7-1-2008

The NEBLINE, July 2008

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

Part of the Agriculture Commons

http://digitalcommons.unl.edu/neblines/87

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Homemade Skillet Meals: Easy, Healthy & Low-Cost

Create Your Own Skillet Meal
1. Choose at least one ingredient from each category.
2. If meat is not pre-cooked, you need to cook first in the skillet, then add additional ingredients. TIP: When buying chicken, beef or pork, cook the entire package, cut up into bite size chunks and freeze extra portions.
3. Combine one chosen ingredient into a skillet containing 1–2 tablespoons olive oil.
4. Simmer over medium heat, stirring occasionally, for 20 minutes or until heated through.

<table>
<thead>
<tr>
<th>PICK A GRAIN</th>
<th>PICK A VEGETABLE</th>
<th>PICK A MEAT/BEANS</th>
<th>ADD A SAUCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups (uncooked), cooked</td>
<td>1 cup (measure uncooked), cooked: brown or white rice</td>
<td>1 package (10 oz) frozen (thawed and drained): spinach, broccoli, green beans, peas, mixed vegetables</td>
<td>2 cups diced, cooked: chicken, turkey, ham, beef, pork, ground beef</td>
</tr>
<tr>
<td>4 cups (measure uncooked), cooked: wide or narrow noodles</td>
<td>1 can (14.5 oz) green beans, corn, mixed vegetables</td>
<td>2 cups cooked fresh or one small can/jar: mushrooms</td>
<td>2 cans (6–8 oz)(drained and flaked): fish or seafood</td>
</tr>
<tr>
<td>1 cup (measure uncooked), cooked</td>
<td>2 cups cooked fresh (diced or sliced): zucchini</td>
<td>2 cups fresh grated cheese</td>
<td>1 can (10.75 oz) mixed with milk to make 2 cups: low-sodium cream soup (mushroom, celery, broccoli, cheese, etc.)</td>
</tr>
</tbody>
</table>

Season to taste with onion, garlic, celery, oregano, basil, salt or pepper. Top with shredded cheese, grated Parmesan or bread crumbs.

Cheesy Chicken Skillet
(Serves 5)

- 1 tablespoon oil
- 1 onion, chopped
- 3 cups water or chicken broth
- 1 cup rice, uncooked
- 3 carrots, sliced
- 2 cups cooked diced chicken
- 1 can (14.5 oz) green beans
- 1 cup cheese

In a large skillet, heat oil and cook onion until tender and lightly browned. Add water or broth. Heat to simmer. Cover and cook for 20 minutes. Add chicken, beans and cheese. Cover and cook over low heat until hot and cheese is melted.

Skillet Scramble
(Serves 4)

- 2 tablespoons oil
- 1/2 cup chopped onion
- 2 cups diced cooked ham (optional)
- 3 medium potatoes, thinly sliced
- 1/2 cup chopped bell pepper
- 3 eggs
- 1 cup shredded cheese

Heat oil in a large skillet. Add potatoes, onion, bell pepper and ham if using). Cover and cook over low heat for about 20 minutes or until potatoes are done. Beat eggs lightly and pour over skillet mixture. Cook about 10 minutes until eggs are set. Top with cheese and heat until melted. Cut into wedges. Potatoes, onions and bell peppers may be substituted with a 16 oz. package of frozen potatoes with peppers. Serve with orange juice and toast for a complete meal.

Samples used by Nutrition Education Program staff for quick, easy and healthy homemade skillet meals.
**Colorful Annual Vines**

Mary Jane Frogge
UNL Extension Associate

Annual flowering vines are useful for many locations around the home landscape. They add new interest to the yard area when grown on a fence, lattice, arbor or trellis. Annual vines climb by twining around a support or by clinging to tendrils. They grow rapidly to form an attractive mass of foliage and flowers.

**Morning glory** is one of the most colorful vines you can plant. Brilliant flowers are available in white and shades of blue, pink, purple and red. The flowers are four inches across and are borne freely on vines which may grow to a height of 12 to 15 feet tall. Morning glories grow best on a well-drained soil in a warm sunny location.

**Trailing nasturtiums** grow four or five feet tall. They bloom profusely and produce fragrant flowers in shades of red and yellow. The plants perform best in well-drained soil and full sun.

