In This Issue
Horticulture ........ 2
Environmental Focus . 3
Farm Views ........ 4
Urban Agriculture . . 5
Food & Fitness ...... 6
Home & Family Living. 7
4-H & Youth ......... 8-9
Community Focus . . 10
Miscellaneous .. 11-12

Avoid Portion Distortion
With MyPyramid’s Specific Guidelines

Alice Henneman, MS, RD
Extension Educator

Portion Distortion

<table>
<thead>
<tr>
<th>20 YEARS AGO</th>
<th>TODAY</th>
<th>DIFFERENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>333 Calories</td>
<td>590 Calories</td>
<td>257 EXTRA CALORIES</td>
</tr>
<tr>
<td>500 Calories</td>
<td>1,025 Calories</td>
<td>525 EXTRA CALORIES</td>
</tr>
<tr>
<td>85 Calories</td>
<td>250 Calories</td>
<td>165 EXTRA CALORIES</td>
</tr>
<tr>
<td>270 Calories</td>
<td>630 Calories</td>
<td>360 EXTRA CALORIES</td>
</tr>
</tbody>
</table>

The amounts below are daily totals for a 2,000 calorie diet.

Fruits
Eat the equivalent of 2 cups of fresh, canned or frozen fruits
Note this equivalent:
• ½ cup dried fruit = ½ cup fruit

Vegetables
Eat the equivalent of 2½ cups of raw or cooked vegetables
Note this equivalent:
• 2 cups raw leafy greens = 1 cup of vegetable

Dairy Products
Consume 3 cups of fat-free or low-fat milk or equivalent milk products
Ages 2-8: 2 cups / Ages 9 & up: 3 cups
Equivalents:
• 8 oz. milk
• ½ oz. natural cheese
• 1 cup yogurt
• 2 oz. processed cheese

Grains
Eat 6 ounce-equivalents
3 ounce-equivalents or more of whole-grain products. The remaining grains should come from enriched or whole-grain products.
Equivalents:
• 1 slice bread
• 1 cup ready-to-eat cereal
• ½ cup cooked pasta, cooked rice or cooked cereal

Meat & Beans
Eat 5½ oz. (or equivalent) of lean meat, poultry or fish
Equivalents:
• 1 oz. meat, poultry or fish
• ½ cup cooked dry beans or peas
• 1 egg
• 1 tablespoon peanut butter
• ½ oz. of nuts or seeds

MyPyramid Tells You Exact Amounts

Keep an Eye on Your Portion Sizes
Here are some ways to “eyeball” food portion amounts:

1 cup = 1/2 cup =

To view a slide show and/or to download a PowerPoint presentation which expands on this article, go to http://lancaster.unl.edu/food_divvy/ps.htm

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Elbert C. Dickey, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources. UNL Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

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Mandevilla — Tropical Vine with Showy Flowers

Mandevilla is known for its showy flowers and there are about 100 species of this tropical woody vine. Most species overwinter only in the tropical South. In Nebraska they can be treated as annuals or grown indoors. They can be brought indoors before the first freeze and treated as a houseplant during the winter months. In the spring, mandevilla can be placed outside after the threat of freezing weather has passed. Mandevilla is great trellised in containers or on hanging baskets.

Once mandevilla need bright indirect sunlight. Provide plenty of water. Some soil and fertilizer every two weeks.

Outdoors, grow mandevilla in partial shade. They need rich, well-drained soil. Provide a frame, trellis or stake for support. Pinch young plants to induce bushiness. Since 45 to 50 F is the minimum temperature tolerated by mandevilla, plants should be moved indoors for the winter. Before bringing them indoors, examine them carefully for pests. Look under the leaves on the plant stems and check berries. Remove any diseased or dead leaves by hand. Insect-infested plants can be doused with a forceful spray of water to dislodge the pests, or you can use insecticidal soap or other appropriate insecticides labeled for use on your plant. The most common pests are mealybugs, scale, whiteflies and spider mites.

Move plants to a lighted location where the temperature is above 55 F. Reduce the frequency of watering to coincide with the plant’s rest periods induced by the cooler temperatures and reduced light. In late winter or early spring growth begins, prune by removing old, crowded stems and shortening others. If even mandevilla is pruned almost to the ground, it will bloom the same summer on the new shoots, which develop from the base of the plants.

Common Name Scientific Name
Basil, Sweet Ocimum basilicum Foliage 12–18 Annual Full sun Herb
Chamomile, German Matricaria recutita Flowers 12–18 Annual Full sun Full sun or purple flowers
Heliotrope Heliotropium arborescens Flowers 12–18 Annual Full sun Full sun or purple or white flowers
Irish Bearded Iris germanica Flowers 8–36 Perennial Full sun Many colors
Lavender, English Lavandula angustifolia Flowers & Folage 12–16 Perennial Full sun Full sun Purple flowers
Lemon Balm Melissa officinalis Foliage 24–36 Perennial Full sun Spreads easily
Lily-of-the-Valley Convallaria majalis Flowers 8–12 Perennial Part Shade Spreads easily
Oregano Origanum vulgare Foliage 12–18 Perennial Full sun Spreading habit, easy
Peony Paeonia lactiflora Flowers 24–48 Perennial Full sun Bloom in May
Rose Rosa sp. Flowers 18–48 Perennial Full sun Many colors
Rosemary Rosmarinus officinalis Foliage 24–36 Tender Perennial Full sun Not hardy, Herb
Sage, Common Salvia officinalis Foliage 18–36 Perennial Full sun Herb
Scented Geraniums Pelargonium sp. Foliage 12–36 Tender Perennial Full sun Not hardy, many scents
Spearmint Mentha spicata Foliage 12–24 Perennial Full sun Spreads easily, easy
Thyme, common Thymus vulgaris Foliage 8–12 Perennial Full sun Herb

Fragrance in the Garden

Mary Jane Frogge Extension Associate

As a gardener you know there are hundreds of garden plants to choose from when you are designing a landscape. Fragrant plants are an added bonus to your garden site. Consider adding these fragrant plants to your outdoor living area.

Heliotrope (Left) and Bearded Iris (Right)

Most Leaf Galls Don’t Harm Trees

Warmer weather has helped plants leaf out and also get us out into yards and gardens. Looking at new leaves on trees and shrubs may cause panic to some when bumps or distorted growth is noticed. These are usually leaf galls.

Leaf galls are fairly common on trees and shrubs. A gall is an abnormal plant organ that has developed as the result of feeding or activity by insects or other organisms. Galls are involved when the pest interferes with leaf development in the spring. There are also galls caused by fungi, bacteria and other organisms.

Once the gall appears on the leaf, there is no way to control it. Preventing most leaf galls is extremely difficult. However, other than being un-sightly, most leaf galls are not harming the tree or shrub. Maple bladder gall is a common example of leaf galls. Small green bumps appear on the tops of silver and red maple leaves, turning bright red. This is due to tiny mites feeding on newly developing leaves. While it may look bad, in reality it is a growth which is not a threat to the tree. Control is not practical or necessary.

Galls frequently appear on oaks. They may cause small bumps or larger, more visible growths. For example, the oak-apple gall appears as fairly large, round, apple-like growths. These are caused by a very small wasp. Some may affect twigs, such as the gouty oak gall, and actually cause some dieback. Most leaf galls on oak are not damaging.

Leaves of hackberry trees often have the hackberry nipple gall, caused by an insect called a psyllid. Elm often get galls such as the cockscob gall, caused by an aphid. This irregular gall looks like rooster’s combs on the leaves. Other shade tree, shrub, fruit crop and even perennial foliage may have galls appearing. Treatment is rarely suggested and would have been needed prior to the gall forming. This usually is not practical. Once the gall bad formed, even if the pest is killed, the gall remains since it is actually plant tissue. Many gall makers also have natural predators or parasites that help keep populations in check.
Traveling This Summer? Find Bedbugs in Hotel Rooms Before They Find You!

Barb Ogg Extension Educator

Bedbugs are reddish-brown, small — about 1/4-inch long — wingless and flat. Oddly enough, bedbugs have never been shown to transmit diseases and are considered to be a serious health threat, although people dealing with bedbugs may experience psychological stress and insomnia.

Entomologists worldwide have noticed an upsurge in bedbugs in the last five years. Why this has happened is unknown.

