen leaders. The Junior Leader Weekend is scheduled for June 20-22 and is open to all youth ages 15-19.

Nebraska Cooperative Extension 4-H Youth Development will provide specialized leadership development programs. Kelly Krambeck, 4-H center director, and Janet Fox, 4-H youth specialist, will present informative sessions regarding interpersonal communication and

leadership styles.

Many other hands-on leadership development activities are planned.

Participants will also have many opportunities for fun and relaxation, including canoeing, rappelling, climbing and bowling. The weekend will be topped-off with a dance.

Junior Leader Weekend is one of 36 4-H camps offered this summer. For more information or registration forms, visit [4h.unl.edu](http://4h.unl.edu) or pick up a camp pamphlet at the extension office.

# Virtual Camp Blends Learning, Fun and Technology

Parents who want their children to use the Internet safely — and to learn while having fun — will want to check out a new online resource that will let kids "camp out" all year long — goCyberCamp™! The Web site provides youth with a window to nature, the outdoors and camp culture in educational but game-like settings.

Youth age 8 to 12 are able to participate as 'virtual campers' from wherever they are: At home, an after-school program, the library, a community center or local YMCA, grandma's house, or some other place with access to the Internet. The Web site requires no special software, so registered campers need only "hike" across the keyboard and bring their own sleeping bag and marshmallows.

At goCyberCamp, children can go to:

- The Lake where they can build a fish at the Fish Factory,
- The Woods to play Memory Games, such as matching up tree cones to their trees and animals to their animal tracks,
- The Meadow to launch a rocket at Rockets Away,
- The Campgrounds to lend a hand in the Recycle Race,
- The Campfire to listen to camp songs and stories, or
- The Gallery to submit their own songs, stories, and



development and start-up with a \$1.3 million grant.

The University of Nebraska Communication and Information Technology department is providing the technical expertise to make goCyberCamp possible.

Campers will be able to interact with other "campers" who are registered to use the site and can elect to become part of a virtual cabin — that is, a small group of children and an adult camp counselor who meet online regularly. These cabins are meant to foster some of the camaraderie children would experience at an actual summer camp.

In order to provide a safe online environment, access to the Web site is limited to registered, authenticated campers and staff. goCyberCamp is a "closed site," meaning there are no links to other external Web sites. Additional security for campers is provided through "bots," computer programs that automatically monitor the online interactions to prevent inappropriate language, for example.

Campers and care providers may sign up to join goCyberCamp at no charge by visiting [lancaster.unl.edu](http://lancaster.unl.edu). Campers must obtain a parent or legal guardian's permission to enroll, and care providers also must obtain the parent or guardian's permission for each child to participate.

artwork.

Special spring-related activities are highlighted in "Spring Fling," which includes "Egg Cam" from the University of Nebraska Cooperative Extension in Lancaster County's Web site. "Egg Cam" gives Web surfers a bird's-eye view as baby chicks hatch from incubated eggs.

goCyberCamp was developed by the Center for 4-H Youth Development, part of the University of Minnesota Extension Service, which worked closely with faculty and staff located at land grant universities around the country, including the University of Nebraska. The AT&T Family Care Development Fund is funding the Web site's

## 4-H Camps Are Filling Fast!

Open to all youth ages 5-19

Time is running out to make plans to attend this year's 4-H summer camps!

There are 36 camping programs to choose from with activities such as backpacking, fishing, mountain biking, rappelling, dancing, canoeing and arts & crafts. Camps range from one to five days and are located at one of three Nebraska 4-H camp facilities.

The following camps are offered at the Eastern Nebraska 4-H Center in Schramm Park near Gretna:



- |                       |   |
|-----------------------|---|
| <b>June 3-5</b>       | <b>Discovery Camp</b> Ages 8-10               |
| <b>June 6-7</b>       | <b>Take a Friend, Make a Friend</b> Ages 8-10 |
| <b>June 8-12</b>      | <b>Boldy Bound</b> Ages 11-14                 |
| <b>June 9-12</b>      | <b>Biking Bound</b> Ages 11-14                |
| <b>June 14</b>        | <b>Kids-N-Critters</b> Ages 5-7 w/chaperone   |
| <b>June 15-18</b>     | <b>Niobrara Canoe Trip</b> Ages 15-18         |
| <b>June 20-22</b>     | <b>Junior Leader Weekend</b> Ages 15-18       |
| <b>June 29-July 2</b> | <b>Discovery Camp</b> Ages 11-14              |
| <b>July 7-9</b>       | <b>Splash Bash</b> Ages 8-10                  |
| <b>July 10-13</b>     | <b>Discovery Camp</b> Ages 11-14              |
| <b>July 14-17</b>     | <b>Outdoor Skills</b> Ages 11-14              |
| <b>July 18</b>        | <b>Kids-N-Water</b> Ages 5-7                  |
| <b>July 29-31</b>     | <b>Dismal River Trip</b> Ages 15-19           |

Camp fees range from \$18 (Kids-N-Critters/Kids-N-Water) to \$250 (Niobrara Canoe Trip).

For camp descriptions, registration forms and more information, visit online at [4h.unl.edu](http://4h.unl.edu) or pick up a camp pamphlet at the Lancaster County Extension office. Don't delay your registration!