**Scarlet runner bean** is an edible ornamental suitable for trellising. Rosy scarlet flowers top long twining vines. The pods are very ornamental. The **sweet pea** has a delicate, colorful flower that has a honey-orange blossom scent. These vines will grow 6 to 8 feet tall in full sun.

**Cardinal Climber** is a lovely flowering vine. It has dark green, palm-like leaves and bright crimson red flowers. **Cypress Vine** is similar to Cardinal climber with red flowers, but the foliage is very fine and feathery. Butterflies are very attracted to these two vines.

**Black-eyed Susan vine** is a vigorous climbing vine. This vine will do well in full sun locations. The flowers are plentiful in colors of bright orange, yellow and red.

**Gourds** have rather inconspicuous flowers, but produce colorful fruits which are ornamental on the vine during late summer. The fruit may be dried for fall and winter arrangements.

Watch out for Poison Ivy

Anyone who has ever experienced the blistering, swelling and extreme itching from an unfortunate encounter with poison ivy, learns quickly to avoid it whenever possible. It grows in non-cultivated sites, such as along stream banks, roadways, railroad tracks, fence rows and woodlands. It can even make an appearance in your ornamental shrub or perennial borders. Therefore, knowing how to identify and control it are the best defenses against accidental contact.

**Identification**

The best way to identify poison ivy (Rhus radicans) is by its characteristic compound leaf consisting of three leaflets. The leaflets are two to four inches long, dull or glossy green with pointed tips. The middle leaflet is generally larger than the two laterals. The margins of the leaflets are variable, appearing irregularly toothed, lobed or smooth. The leaves are positioned alternately on the stems. In contrast, Virginia Creeper, a non-poisonous vine, often mistaken for poison ivy, has five leaflets radiating from one point of attachment. Poison ivy can be found in one of three forms; as an upright woody shrub, a trailing shrub running along the ground or a woody vine. The vine is usually seen growing on trees or other objects for support. Yellow-green flowers occur in compact clusters in leaf axils and are produced in June or July. The waxy, berry-like fruit is grayish-white, with distinct lines marking the outer surface and is about three-sixteens of an inch in diameter.

**Control**

There are three methods that can be effective in eradicating poison ivy in ornamental beds. They include pulling, severing the vine and then treating the regrowth with an herbicide or applying an herbicide to individual leaves. Hand pulling is most successful when the soil is moist. The roots can be dug and pulled out in long pieces. Care should be taken to remove the entire root because the plant can resprout from sections of root left in the ground. Avoid skin contact by wearing gloves while you work and washing clothing and gloves immediately after. The washing machine should be rinsed thoroughly afterward to eliminate the possibility of seeing poison ivy on next page.

**Garden Guide**

**THINGS TO DO THIS MONTH**

By Mary Jane Frogge, UNL Extension Associate

- Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.
- Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist tie to secure.
- Snapdragons should be pinched back after blooming to promote a second flush of growth.
- Many plants are easily propagated by layering. Verbena, sunnymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.
- Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to cut a small bucket of water to the garden for collecting flowers, rather than a cutting basket.
- Cut back and fertilize delphinium and phlox to encourage a second flowering.
- A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shread grass rather than cut it.
- Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.
- Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.
- Control mosquitoes by eliminating all sources of stagnant water.
- A garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less effective because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water loss and improve soil structure.
- For fall harvest of lettuce, radish, carrots, beets, and yellow. The plants perform best in well-drained soil and full sun.
- Poison Ivy

**A Morning with Herbs**

Pioneers Park Nature Center
Saturday, August 9, 9:30-11:45 a.m.

Two Exciting Workshops!

9:30: Wild Herbs with Kay Young

Get acquainted with some common plants and interesting natives. Their usefulness may surprise you!

10:30: Flowers in Your Salad and Beyond with Janet Buck and Becky Seth

Explore the uses of edible flowers including calendula, the 2008 Herb of the Year; demonstrations, recipes and samples.

$10/person, register by August 4
Call 441-7895
Summer Pruning of Apple Trees

Esteban Herrera
New Mexico State University
Extension Horticulturist

The art of pruning tree apples and pears is well understood by most fruit growers. Pruning the orchard is necessary and has a direct effect on the size, quality, and overall success of the orchard management.

Most pruning should be carried out during the dormant season and before spring growth. Summer pruning is sometimes needed, especially in young trees. All pruning has a dwarfing effect on the tree, but proper pruning encourages proper growing. Summer-pruned trees, with the resulting reduced-leaf area, are shorter than trees not summer pruned.