One suggestion is there is more world travel today. This includes vacationers, business travelers and international travel to places where there are more bedbug problems. Some hotels (even expensive ones) have been in- fested with bedbugs and travelers have not only gotten bitten, but they have brought bedbugs home after vacationing. A 2004 survey of pest control compa- nies by Pest Control Technol- ogy magazine found that hotels accounted for the largest percent- age (37 percent) of bedbug infestations nationwide. Because the contributing factor might be the shift in routine insecti- cide use for interior pests. And, some insectsicides, like Durs- ban®, that provided residual control are no longer available for indoor use.

Habits

Bedbugs prefer to feed on human blood, although they may bite other warm-blooded animals, including pets. During the day, bedbugs hide in bed- clothes, mattresses, springs, bed frames or other cracks and crevices near the bed. They use heat- seeking thermoreceptors to find their host. Many victims go to bed at night.

Bedbugs feed on blood as their only source of nutrition. Bites are often on the upper body: neck, arm and shoulder. Most people don’t feel the bite, which is painless, but bites may produce welts and local infiam- mation and itch afterwards.

Bedbugs leave black or brown fecal spots near their hiding places and on bedding. The size of the spots varies with the number of bedbugs. The tiniest spots are pinhead size, the largest may be 1/8- inch in diameter. Spots won’t be found on fresh bedding, but look near potential hiding places such as near the headboard or on the mattress itself.

When food is abundant, it can take bedbugs only two months for bedbugs to grow from egg to adult during warm weather. Bed- bugs are so amazingly adaptable because they are able to fast for extended periods. It has been documented they can live more than a year without food.

Prevention

Bedbugs don’t just appear spontaneously in a home or apartment. People inadvertently move bedbugs from place to place. Bedbugs in hotels or motels sometimes crawl into luggage and return home with travelers. Another way is to bring them home with infested furniture. Brought inside apart- ments or hotel rooms, bedbugs may travel to other rooms as their numbers increase.

When checking into a hotel, it is a good idea to im- mediately inspect rooms for bedbugs or their fecal spots. Even if bedbugs are not found, don’t place luggage on the floor near the head of the bed. Use luggage racks instead.

Management

Bedbugs are tough to control because most of the insectsicides available are repellent to bedbugs. This means bedbugs may respond to a chemical application by scattering away from the treated areas. In apartment settings or hotels, treatments can inad- vertently spread the bedbug problem.

Because bedbugs are diffi- cult to control, it may be most efficient to hire a pest control company rather than the do-it-yourself approach. Pest control professionals have a greater ar- senal of products available and tools needed to get treatment into cracks and crevices where bedbugs hide. But, people can help with control efforts to make the treatments more effective and eliminate an infestation more quickly.

• Examine all items in infested rooms for bedbugs. Look for fecal spots to pinpoint hiding places. Kill bedbugs by drop- ping pyrethrum powder or diatomaceous earth in the cracks and washing. Remember that immature bedbugs are very tiny. Don’t forget to check under mattress buttons and between the mattress and box spring.

• Launder bedding and dry in a hot dryer to kill all stages of bedbugs.

• Vacuum thoroughly in in- fested areas. This includes the mattress, box springs fur- niture, beds, headboards, sofas.

• If you don’t see the void area un- derneath box springs — tear away the canvas fabric and look for bedbugs.

• After you are finished, bag the vacuum cleaner bag and take it out of the trash. Vacuum every couple days until the infesta- tion is gone.

• Use a steamer on mattresses to kill eggs that might have been overlooked. I don’t rec- ommend spraying mattresses with insecticides. Steam cleaning carpets is also a good idea, but work with the pest control company to make sure you are not interfering with the effectiveness of treat- ments.

• Eliminate clutter in infested areas to reduce hiding places for bedbugs and make treat- ments more effective.

• Some people recommend throwing mattresses away. If the mattress is in good condi-
tion, it may not be necessary to discard it. After vacuuming and steaming the mattress, cover it with a plastic zipper cover to trap bugs inside. Keep the mat- tress cover on the mattress for at least a year to make sure all the bugs are dead.

When considering pest control companies, ask about previous experience success- fully treating bedbugs. The company should use a number of tactis to control these pests. These include dusts in wall voids, crack and crevice sprays and sticky traps to monitor bed- bug movement and assess the effectiveness of treatments.

Bedbugs vs Bat Bugs

The bedbug belongs to the family Cimicidae, which is the only family that contains two species that are a great food source for some insect pests. Most rodenticide baits are made of grain which is the pre- ferred food of rats and mice. Some insectsicles kill rats and mice, they are a great source for some insect pests. Most rodenticide baits are made of grain which is the preferred food of rats and mice. Insect pests that thrive on poi- soned grain, pellets or blocks include cockroaches and pantry pests such as larder and hide beetles. The unusual photo shows mature hide beetle larvae that have been feeding on a mouse bait block. To prevent infestations of pantry pests, remove rodents during the summer (when insects are most active) and replace in the fall (when rodents often move indoors), if needed.

— By Barb Ogg, Extension Educator

Some Insects Thrive on Rat Poison

Even though rodenticides kill rats and mice, they are a great food source for some insect pests. Most rodenticide baits are made of grain which is the preferred food of rats and mice. Insect pests that thrive on poisoned grain, pellets or blocks include cockroaches and pantry pests such as larder and hide beetles. The unusual photo shows mature hide beetle larvae that have been feeding on a mouse bait block. To prevent infestations of pantry pests, remove rodents during the summer (when insects are most active) and replace in the fall (when rodents often move indoors), if needed.

— By Barb Ogg, Extension Educator

Household Hazardous Waste Collections, June 24 & 25

Residents of Lincoln and Lancaster County can bring house- hold hazardous wastes to the following collection sites:

Friday, June 24 Union College 3–7 p.m. Parking Lot, 52 and Cooper

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

Items you can bring for disposal:

• HEAVY METALS: Items containing mercury such as thermom- eters and fluorescent bulbs.

• SOLVENTS: mineral spirits, turpentine, paint strippers and thin- ners, lacquered paints, varnishes, stains.

• PESTICIDES: weed killers, garden sprays, wood preservatives, roach powder, rat poisons.

• FLAMMABLES: Oils and CERELS: Ballasts from old fluorescent fixtures and small capacitors from old appliances.

For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040

P3 Intern Working at Extension

The Partners in Pollution Prevention (P3) program is a 12-week program which is part of a University of Nebraska–Lincoln (UNL) biological systems engineering class.

This summer, P3 intern Katie Milius is working at the UNL Extension office in Lancaster County. She is a senior at UNL, majoring in biological systems engineering. Katie will visit small businesses to assess their work situations, provide research options and a detailed report on how to conserve resources. She will also be providing public education on pollution prevention to various civic groups. As another part of her internship, Katie will be working on some dry weather storm water monitoring for the City of Lincoln.

The P3 program is in its ninth year. During the first eight years of the program, 493 volunteers have worked with 395 client agencies in 21 Nebraska communities. The P3 program has diverted approxi- mately 4 million pounds of solid waste from landfills, reduced hazardous waste by more than 24,500 gallons and saved cli- ents an estimated $6.2 million in direct savings in only eight years. More information about the program is available online at http://www.unl.edu/p3.
Pine Wilt Disease

Pine trees are a staple in rural and urban landscapes due to their hardiness, beauty, and diversity, but hundreds are dying each year in south-east Nebraska from pine wilt. The disease, which was first spotted in Nebraska in 1980, mostly kills Scots (also known as Scotch) pines, but Austrian pines and other species also are susceptible. The first noticeable symptoms of pine wilt are the change in needle color from green to grayish green then straw in color.

Cause
Pine wilt is caused by the pinewood nematode, Bursaphelenchus xylophilus, a microscopic (one mm long), worm-like animal, which is moved from infested to non-infested pine trees by the pine sawyer beetle (Monochamus spp.)

Symptoms
Pine wilt typically kills Scots pines within a few weeks to a few months after the pine Sawyer introduces the nematode to the pine. The needles initially turn grayish green, then tan, then brown. Resin flow from the wound ceases as the tree declines and the wood may appear dry when it is cut. Needles remain on the dead tree for a year or more. Scattered branches at the base of the crown may be affected initially, but the symptoms soon spread to the remaining branches. The entire tree may turn brown all at once. In the Midwest, over 90 percent of the trees killed by pine wilt have been Scots pine. Other pine species are occasionally killed by pine wilt and display a similar pattern of symptoms. The disease appears especially likely in Austrian (P. pinus) jack (P. banksiana) and mugo (P. mugo) pines and rarely in white pine (P. strobus). Pond erosa pine (P. ponderosa) is usually not susceptible to pine wilt.