The net effect of the tree as a whole, makes less growth than it would have had if the pruning had been done in the dormant period. The dormant influence of summer pruning is most pronounced in early summer when the tree is completing its branch extension growth. Dwarfing becomes progressively greater as the season advances and may actually be insignificant two to three weeks before leaf fall.

Summer pruning is ideally adapted to intensive orcharding, but it has only recently gained significant acceptance. This partially is due to a misunderstanding of the nature of summer pruning and how it can be used to control growth and fruiting.

Generally, summer pruning is confined to one-year-old shoots. On short-lived trees, if pruning cut is made, the shoot will grow about 2-ft. The shoot may be headed, but if cut, two or three of these shoots can be removed entirely, early in the season, to direct growth into a single shoot. This should be done while shoots are only a few inches long so little leaf area is involved. If shoots are headed by pinching, rather than complete removal, regrowth will take place and pinch marks cannot be avoided.

A lack of development of lateral buds on the previous season's shoots, a condition which occurs in some varieties, is a characteristic of some varieties. During the first year or two, delayed terminal bud formation usually is printed on the seed packet. Planning the spring garden. Seeds can be purchased from garden stores in mid- to late-summer.

'Semi-hardy vegetables include beets, Chinese cabbage, collards, carrots, potatoes, mustard, radishes, spinach, Swiss chard, Bibb lettuce, leaf lettuce and green onions. Hardy vegetables include cabbage, carrots, broccoli, turnips, cauliflower, rutabaga, Brussels sprouts, and beets. For a fall garden, select the shortest-season cultivars available to ensure harvest before freezing occurs. Look for cultivars labeled "early spring" or compare the number of days to harvest and select those with the least days to maturity. This information usually is printed on the seed packet or in the cultivar description in seed catalogs. Plumber Dwayne Smith highly recommends planning the spring garden. Seeds can be purchased either locally or from mail-order companies. However, quality seeds disappear to about 26 degrees. Although the tops of semi-hardy root and tuber crops may be killed by hard freezes, the edible portion will store well in the ground if mulched with a heavy layer of straw. Cool-temperature-adapted crops are excellent for fall gardening because they continue to grow well into autumn and can be harvested after many tender plants have been killed by frost. Semi-hardy vegetables include beets, Chinese cabbage, collards, carrots, potatoes, mustard, radishes, spinach, Swiss chard, Bibb lettuce, leaf lettuce and green onions. Hardy vegetables include cabbage, carrots, broccoli, turnips, cauliflower, rutabaga, Brussels sprouts, and beets. For a fall garden, select the shortest-season cultivars available to ensure harvest before freezing occurs. Look for cultivars labeled "early spring" or compare the number of days to harvest and select those with the least days to maturity. This information usually is printed on the seed packet or in the cultivar description in seed catalogs. Plumber Dwayne Smith highly recommends planning the spring garden. Seeds can be purchased either locally or from mail-order companies. However, quality seeds disappear to about 26 degrees. Although the tops of semi-hardy root and tuber crops may be killed by hard freezes, the edible portion will store well in the ground if mulched with a heavy layer of straw. Cool-temperature-adapted crops are excellent for fall gardening because they continue to grow well into autumn and can be harvested after many tender plants have been killed by frost.

Plums will keep for a long time if properly stored. Some gardeners like the idea of serving fresh garden tomatoes for Thanksgiving dinner. Mid-summer plantings of short-season vegetables are often stunted. This information usually is printed on the seed packet or in the cultivar description in seed catalogs. Plumber Dwayne Smith highly recommends planning the spring garden. Seeds can be purchased either locally or from mail-order companies. However, quality seeds disappear to about 26 degrees. Although the tops of semi-hardy root and tuber crops may be killed by hard freezes, the edible portion will store well in the ground if mulched with a heavy layer of straw. Cool-temperature-adapted crops are excellent for fall gardening because they continue to grow well into autumn and can be harvested after many tender plants have been killed by frost.

While semi-hardy vegetable plants can tolerate light frosts, hardy vegetables will be killed. Hard freezes, the edible portion will store well in the ground if mulched with a heavy layer of straw. Cool-temperature-adapted crops are excellent for fall gardening because they continue to grow well into autumn and can be harvested after many tender plants have been killed by frost.