As pines age, susceptibility to pine wilt increases. Almost all cases of the disease have appeared in trees over 10 years old. Pine wilt has not had a major impact on Christmas tree plantations of Scots pine, since most of these trees are harvested before they reach a susceptible age.

Management
Sanitation is the most important management practice to prevent or slow the spread of pine wilt. Currently, no chemicals are available to control the nematode or the beetle. To limit the spread of pine wilt to nearby healthy trees, diseased trees must be removed and destroyed before the beetles emerge from the wood. From May 1 to Oct. 1, dead and dying pines should be cut down promptly and buried or chipped. Do not hold the wood for firewood. Pine sawyers are inactive in the winter, so if you find dead trees after Oct. 1, do not need immediate removal, but they must be removed and destroyed by May 1.

Sources: Pine Wil in Nebraska, NE Fas 104-448 online at http://aus rypho.org/tab/pest/diseases/pine_wilt/pine_wilt_factsheet.html and Fungal Pine Disease Continues to Affect Trees in Nebraska, USN V Nrr service.

How to Sample for Pinewood Nematode
When a pine dies suddenly, especially a Scots pine, pine wilt is a leading suspect. It is important to check suspected pines for the pinewood nematode because the nematode is easily spread to healthy trees by pine sawyer beetles, and entire wind breaks or plantings may be lost to pine wilt within a few years.

To confirm the presence of pinewood nematode in a dying or dead pine, it is necessary to extract the nematode from the wood. A wedge-shaped sample of wood should be taken from the lower trunk or the base of large lower limbs. Alternatively, a disk of wood, one-inch thick can be taken from a branch three- inches or greater in diameter near the trunk. The sample should be placed in a plastic bag, kept cool, and quickly shipped or delivered to the University of Nebraska-Lincoln Plant and Pest Diagnostic Clinic for diagnosis. Each sample should be accompanied by a check or money order made out to UNL P&PD. The charge for a pine wilt assay is $10.

Sorghum and Soybeans — “Predicting the Last Irrigation for Corn, Milo and Soybeans” available in “Grain Sorghum and Soybeans” available at the extension office or online at http://www.ianr.unl.edu/pubs/iriga tion/gs602.htm.
**Irrigating Summer Turf**

The rule of thumb for watering an established lawn is, "water as deeply and as infrequently as possible." Deep and infrequent irrigation stimulates root growth, resulting in healthier, more resilient and pest resistant turf. While it’s true that a deep, healthy root system produces vigorous turf, rooting depth is determined primarily by genetics and soil condition — not irrigation. Maximum rooting depth occurs when soil conditions allow the root system to explore the desired (or variety) to reach their full potential. This is not achieved by proper mowing frequency, infrequently as possible. Deep, infrequent irrigation promotes root development, as does aeration. Measure in inches the depth of water in the containers. The average depth of water in these containers multiplied by two equals the amount of water per hour emitted by the sprinkler system.

Clay soils have a much lower infiltration rate than sandy soils; therefore, clay needs to be watered at a slower rate in order to avoid runoff and puddling. To avoid runoff from very heavy clay soil and/or a sloped lawn, you can water for a short period, then stop and start back up again until you reach the water application rate. Most irrigation systems operate by a cycling frequency to control evaporation.

Irrigate when the turf indicates water is needed. Look for signs of wilt, which often show up in the same location on the lawn time after time. Footprints or lawn mower tracks that remain for at least a half hour after aeration also indicate irrigation needs. Do not water when the turf is in the first stage of wilting, as indicated by the surface of the grass turning a blue-gray color. Do not irrigate with the turf’s natural dew period. Most diseases of turf occur when grass blades are wet for longer than 6 consecutive hours. Water applied between 4 and 10 a.m., less windy and the humidity is higher so evaporation losses are less. Irrigating also overlaps the turf’s natural dew period. Irrigation promotes weed populations because grass seed germinates before crabgrass seed germination. Crabgrass is often a problem when overseeding. A well managed, weed control is critical to prevent crabgrass from becoming the germination of the turfseed grass seed. Keep the soil moist with frequent light applications of water. Late summer irrigation in the spring and fall months is the second best time. Core aerifiers, power rakes and slit seeders can be rented at some garden centers and rental agencies.

**Buffalograss**

Don Ijsselsteijn
Extension Educator

After turf becomes well established, 6-8 weeks for plugs; 4-8 weeks for sodded areas), a reduction in mowing requirements is needed. Power raking should be done to the area. For best results, aeration and core needle raking should be done when the soil is moist, not wet or dry. Small areas can be seeded by hand. Use a drop- or plug-type seeder when overseeding large areas. After seeding, work the seed into the soil by dragging or raking the areas. Large areas can also be over-seeded by using a slit seeder. A slit seeder makes a small groove in the soil and deposits the grass seed into the slit. For a uniform planting, a slit seeder effectively combines steps 4 and 5 in the above procedure.

Apply a starter lawn fertilizer containing the pre- emergence herbicide Tupsersen (silduron). Crabgrass is often a problem when overseeding. A well managed, weed control is critical to prevent crabgrass from becoming the germination of the turfseed grass seed. Keep the soil moist with frequent light applications of water. Late summer irrigation in the spring and fall months is the second best time. Core aerifiers, power rakes and slit seeders can be rented at some garden centers and rental agencies.

**The Other Green Grass**

The following seminars will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherrycreek Road on Thursdays from 7-9 p.m.

**Large Farm Ponds • Aug. 11**

If you’ve got a body of water larger than a backyard pool, you’ll want to attend the upcoming workshop on pond maintenance. Tadd Barrow, Water Resources Specialist with the School of Natural Resources, will explain the ins and outs of keeping it clean, healthy and a real asset to your yard. Presented by Sharon Skipton, Extension Educator at various Nebraska-Lincoln Extension locations.

**Septic Systems • Sept. 15**

Have you ever wondered what happens to that wastewater when you take a shower or flush the toilet? Maybe not — unless it’s backed up into your house or surfaced in your yard. Presented by Sharon Skipton, Extension Educator at various Nebraska-Lincoln Extension locations.

**Grapes • Oct. 13**

"How to Get Started in Grape Growing" will be the topic of October’s seminar. Steve Gamet, University of Nebraska Viticulture Technician, will be discussing such topics as variety selection, the types of fencing and equipment needed for grapes, the economics of vineyard habitation, insect, disease and wildlife control for grapes and the marketing of grapes to wineries.

**Woody Florals • Nov. 10**

Any woody plant with colorful or unusually shaped flowers, fruit, bark or leaves has potential to be sold as a woody decorative floral. Researchers at the University of Nebraska have worked extensively with woody decorative florals and their research indicates that producing woody decorative florals is a viable third crop enterprise. In this seminar, learn what it takes to grow and market high quality woody florals.
Singing the Praises of Beans

Alice Henneman, MS, RD
Extension Educator

It’s time to sing the praises of dry beans and NOT the song about “Three Blind Mice, the musical fruit!” (More on that later ...)

Here are some high notes a song about beans would include:

**Taste**
Cooked dry beans are a dietary staple in many parts of the world, and not just because of their low cost. They are featured in the traditional French cassoulet, a casserole of white beans, meats, vegetables and herbs. Louis Armstrong is said to have loved red beans and rice and he ended some of his personal letters with “Red beans and rice every yore.”

**Convenience**
What could be more convenient than a can of cooked dry beans just waiting to be transformed into a dip, main dish, sandwich, soup, salad or satisfying side dish? No refrigeration, peeling or.drying up the beans or stirring them into the spread of germs.

**Heart Health**
Beans provide heart health benefits, an essential nutrient that helps protect against heart disease. Fiber, especially soluble fiber, may reduce our risk of heart disease by helping lower blood cholesterol. A half-cup of cooked dry beans provides about 6 grams of fiber, of which 2 grams is soluble fiber. The recommended daily intake of total fiber is 14 grams per 1,000 calories for a 2,000 calorie meal plan. Beans contain NO cholesterol, are virtually fat free, and unless sodium is added during canning or cooking, are low in sodium.

**Lower Risk of Cancer**
The folate in beans is especially beneficial to women of child-bearing age. Folate may help reduce the risk of both defects like spina bifida (a serious crippling defect) and aneuploidy (a fatal defect where a part of the brain never develops). Since a woman may not realize she is pregnant during the early weeks of pregnancy, all women of child-bearing age are advised to get 400 micrograms (mcg) of folic acid daily. (Note: the term “folic acid” refers to the synthetic form of folate found in fortified foods.)

**Healthy Pregnancies**
Folate in beans is especially beneficial to women of child-bearing age. Folate may help reduce the risk of both defects like spina bifida (a serious crippling defect) and aneuploidy (a fatal defect where a part of the brain never develops). Since a woman may not realize she is pregnant during the early weeks of pregnancy, all women of child-bearing age are advised to get 400 micrograms (mcg) of folic acid daily. (Note: the term “folic acid” refers to the synthetic form of folate found in fortified foods.)

**Tips for a Safe Kitchen**

Kitchens are one of the busiest and most dangerous rooms in the house. Summer is a great time to teach children about safety in the kitchen.

**Tips to keep you and your family safe in the kitchen:**
- Keep stove tops clean. Grease about safety in the kitchen.
- Wear short sleeves or roll up your sleeves.
- Use an oven mitt or hot pad when removing hot dishes from the oven or microwave oven. Most burns occur on hands.
- Store household cleaners, disinfec
tants and insectsicides in original containers away from children who can catch them.
- If a grease fire starts, use the power of the stove. Grease about safety in the kitchen.
- Use a non-salt-added bean and omit the ¼ teaspoon of salt.
- Sprinkle the seasonings on the side of the chicken thighs that will be the “presentation” side when this dish is served. NOTE: The seasoned side will first be cooked down in the pan, then turned and become the presentation side after it is browned.
- Olives combine well with white beans and only add 60 calories per ounce.
- You can use an instant-read thermometer to test if the chicken is done. The recommended temperature for chicken thighs is 170°F.

Beans O&A

Here are answers to some commonly asked questions about beans.

**What amount of beans should we eat to gain their health benefits?**

The 2005 Dietary Guide
celines for Americans recommend a weekly consumption of three cups of legumes within a 2,000 calorie diet. Dry beans are one of the most common types of legumes. Their kidney or oval shape distinguishes them from other legumes such as peas, which are round, and lentils, which are flat and disk-like. Dry beans are available both in the dry form and as a canned or precooked in cans.

The U.S. Department of Agriculture Food Guide includes dry beans both with high-protein foods such as lean meat, poultry, fish, eggs, nuts and with the vegetable group. The same three cups of legumes are counted toward BOTH groups at the same time.

According to the Dietary Guidelines define the following as “serv-
ing sizes” for cooked dry beans:

- Meat, poultry, fish, dry beans, eggs and nuts group: 5.5 ounce-equivalents (based on the amount of protein found in one-ounce of lean meat, poultry and fish) are recommended daily from this group. One-fourth cup cooked dry beans counts as one 1-ounce-equivalent. Vegetable group: 2.5-2.5 cups are recommended daily.

How do canned beans compare to dry-packed beans? Canned beans are convenient since they don’t have to be presoaked and cooked. They can be eaten straight from the can or heated in a recipe. According to the American Dry Bean Board, one 15-ounce can of beans equals 1 ½ cups of cooked dry beans. For most recipes, one form of beans can be substituted for the other. Unless canned with-
nout salt, precooked canned beans generally are higher in sodium than dry-packed beans. Always thoroughly drain and rinse canned beans in a colander under cold running water before using them in a recipe. This may help lower the amount of any added salt and may help remove some of their poten-
tial for muscle aches.

Can one dry bean be substituted for another in recipes? For the most part, any canned or dry-packed bean variety can be substituted. However, for another, according to the American Dry Bean Board. All types of beans blend well with a variety of foods and spices as they absorb flavors from other ingredients. Cooking times and spices for dry-packed bean are different than for canned beans.

What can you do if dry beans give you “gasp?” Some ways to minimize the “gaseous or “musical fruit” effect include:

- Discard the soaking water when peeling dry beans from scratch and rinse beans thoroughly before cooking them.
- Gradually increase the amount and frequency of beans to as much as 28 grams per day. This will give your body a chance to adjust to them.
- Use a non-prescription product available in the pharmacy section of many stores. It is a formula that breaks down the gas-pro-
ducing substances in beans.
- As with adding any type of fiber to your diet, drink plenty of fluids and maintain regular physical activity. This helps your gastrointestinal system handle the increased fiber.

The 2005 Dietary Guidelines for Americans recommend a weekly consumption of three cups of legumes within a 2,000 calorie diet. Dry beans are one of the most common types of legumes. Their kidney or oval shape distinguishes them from other legumes such as peas, which are round, and lentils, which are flat and disk-like. Dry beans are available both in the dry form and as a canned or precooked in cans. The U.S. Department of Agriculture Food Guide includes dry beans both with high-protein foods such as lean meat, poultry, fish, eggs, nuts and with the vegetable group. The same three cups of legumes are counted toward BOTH groups at the same time. According to the Dietary Guidelines define the following as “serv-
ing sizes” for cooked dry beans:

- Meat, poultry, fish, dry beans, eggs and nuts group: 5.5 ounce-equivalents (based on the amount of protein found in one-ounce of lean meat, poultry and fish) are recommended daily from this group. One-fourth cup cooked dry beans counts as one 1-ounce-equivalent. Vegetable group: 2.5-2.5 cups are recommended daily.

How do canned beans compare to dry-packed beans? Canned beans are convenient since they don’t have to be presoaked and cooked. They can be eaten straight from the can or heated in a recipe. According to the American Dry Bean Board, one 15-ounce can of beans equals 1 ½ cups of cooked dry beans. For most recipes, one form of beans can be substituted for the other. Unless canned with-
nout salt, precooked canned beans generally are higher in sodium than dry-packed beans. Always thoroughly drain and rinse canned beans in a colander under cold running water before using them in a recipe. This may help lower the amount of any added salt and may help remove some of their poten-
tial for muscle aches.

Can one dry bean be substituted for another in recipes? For the most part, any canned or dry-packed bean variety can be substituted. However, for another, according to the American Dry Bean Board. All types of beans blend well with a variety of foods and spices as they absorb flavors from other ingredients. Cooking times and spices for dry-packed bean are different than for canned beans.

What can you do if dry beans give you “gasp?” Some ways to minimize the “gaseous or “musical fruit” effect include:

- Discard the soaking water when peeling dry beans from scratch and rinse beans thoroughly before cooking them.
- Gradually increase the amount and frequency of beans to as much as 28 grams per day. This will give your body a chance to adjust to them.
- Use a non-prescription product available in the pharmacy section of many stores. It is a formula that breaks down the gas-pro-
ducing substances in beans.
- As with adding any type of fiber to your diet, drink plenty of fluids and maintain regular physical activity. This helps your gastrointestinal system handle the increased fiber.
SCHEDULE & MAP

2005
LANCASTER COUNTY FAIR
AUGUST 3–7
LANCASTER EVENT CENTER
84th & Havelock, Lincoln
(402) 441-6545 • www.lancastereventcenter.com

LANCASTER COUNTY FAIR
August 3–7
Free admission! FREE entertainment! FREE parking!

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LANCASTER COUNTY FAIR
August 3–7
Free admission! FREE entertainment! FREE parking!
Live Entertainment — Cactus Hill Band (Fair Tent)  8 p.m.

4-H Rabbit Pet Class (Pavilion 1 — Walkway)  5:30 p.m.

Backseat Driver Contest — Youth Division (South Lawn — Walkway)  6:30 p.m.

Cake Eating Contest (Fair Tent)  8:30 p.m.

Ice Cream Social (Fair Tent)  9 p.m.

Papa Bear Carvings (Cooking Area)  9 a.m.

4-H Dog Agilty Show (Pavilion 3 — Exhibit Hall)  1 p.m.

This is what you see on TV with dogs maneuvering through obstacles, jumps and tunnels. This is what you see on TV with dogs maneuvering through obstacles, jumps and tunnels. This is what you see on TV with dogs maneuvering through obstacles, jumps and tunnels.