Coarse, gritty vegetables extend other useful techniques. Varieties to look for are Chinese cabbage, collards, carrots, potatoes, mustard, radishes, spinach, Swiss chard, Bibb lettuce, leaf lettuce and green onions. Hardy vegetables include cabbage, carrots, broccoli, turnips, cauliflower, rutabaga, Brussels sprouts, and beets. For a fall garden, select the shortest-season cultivars available to ensure harvest before freezing occurs. Look for cultivars labeled "early spring" or compare the number of days to harvest and select those with the least days to maturity. This information usually is printed on the seed packet or in the cultivar description in seed catalogs. Plumber Dwayne Smith highly recommends planning the spring garden. Seeds can be purchased either locally or from mail-order companies. However, quality seeds disappear to about 26 degrees. Although the tops of semi-hardy root and tuber crops may be killed by hard freezes, the edible portion will store well in the ground if mulched with a heavy layer of straw. Cool-temperature-adapted crops are excellent for fall gardening because they continue to grow well into autumn and can be harvested after many tender plants have been killed by frost.
Plan the Timing of Grass Hay Harvest

When do you cut your grass hay? Do you wait until all crops are planted? Maybe you plan to cut after cultivating or during first or second irrigation of corn. Or, like some folks, maybe your harvest is based on plant growth stage, like full head!

Instead, how about cutting your grass hay to match grass nutrient content with nutritional needs of your livestock? It makes sense to harvest to meet the needs of your livestock and minimize your supplement costs.

We all know protein and energy concentration declines in grass hay as plants become stemmy and get more mature. As this happens, the types of livestock that can be fed that hay with little or no supplements become more limited.

For example, grass hay cut at early head often can support more than one pound of daily gain for pregnant yearling heifers all by itself. But if the same grass gets mature it won’t even maintain weight of a mature cow without some protein supplements.

So, what should you do? First off, plan what type of livestock will receive the grass hay from each field.

Young livestock need high nutrient concentrations so cut the hay before or just when heads begin to emerge. If the hay will go to mature, dry cows instead, the grass produce won’t grow more and cut it after it is well headed out, but before seeds develop.

Matching your harvest with your plan of use can pay handsome dividends in lower costs and less supplementing.

Source: Bruce Anderson, UNL Extension Forage Specialist

If your hay will be fed to mature, dry cows, cut the grass after it is well headed out, but before seeds develop (picture).

Managing Financial Risk During Boom Periods

It’s much easier to restructure debt during boom times than bust times.

If you’re looking to lock in a better interest rate for a long-term loan, be sure to check out a lending source that understands your operation and does not charge a pre-payment penalty fee. If interest rates drop lower or good times create extra cash, you may want to take advantage of your borrowing needs by paying extra principal; a pre-payment fee will hinder your financial planning.

Measuring Your Liquidity
Two options exist to measure liquidity. In the first case, liquidity is measured by working capital (current assets minus current liabilities). In the second, liquidity is measured by current ratio (current assets divided by current liabilities). Depending on how you structure your short-term and/or long-term debt, a lower interest rate with a longer repayment period could be beneficial to short-term, cash flow issues.

Disciplined Spending
Although embarking on a long-term debt plan like this can help to reduce some financial risks by increasing liquidity and improving cash flow operations, it also requires personal spending discipline to only use the newly available cash for sound business practices. Buying new paint you really don’t need or embracing sloppier management now that the pressure’s off could expose you to more risks than a tight cash flow and high interest rate. Good overall management is still critical to success. Remember, it’s much easier to restructure debt during boom times than bust times. Restructuring during good times may enable your farm or ranch operation to more easily adapt and stay profitable through the bad times that most certainly will appear again someday.

Source: Dave Goeller, UNL Beginning Farmer Program Coordinator, Feb. 6, 2008 Cornhusker Economics

Cost of Pumping Water for Domestic and Acreage Needs

T om Dorn
UNL Extension Educator

We occasionally are asked by rural residents, “How much does it cost to pump water with our domestic well?” I will show the calculations necessary to compute the electricity consumption. Note: This discussion is for elec-

tricity cost only and does not include an estimate of operation and maintenance resulting from use of the pumping equipment.