4-H Horse Show — Roping/Working Ranch (Amy Countryman Arena)  9 a.m.

Barreled riding is without a saddle—for more fun! In obedience, dogs and exhibitors are judged on their trustworthiness. For a fun-loving good time, come see the dog costume contest!

4-H Western Costume Contest — Bareback Equitation/Western Pleasure/Western Horsemanship (Fair Tent)  8 a.m.

¥ 4-H members choose from more than 150 4-H projects and set their own goals.

¥ Afternoon/Evening

¥ Afternoon/Evening

¥ 8 a.m.

¥ Afternoon/Evening

¥ 8 a.m.

¥ Afternoon/Evening

¥ Face Painting (Courtyard)  8 a.m.

¥ FREE to all youth! Choose from a selection of artwork and colors!

¥ 4-H members are assigned a cow to work through an obstacle course.

¥ 4-H and FFA members compete for championship honors with their market hogs. The people choice award is judged by the public and audience members have a chance to win a free ham. All youth are invited to try their shot at showing a hog in the pea weaner showmanship contest—hogs will be provided (as per judges table for information)

¥ 4-H and FFA members compete for championship honors in the dairy breeding classes. The 4-H Dairy Production Record and top producing cow award are based on milk records reported by the CDRC.

¥ Open Class Dairy Cattle Show (Pavilion 1 — East Arena)  11 a.m.

¥ Exhibitors of all ages show their dairy cattle and compete for championship honors. See if you can identify the breed, Jersey, Holstein, Guernsey, Ayrshire, Brown Swiss and Milking Shorthorns.

¥ FREE to all youth! Choose from a selection of artwork and colors!

¥ 4-H members choose from more than 150 4-H projects and set their own goals.

¥ They learn practical knowledge and gain life skills such as self-confidence.

¥ 4-H and FFA members compete for championship honors with their market hogs. The people choice award is judged by the public and audience members have a chance to win a free ham. All youth are invited to try their shot at showing a hog in the pea weaner showmanship contest—hogs will be provided (as per judges table for information)

¥ The Cactus Hill Band, Joe Nichols, Chris Ledoux, Mark Wills, Darryl Worley and Blake Shelton, just to name a few.

¥ Watch chainsaw artist Nick Jensen of Papa Bear Carvings carve logs into unique pieces of wood.

¥ Petting Zoo & Kids Discovery Zone (Pavilion 1 — West Arena)  8 a.m.

¥ These classes emphasize skills used by ranchers. Cattle are brought in. In roping, beginning riders must rope and tie up the cow. In working ranch, 4-H and FFA members compete for championship honors in the dairy breeding classes. The 4-H Dairy Production Record and top producing cow award are based on milk records reported by the CDRC.

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Petting Zoo & Kids Discovery Zone (Pavilion 1 - North Side). 8 a.m.–9 p.m. Free petting zoo for all ages. New at this year’s Kids Discovery Zone Public. Air Rifle 4-H Shooting. Try your hand at the shooting range. Times are open to be passed. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Open Class Dairy Goat Show (Pavilion 1 - West Area). 8 a.m.–3 p.m. This show is sanctioned by the American Dairy Goat Association (ADGA). Exhibitors of all ages show their dairy goats and compete for championship honors. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Open Class Rabbit Show (Pavilion 1 - Exhibit Hall, South End). 8 a.m.–3 p.m. This show is sanctioned by the American Rabbit Breeders Association, Inc. (ARBA) sanctioned shows draws a large number of rabbit breeders from all over the area. There are 28 sanctioned breeds—here’s your chance to see types of rabbits you’ve never known exist! PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

4-H/FFA Beef Show (Pavilion 1 - East Area). 8 a.m.–2 p.m. 4-H and FFA members compete for championship honors in the breeding, market and feeders classes. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Miniature Horse Show (Multipurpose Arena). 8 a.m.–3 p.m. Miniature horse events include jumping, pleasure driving and roadster driving (in the driving events, horse and driver pull the two-wheeled cart). PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Open Class & 4-H/FFA Static Exhibits (Lincoln Room). 9 a.m.–9 p.m. Come see the very best Lancaster County and its surrounding areas have to offer in Fine Arts, Horse Products, Farm Products and Technical. 4-H youth exhibit static in more than 100 4-H project areas. Area 4-H youth exhibit projects in Fine Ag Mechanics. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD AND LANCASTER COUNTY FAIR BOARD.

Team Penning (Any Country Area). 9 a.m.–9 p.m. Fun, FREE event to watch! This fast paced, exciting event gives a team of three riders 90 seconds to separate three specifically numbered cattle from a herd of 21. After the necessary cattle have been separated they must be driven into a small pen located at the opposite end of the arena. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

4-H Cat Show/Quiz Bowl (Pavilion 3 - Exhibit Hall, North End). 9 a.m.–5 p.m. Cats and their knowledge about 4-H are judged in this show. All breeds of cats are welcome to compete. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD. 

4-H Rabbit Specialty Show—Best Matched Pair/Pee Wee/Costume (Lincoln Room). 10 a.m.–12 p.m. 4-H rabbit member, parent or leader to assist. Bits most alike display their pair. The costume contest and tricks are fun, must-see events! In the pee wea class, anyone age 7 and under can participate—please ask a 4-H rabbit member parent or leader to enter. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Backseat Driver Contest—Adult Division (South Parking Lot). 6:30 p.m.–7:30 p.m. Competition for drivers ages 19 and up. Drives must have a valid drivers license. Objective is to drive a car golf a designated obstacle course. Driver will be blindfolded and relies on verbal directions from the passenger. Best time wins. Golf cars will be provided. Register just prior to events—no entry fee (number of participants is limited). PRESENTED BY THE HANCOCK COUNTY FAIR BOARD. Sponsoring by 4-H and FFA resize service and Nebraska Youth Renewable Energy.

Hauling Contest (Multipurpose Arena). 7 a.m.–7 p.m. Contest is open to any team of three members, ages 14 and up. Fun, FREE event to watch! Object is to load 42 bales of hay on a pick-up truck, drive through a designated obstacle course, unload and stack the hay. Best time wins. Pick-up truck is furnished. Register just prior to events. No entry fee. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Teen Dance (Pavilion 3 - Exhibit Hall). 8 p.m.–11 p.m. For ages 13 and up. Dj (by Complete Music, Admission is $1.00. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Open Barrel Racing (Any Country Area). Exhibitions: 5:30–7 p.m. Race 7:30 p.m. Fun, FREE event to watch! In this Nebraska 4-D sanctioned show, contestants vie for the fastest time in running a triangular, cloverleaf pattern around three barrels. Four division (4-D) classes are based on age, sex, weight and experience. A freestyle class is available to competitors to compete in any age class. The winner is the first rider to transport all of his animals from the holding area to the processing barn. Jackpot cash prizes plus $250 added money. Anyone (no age limit) with a horse can join Nebraska 4-D, allowing intermediate and advanced riders an opportunity to compete. A freestyle class is available to competitors to compete in any age class. The winner is the first rider to transport all of his animals from the holding area to the processing barn. Jackpot cash prizes plus $250 added money. Anyone (no age limit) with a horse can join Nebraska 4-D, allowing intermediate and advanced riders an opportunity to compete. Register just prior to event. For more information, call Julie at 402-470-3112 or Donna at 402-782-2972. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

4-H Rabbit Presentations Contest (Pavilion 3 - Exhibit Hall). 8 a.m.–9 p.m. Judges will be present to evaluate rabbit presentations and award prizes. Awards will be as follows: 1st: $20; 2nd: $15; 3rd: $10. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

4-H Rabbit Specialty Show—Best Matched Pair/Pee Wee/Costume (Lincoln Room). 10 a.m.–12 p.m. 4-H rabbit member, parent or leader to assist. Bits most alike display their pair. The costume contest and tricks are fun, must-see events! In the pee wea class, anyone age 7 and under can participate—please ask a 4-H rabbit member parent or leader to enter. PRESENTED BY THE HANCOCK COUNTY FAIR BOARD.

Friday evening’s Family Barbeque and Ice Cream Social are favorites! New this year, free entertainment provided by the Southeast Jazz Band. New this year, the carnival features special wristband sessions (unlimited rides for $15) each day of the fair!
Working Ranch Rodeo (Army Countryman Arena) 6–10:30 p.m.

Open competition for the public and a free event to watch! Teams of four perform various ranch duties such as trailer penning, steer doctoring, steer mugging and wild cow milking. The wild cow milking is by far the most exciting but the other events lots of fun too! Anyone (no age limit) with a horse may participate—if you don’t have enough horses to form a team, we can help find a team. May register prior to event. For more information or to register, contact Rich Wolf at 402-416-9312 or Kevin Petrozilka at 402-545-2025.

Sponsored by Byrne Farm Survey, Crop Insurance Agency Inc., Partners of Lincoln, and State Farm.

4-H Horse Games Show—Keyhole Race/Pole Bending/Figure 8 (Pavilion 1 - East Arena) 6 p.m.

Great to watch—bring the entire family! These are speed events using buckets, poles and barrels to define a pattern. Everyone loves—horses and audience alike.

4-H/FFA Prettiest Calf Contest (Pavilion 1 - East Arena) 6 p.m.

A fun activity where teams of three 4-H or FFA members can be creative and dress themselves and a calf in costume. Prizes are awarded for: prettiest cow, most original, most unusual and others may be added day of show.

A must see!

SPONSORED BY CAPITOL ANIMAL CLINIC AND PETSMART

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels.

SPONSORED BY COOK’S FAMILY FOODS

Exhibitors of all ages show their sheep in breeding (raised for their wool) and market classes, competing for championship honors.

Open Class Dog Agility Show (Pavilion 3 - Exhibit Hall) Noon

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels.

A must see!

SPONSORED BY CARTOS CANINE CANINE AND PETSMART

Working Ranch Rodeo

4-H Horse Games Show—Keyhole Race/Pole Bending/Figure 8

4-H/FFA Prettiest Calf Contest

A must see!

SPONSORED BY CAPITOL ANIMAL CLINIC AND PETSMART

Exhibitors of all ages show their sheep in breeding (raised for their wool) and market classes, competing for championship honors.

Open Class Dog Agility Show

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels.

A must see!

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Open Class Dog Agility Show

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels.

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Open Class Dog Agility Show

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels.

A must see!

SPONSORED BY CARTOS CANINE CANINE AND PETSMART

SUNDAY, AUGUST 7

Open Class & 4-H/FFA Static Exhibits (Lincoln Room) 9 a.m.–Noon

Come see the very best Lancaster County and its surrounding areas have to offer in Fine Arts, Home Products, Farm Products and Feeder! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.

Open Class Beef Show (Pavilion 1 - East Arena) 9 a.m.

Exhibitors of all ages compete for championship honors in the breeding, market and feeder cattle classes.

Sponsored by Howard Johnson Inn, Mitty’s Restaurant and Lounge, and TradeWell Mallett.

Open Class Swine Show (Pavilion 1 - West Arena) 9 a.m.

Exhibitors of all ages compete for championship honors in the breeding, market, feeder and cull classes.

Sponsored by B&V’s Family Foods.

Open Class Sheep Show (Pavilion 1 - West Arena) 10 a.m.

Exhibitors of all ages show their sheep in breeding (raised for their wool) and market classes, competing for championship honors.

Open Class Goat Agility Show (Pavilion 3 - Exhibit Hall) Noon

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels.

A must see!

SPONSORED BY CARTOS CANINE CANINE AND PETSMART

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SPONSORED BY CARTOS CANINE CANINE AND PETSMART

The Lancaster County Agricultural Society, Inc. (LCAS) is a non-profit organization. Founded in 1878, its mission is to promote agriculture, youth and community. The LCAS board of directors, also known as the Lancaster County Fair Board, is proud to produce an annual community and family-oriented county fair. LCAS operates the Lancaster Event Center, a public, multipurpose, year-round facility designed to host a variety of local, regional and national events and activities.

The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • Phone: 402-441-6545 • Web site: http://www.lancastereventcenter.com

The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: http://www.ffa.org
Millions of Americans are concerned to know how they could make their family stronger. They are working to build stronger families because they feel these stressful times and many of the modern values are distressing and harmful to the family.

Each member of the family has a stressed life to lead and a stressful world in which to live and work. Family members can help each other deal with everyday stress, tension and anxiety. Building a strong, healthy, happy family is the best insurance there is against the devastating effects of stress and other problems.

Every family, including yours, has its strong points and does lots of things right. What are your family’s strong points?

It would be a good thing to know where they are so we can celebrate them. Every family, including yours, can grow in some ways which will add to the strengths you already possess. What are some of the ways in which your family could grow and become even stronger? Here are some suggestions:

1. Show appreciation to family members in normal, everyday kinds of things.
2. Talk to each other and listen to others’ viewpoints.
3. Respect each person’s thoughts, feelings, ideas and property.
4. Resolve your conflicts and problems in a positive way.
5. Do something which will help you and your family to grow spiritually.
6. Do things together as a family.

Ways to Strengthen Your Family

For more information aimed at parents and teens, go to www.drugfree.org
**Poultry Judging Workshop, June 27**

**UNL Animal Science Professor, Dr. Sheila Scheideler will lead a Poultry Judging workshop on Monday, June 27, 9-11 a.m. at the Animal Science Building on UNL East Campus in Room D104. This workshop is designed to help 4-H'ers learn the art of poultry judging. Dr. Scheideler will guide participants through many of the classes included in the Premier Animal Science Events (PASE) Poultry Judging contest. The workshop is open to any 4-H'er, parent or leader interested in learning more about poultry judging, not just those participating in PASE. Pre-registration necessary.**

**Medieval Makings 4-H Workshops, June 29, July 7 & 8**

Youth ages 8-12 can create fun crafts at Medieval Makings workshops presented by 4-H! These free workshops are part of the Lincoln City Libraries’ summer reading program.

- **Wednesday, June 29, 2:30 p.m.**
  - at Eiseley Branch Library
- **Thursday, July 7, 2 p.m.**
  - at Belvue Branch Library
- **Friday, July 8, 10:30 a.m.**
  - at South Branch Library

Pre-register by calling or stopping by the library branch.

4-H volunteers are needed to help with these workshops. If you or your club is interested, please call Tracy at 441-7180.

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**District Horse Shows Information**

There will be eight District 4-H Horse Shows June 20-30 held at locations throughout the state. If for some reason you have to change the district show location indicated on your entry form, please call Marty at 441-7180, as soon as possible, so the necessary paperwork can be done. Note schedule change: reiners do not need to check in until Noon. Remember to bring your pink horse ID sheets.

**State Horse Expo Information**

The 2005 Fonner Park State 4-H Horse Exposition will be held July 17-21 in Grand Island. **Remember health papers!** The Expo will start at 9 a.m. on the first day. There will be no stall fees or camper hookup fees. Fonner Park is providing most of the necessary safety gear, but you must bring your own headstall, reins, bit, and bridle. Remember to bring your pink horse ID sheets. Additional information as well as show schedules are online at http://animalscience.unl.edu/horse/districtshows.htm

**New Dress Code Enforced at District & State**

A reminder to all 4-H horse project exhibitors the dress code (on pages 17-19 of the Nebraska 4-H Horse Show and Judging Guide) will be enforced at the District and State 4-H Horse Shows.

For Western Attire:
- Shirts and blouses must be all white, including button, thread, etc., with convertible collar (one meant to be folded at the seam).
- Dark blue denim jeans must be worn. No fringe is allowed nor are jeans that butt over the ankle.
- No boot rule. Note that boots with waffle-type tread greater than or equal to 1/8 inch will not be allowed in riding classes.
Trap Team Completes Successful Season

The Lancaster County 4-H Trap Team coached by Gene Veburg, Gordon Todd and Alan Oliva ended the seven-meet season with second place in State competition held in Doniphan on May 7.

The senior Gold team took home the trophy for 16 yard team event for the division. Members of the Gold Team are Nathan Thompson (Capt.), Nick Hartmann, Michael Veburg, Seth Davison, Nathan Thompson and coach Gene Veburg.

The 4-H senior trap team (L–R) coach Gordon Todd, Tyler Thompson, Nick Hartmann, Seth Davison, Nathan Thompson and coach Gene Veburg.