The horsepower and electricity required to pump water depends on four factors:

1. The distance the water must be lifted from the pumping water level in the well to the soil surface (lift component).
2. The pressure created in the distribution system (pressure component).
3. The volume of water pumped per minute, gallons per minute (GPM).
4. The efficiency of the pump and motor. Note: The lift component and the pressure component combine to make up the total head the pump is working against. Head is expressed in feet. Each pound per square inch (PSI) of system pressure the pump must produce is equivalent to lifting water an extra 2.31 feet.

Total head (ft) = lift (ft) + PSI x 2.31 ft/PSI

Lets look at an example of a domestic well pumping 10 gallons per minute while lifting water from 125 feet pumping depth, and producing 45 PSI pressure in the distribution system.

Water Horsepower (the useful work imparted to the water) is computed as follows:

Water Horsepower (WHP) = gallons per minute (GPM) x Total Head (ft) / 3960

= 10 GPM x (125 ft + 45.23 PSI) / 3960

= 10 GPM x (125 ft + 0.77 hp x 0.77 hp = 0.82 kWh for each hour of operation.

A family of four will use about 250 gallons of water per day (91,250 gallons per year) for domestic uses.

A 10 GPM pump would have to run 9,125 minutes or 152 hours a year to supply domestic water per month. The total electrical cost would be 323 hours x 0.09 per kWh = $29.07 per month.

Agricultural profits have historically been cyclical. In the current “boom” economic times of high profits, opportunities exist to favorably improve your operation’s liquidity — the availability of cash or the availability of assets can quickly and easily be turned into cash. The higher the liquidity the easier it is to meet cash flow needs and to take advantage of unexpected buying opportunities.

Restructuring Credit
One strategy is to take advantage of high real estate values (without selling or renting out one’s land) to restructure the farm’s credit needs from short-term to long-term debt. How individual farm debt is structured can greatly impact how your operation weather’s low-profit or even no-profit years. Most areas of Nebraska are experiencing record or near record high real estate values, thus creating an increase in the collateral for a long-term loan.

Source: Cornhusker Economics article, for details, including examples from several farm opera-

tions, online at www.agecon.unl.edu/CornhuskerEconomics/2008/2-6-08.pdf

Plan the Timing of Grass Hay Harvest

In the summer months, cows nursing a calf require about 22 gallons of water per day. Each cow will drink about 22 x 31 = 680 gallons of water per month.

The 10 GPM pump described above would need to run 68 minutes or 1.13 hours per month to pump the water needs of each nursing cow. The electricity usage would be 0.82 kWh x 1.13 hours = 0.93 kWh per pumping cow per month. At $0.09 per kWh the electricity cost would be about $0.08 per month.

Current “boom” economic times of high profits, opportunities exist to favorably improve your operation’s liquidity — the availability of cash or the availability of assets can quickly and easily be turned into cash. The higher the liquidity the easier it is to meet cash flow needs and to take advantage of unexpected buying opportunities.

Restructuring Credit
One strategy is to take advantage of high real estate values (without selling or renting out one’s land) to restructure the farm’s credit needs from short-term to long-term debt. How individual farm debt is structured can greatly impact how your operation weather’s low-profit or even no-profit years. Most areas of Nebraska are experiencing record or near record high real estate values, thus creating an increase in the collateral for a long-term loan.

Restructuring Credit
One strategy is to take advantage of high real estate values (without selling or renting out one’s land) to restructure the farm’s credit needs from short-term to long-term debt. How individual farm debt is structured can greatly impact how your operation weather’s low-profit or even no-profit years. Most areas of Nebraska are experiencing record or near record high real estate values, thus creating an increase in the collateral for a long-term loan.
Bats are misunderstood creatures. While some perceive them as an evil menace, the reality is they are gentle animals to be respected and not destroyed needlessly. There are 13 species of bats in Nebraska. Most are uncommon and rarely found in our area. The big brown bat, red bat and little brown bat are encountered by homeowners.

Bats are not rodents, but they are mammals. Bats found in Nebraska feed only on insects, devouring more mosquitoes than any bug zapper. A single bat can consume more than 1,000 insects per night. An average colony of big brown bats may eliminate as many as 100 tons of insects in one season.

Bats are nocturnal and seldom seen in daylight. They have good vision, yet rely on their specialized sonar, echolocation, and hearing for hunting at night. Native bats have only one or two young per year. A single bat is large enough to consume more than 1,000 small insects per night.