Teen Tour Guides Needed for Fair Day, Aug. 5

Volunteers need to be available Friday, Aug. 5 to serve as tour guides for Fair Day. Tour guides give children groups (first through fourth grades) an interactive, hands-on experiential tour of the fair. Volunteers are needed from 9-11:30 a.m. and/or 12:30-3 p.m. Call Lorene at 441-7180 to sign up.

Interview Judging, Aug. 2

4-H'ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H'ers also learn what the judge looks for and how to improve skills.

4-H'ers may interview judge ONE exhibit from each project area (for example: one item from Celebrate Art, one item from Design Decisions and one item from Tasty Tidbits). Refer to page 30 of the fair book for project areas that have interview judging. Call the office after July 5 at 441-7180 to sign up for a five-minute time slot. Interview judging is Tuesday, Aug. 2 starting at 9 a.m. in the Lincoln Room.

Show & Tell for Clover Kids, Aug. 6

All Clover Kids, youth age 5-7 by January 1, 2005, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Saturday, August 6, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 26 of the Fair Book for more information. To register, call 441-7180 by Friday, July 29, or sign up at the static exhibit area Monday, Aug. 1, 4-8 p.m.

Animal (Including Horse) Entries Due July 8

All county and state fair 4-H/FFA livestock entries are due into the office or postmarked by Friday, July 8. Please remember to include entry tags. NO LATE ENTRIES WILL BE ACCEPTED.

Changes to Rabbit Form Entries

Please note changes made on the 2005 rabbit entry form. Enter only Breed and Pet classes on the front of the form. Showmanship, Fur, Quizbowl, Judging, Brewer’s Choice (rabbit has to be registered ID breed class also) and Breed ID classes should all be entered on the back of the form. Please fill out completely. Make sure you have entered the correct class number. All rabbit entries are due to extension by July 8. Any questions, call Marty at 441-7180.

4-H Food Booth Training, July 28

All county fair food booth volunteers are encouraged to attend this training at the Lancaster Event Center, Thursday, July 28, 6-7 p.m. Learn about food safety, customer service and volunteer responsibilities. See you there!

Static Exhibit Volunteers Needed

Volunteer helpers (ages 12 and over) are needed to help at the county fair in the following capacities. Call Tracy at 441-7180 to sign up. Your help is appreciated!

• Static exhibits set-up day — Saturday, July 30, beginning at 8 a.m.
• Check-in exhibits on entry day — Monday, Aug. 1, 4-8 p.m.
• Assist judges on judging day — Tuesday, Aug. 2, beginning at 8 a.m.
• Put up project displays — Tuesday, Aug. 2, beginning at 2 p.m.

Premium Payouts Must Be Picked Up During Fair, Sunday, Aug. 7

Premium payouts to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 7, Noon-4 p.m. at the Lancaster Event Center Fair Board Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will be permitted to pick up and sign for exhibitor premiums. NO CHECKS WILL BE ISSUED THIS YEAR! No changes or corrections will be made on premium amounts after 60 days.

Lancaster 4-H’ers at District Speech & PSA Contest

Seventeen Lancaster County 4-H’ers participated in the District Speech & Public Service Announcement contest held in Seward on May 31. The following youth earned purple ribbons — the top five in each division received medals:

• Novice Speech: Abigail Swanson (medal) and Jaime Stephenson (medal)
• Junior Speech: Erica Peterson and Lisa Keys
• Intermediate Speech: Carmen Raasch and Ryan Keys
• Junior PSA: Spencer Farley (medal) and Amy Keys (medal)
• Intermediate PSA: Hannah Spencer (medal)
• Senior PSA: Nicole Pederson (medal)

The junior division Life Challenge 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. Pre-registration not required — enter day of contest.

The contest consists of three events: tree identification, grass/weed identification and horticulture judging. 4-H’ers choose which event(s) they want to participate in. Study material is available at the extension office.

Junior Life Challenge Contest, July 6

The junior division Life Challenge will be held Wednesday, July 6, 10-1:30 p.m. at the Lancaster Extension Education Center. 4-H’ers apply what they’ve learned in their Family & Consumer Science projects to real life situations. Open to all 4-H’ers ages 8-11 (need not be enrolled in an FCS project). Pre-registration not required, enter day of the contest. Information packets are available at the extension office. This year’s topic and resources for the contest:

• Discovering Myself (p. 6-7, 26-27, 28-29, 30-31, 36-37, 52-53)
• Sewing for Fun (p. 5-7, 13, 17-18)
• Growing My Own (p. 1-7, 8, 14-15, 16-20)
• The Road to Good Cooking (p. 8-9, 12, 15, 18, 22, 28)

Presentations Contest, July 15 or Aug. 6

Choose between three classes, all based on method of presentation. Method of presentations include 1) presentation using LCD, slide, video or overhead projector; 2) presentation using posters; 3) multimedia presentation. You choose which date works for you: Friday, July 15 starting at 1 p.m. (held at the Lancaster Extension Education Center) or Saturday, Aug. 6 starting at 8 a.m. (held at the Lancaster Event Center, Pavilion 3 – Room 2). See page 28 of the Fair Book for details.

Style Revue Judging, July 27

Public Style Revue, Aug. 3

Style Revue judging will be Wednesday, July 27 starting at 8:30 p.m. The public Style Revue is Wednesday, Aug. 3, 7 p.m. at which time everyone is invited to see 4-H members style their outfits (both revues will be held at the Lancaster Event Center, Pavilion 3 – Exhibit Hall). See Fair Book for rules.

Table Setting Contest, Aug. 4

Choose a theme category (birthday, casual, formal, picnic) and plan a menu, design a centerpiece and a place setting to compliment the theme. A handout is available from the extension office or online at http://lancaster.unl.edu. Contest will be Thursday, Aug. 4, 5 p.m. (held at Lancaster Event Center, Pavilion 3 – Exhibit Hall).

Bicycle Safety Contest, Aug. 6

4-H members do not need to be enrolled in the bicycle project to enter this contest. See Fair Book page 27 for rules. Pre-register by July 8, contest is Saturday, Aug. 6, 10 a.m.
Community Needs Assessment Can Increase Participation in Community-Based Organizations

Yelena Mitrofanova
Extension Educator

What is a Community Needs Assessment?

The goal of a needs assessment is to identify the unique assets of a community and determine potential concerns that it faces. A needs assessment is a systematic study that estimates the needs of a community or neighborhood is to simply ask residents their opinions on the issues and problems they are dealing with.

Why Should You Do a Needs Assessment?

There are several reasons why they make sense for you:

• To learn more about what your group or community needs are. A food survey can supplement your own observations and experiences. It can give you detailed information from a larger and more representative group of people.
• To get an honest and objective description of needs that people might tell you publicly.
• To anticipate and remain responsive to changing demographics, attitudes and needs.
• To become aware of possible needs you never saw as particularly important or never knew about.
• To document your needs, as is required in many applications for funding.
• To get group and community support for the actions you undertake in the near future.
• To get people actually involved in the following action will attract new members.
• To make sure any actions you eventually get involved in are in line with the priorities expressed by the community.

Why Should You NOT Do a Needs Assessment?

A needs assessment is not necessary before every action, and:

• When there is no doubt what the most important needs in the group or community are.
• When it is urgent to get results now, without delay.
• When a recent assessment has already been done, and it is clear the needs have not changed.
• When you feel the community would see an assessment as redundant or wasteful, and it will do little to get your case.

How to Carry out a Needs Assessment

According to Iowa State University Extension, there are Five Needs Assessment Techniques:

Existing Data Approach

- Access or derive statistical data or survey results, such as census data, labor market data, sales tax reports, police reports, etc.

Community Attitude Survey Approach

- Information gathered from representatives of community residents about issues affecting their well-being.

- Data collected through personal interviews, telephone surveys, door-to-door surveys or mail surveys after writing a cover letter (describing this approach)

Key Informant Approach

- The key informant approach identifies community neighborhood leaders and people who are knowledgeable and can accurately identify priority needs and concerns.

Focus Group Interviews

- A group of people selected for specific skills, experiences, views or position are asked a series of questions about a topic or issue to collect their opinions.

- Group interaction is used to obtain detailed information about a particular issue.

Steps in the Community Attitude Survey Approach

- Here are the steps in conducting a community needs survey using the Community Attitude Survey Approach.

1. Decide on the purpose and goals of the needs assessment survey.

   - Ask yourself: What are my goals in doing a survey? What do I want to get out of it? How will the results be used? In any case, you need to keep the purpose of the survey in mind throughout the process; it will influence the choice of survey population and the choice of questions.

2. Decide how much time you have to do the survey.

   - Ask yourself: How much time do I have to do the survey, from start to finish? Your answer will depend on the size of your target group and resources you have.

3. Decide whom you will survey.

   - The next step is finding out who will fill out the questionnaire. Who will you survey? General public, beneficiaries, people in a specific neighborhood or segment of the community or potential members? The best way to identify on sampling — that is, identifying a section of the population that satisfies the characteristics of the target group. Sampling is a big topic, there are many different kinds of sampling. Some Web sites with more detailed information include:
   - Sampling terminology — http://tro.chim.human.cornell.edu/kb/sampterm.htm
   - Sample size — http://www.robertniles.com/stats/samples.html
   - Sampling from the Centre for Applied Statistics at Lancaster University’s Statistics Glossary — http://www.cas.lancs.ac.uk/glossary_v1.1/main.html

4. Decide which method you will use to collect your survey data.

   - How will your survey be written or oral? You need to decide whether it will be done in person, by phone or by mail. There are some advantages and local disadvantages for each method. No matter which method you choose, in order to get better return rate, you suggest you provide incentives for completing a survey. You could offer the respondents a chance to win a $20 gift certificate to a local grocery store, restaurant or video store.

5. Design the questionnaire.

   - There are many forms of questions you can use in the survey. Questions might be:
   - Open-ended — They are often “why,” “how” or “what” questions. It is important to you? What are the best things you like about the neighborhood?
   - Closed-ended — Sometimes referred to as forced choice questions. Specific questions that prompt yes or no answers. Do you like the lighting in your neighborhood? Yes or No.

6. Administer the survey.

   - Design your survey by following the steps:
   - Decide which survey method you will use.
   - Decide whom you will survey.
   - Decide how much time you have to do the survey.
   - Decide whom you will survey.
   - Decide what and how the survey is going to be pre-stamped and pre-addressed return envelope to each participant for general distribution, publishing a survey in your newsletter or local newspaper might be a good idea.
   - Interview and phone surveys — To reach those who have difficulty reading or using printed materials or have limited access to computers, your questionnaire and put together a team of interviewers.
   - Drop boxes — It could be a good option to collect information if you have an incomplete street sample list of respondents. However, it is better if it is used along with at least one other method of distribution.

7. Compile and analyze your results.

   - Table your results. For closed-ended questions, this can be a matter of simple addition. For open-ended questions, you can compile results into the categories. However, analysis can be far more complicated. You will need to look at the overall survey to see how each percentage compares to the others. For example, what questions had the highest proportion of same responses? The next step is summarizing the data in a one-page report. In the report, look for any trends — do people in a particular part of the community/neighborhood feel strongly about a particular issue than someone else? Compile five issues and concerns which were identified by respondents.

8. Disseminate the survey results.

   - When you get the results, decide what to do with them. The results should be made public as soon as possible so community members and local leaders can be aware of a problem or potential problem and start working to solve it.


   - Ask the question: What should we do now? A good answer may lead to a good discussion and developing an action plan.

10. Implement your actions.

   - An action plan is the main reason of conducting a needs assessment survey in the first place. This is a big step from the Extension Web site up on Community Needs Assessment.

11. Repeat your assessment.

   - Community needs change over time. You want to be sure to know if, when, why, and how change is needed. Community needs assessment is really an ongoing process just like community action itself.
There is much talk and information in the news and papers about methamphetamine laboratories and making of meth. That is only part of the story. Meth use has a devastating effect on individuals’ lives, families, and communities. Meth is one of the most addictive street drugs and is associated with serious health problems. Some of its many street names are: speed, crank, crystal, crack, glass or ice... Meth can be injected, snorted, smoked, or taken orally— the method of use varies the time needed for the user to get high.

Meth users come from a variety of age groups, lifestyles and communities. Females make up a higher percentage of users. Young girls are drawn to meth for its ability to help them lose weight fast. The number of high school students using meth continues to rise. According to the National Youth Risk Behavior Survey of 2003, 6.3% of high school students surveyed in Nebraska have used meth.

Meth destroys not only those who use it, but also the people in their lives. Meth use may also cause:

- **Health Effects**
  
  - Acne or sores
  - Tooth decay
  - Hair loss
  - Severe weight loss
  - Self-inflicted wounds from removing hallucinatory “crank bugs”
  - Liver damage
  - Kidney and lung disorders
  - Petrol body odor
  - Convulsions or seizures
  - Heart attack or stroke
  - Death

- **Behavior Effects**
  
  - Hallucinations
  - Aggression
  - Paranoia
  - Anxiety
  - Confusion
  - Mood swings
  - Depression
  - Insomnia
  - Psychotic behavior

Meth use can cause major problems for babies. Levels of meth present in breast milk are higher than levels in blood. Infants are at higher risk of:

- Premature birth
- Birth defects (six times more)
- Growth retardation
- Withdrawal symptoms, including abnormally sleep patterns, high pitched cry, poor feeding
- Sensitivity to stimuli including loud noise and regular light
- Coordination problems

**Children**

Children of users often lack necessities such as food, water, shelter and proper medical care. They are at higher risk of:

- Physical, sexual and emotional abuse
- Delayed speech and language skills
- Hyperactivity and attention disorders
- Violent behavior
- Lack of bonds/early attachment to strangers
- Other developmental problems
- Increased risk for substance abuse in later life

**Infants**

Meth use during pregnancy or while breast feeding can cause major problems for babies. Levels of meth present in breast milk are higher than levels in blood. Infants are at higher risk of:

- Premature birth
- Birth defects (six times more)
- Growth retardation
- Withdrawal symptoms, including abnormally sleep patterns, high pitched cry, poor feeding
- Sensitivity to stimuli including loud noise and regular light
- Coordination problems

**Families**

Producers and users of methamphetamine many times become so pre-occupied with the drug that they neglect their family and children. Impacts on families can include:

- Psychological impact
- Financial costs
- Safety concerns
- Rise in domestic disputes and/or domestic violence
- Breaks families apart

**Communities**

Nearly 8% of Nebraska’s budget—over $291 million in 1998—is spent on substance abuse related costs. This does not include local and federal costs. State programs affected include justice, education, health, child/family assistance, mental health/developmental disabilities, public safety and state workforce.

Federal sentences for meth-related drug convictions in Nebraska are five times the national average. In 2002, there were almost 12,000 arrests for drug abuse violations.

Meth addicts commit several crimes each year to support their habit. These crimes range from check forgery, credit card fraud, and identity theft to shoplifting, stealing and assault.

*This includes all drugs, not just meth.

**Users are Not the Only Losers**

- **Community**
  
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**Northeast Nebraska Area**

For the most recent map, visit www.drought-ort.org/ntm.

NEBRASKA STATE 4-H CAMP: NEAR HALSEY

- **Discovery Camp** for ages 11-15; $280
- **Outdoor Skills** for ages 11-15; $280
- **Take a Friend, Make a Friend** for ages 11-15; $123
- **International Camp** for ages 11-15; $280
- **Staff Reunion Camp** for all former staff members & friends; $55
- **Wild-N-Wild for ages 8-11; $280
- **Wild-N-Wild for ages 11-15; $280
- **South Central 4-H Center, Near Alma**
- **Elementary Explorer** for ages 8-11; $177
- **Technomama Camp** for ages 11-15; $210

NEBRASKA STATE 4-H CAMP: NEAR HALSEY

- **State Connections Day Camp** for ages 5-8 & chaperone; $25
- **Outlook on the Future for ages 11-15; $233
- **Take a Friend, Make a Friend** for ages 8-11; $123
- **Take a Friend, Make a Friend** for ages 8-11; $123
- **Niobrara Tube Trip I** for ages 11-15; $203
- **Niobrara Tube Trip II** for ages 11-15; $203
- **Keeney Connections Camp** for ages 5-8 & chaperone; $25
- **Explorer Camp for Boys** ages 11-15; $233
- **Explorer Camp For Girls** ages 11-15; $233
- **Challenge 360 Degrees for grades 9-12; $137

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

**Did you guess it from the June News?**

The answer was a Musk Thistle Flower.

**Erod ing the Mind**

Researches have mapped brain decay caused by meth use. The damaged affected memory, emotion and reward systems.