Bats are found in Nebraska in areas that are wet or near water. Areas with standing water have a large number of mosquitoes, which are a favorite food of bats.
Supermarket Savings: 16 Tips that Can Total Big Bucks

It’s possible to save money shopping for groceries without cooking everything from scratch. Here are 16 easy tips for saving money on groceries, whether you’re buying ingredients for a meal or preparing leftover foods for a quick meal.

1. **Costly convenience foods.** If possible, shop on double or triple coupon days. Often the Web site address for many chains has expiration dates.

2. **Check expiration dates.** “Extras.” Don’t miss out on potential sources of valuable coupons. Check your grocery receipt—sometimes there are great coupons on the back that help save money. Also, if you have access to a computer, check online for coupons.

3. **Prevent food flops.** EXAMPLE: Buying two store brands in size, color or texture than the name brands. And, taste-wise, there may be little difference. In some comparison, they have been preferred over the name brands.

4. **Food & Fitness**

5. **Costly convenience foods.** If possible, shop on double or triple coupon days. Often the Web site address for many chains has expiration dates.

6. **Check expiration dates.** “Extras.” Don’t miss out on potential sources of valuable coupons. Check your grocery receipt—sometimes there are great coupons on the back that help save money. Also, if you have access to a computer, check online for coupons.

7. **Prevent food flops.** EXAMPLE: Buying two store brands in size, color or texture than the name brands. And, taste-wise, there may be little difference. In some comparison, they have been preferred over the name brands.

8. **Costly convenience foods.** If possible, shop on double or triple coupon days. Often the Web site address for many chains has expiration dates.

9. **Check expiration dates.** “Extras.” Don’t miss out on potential sources of valuable coupons. Check your grocery receipt—sometimes there are great coupons on the back that help save money. Also, if you have access to a computer, check online for coupons.

10. **Bulking up when the price is right and you can use it.** First, do the math and check if you actu-

11. **Store brand savings.** Store brands are competitive in nutrition to name brands. And, taste-wise, there may be little difference. In some comparison, they have been preferred over the name brands.

12. **Costly convenience foods.** If possible, shop on double or triple coupon days. Often the Web site address for many chains has expiration dates.

13. **Check expiration dates.** “Extras.” Don’t miss out on potential sources of valuable coupons. Check your grocery receipt—sometimes there are great coupons on the back that help save money. Also, if you have access to a computer, check online for coupons.

14. **Prevent food flops.** EXAMPLE: Buying two store brands in size, color or texture than the name brands. And, taste-wise, there may be little difference. In some comparison, they have been preferred over the name brands.

15. **Costly convenience foods.** If possible, shop on double or triple coupon days. Often the Web site address for many chains has expiration dates.

16. **Check expiration dates.** “Extras.” Don’t miss out on potential sources of valuable coupons. Check your grocery receipt—sometimes there are great coupons on the back that help save money. Also, if you have access to a computer, check online for coupons.

**Food & Fitness**

**Supermarket Savings: 16 Tips that Can Total Big Bucks**

**Alice Henneken**

UNL Extension Educator

**http://lancaster.unl.edu**

**Page 6**

**July 2008**

**More recipes used by Nutrition Education Program staff for quick, easy and healthy homemade skillet meals (see page 1)**

**Skillet Lasagna (Serves 6)**

1/2 pound lean ground beef
1 small onion, chopped
1 clove garlic, minced, and 1/4 teaspoon garlic powder
1 can (15 oz.) tomato sauce
1 teaspoon oregano
1/2 teaspoon dried oregano
3/4 cup rice, uncooked
1/2 teaspoon dried thyme or dried dill weed
1 can (10.75 oz.) tomato sauce
hot sauce (optional)
cheese, shredded (optional)

In skillet, stir together beans, tomatoes, vegetables, rice, and thyme and dill weed. Bring to a boil. Reduce heat, cover and simmer 20 minutes or until rice is tender. Stir a few times while cooking. Make additional amount of sauce to match the dish. Stir into the mixture. Bring to a boil. Cover and cook gently for 3 minutes. Stir. Spoon over hot sauce, cheese, and shredded cheese, if desired.

Source: Nutrition Education Program Cookbook: The Cook’s Helper

**Vegetable Rice Skillet (Serves 5)**

1 can (15 oz.) kidney, black or garbanzo beans, drained and rinsed
2 cups mixed vegetables, frozen
1 cup water
3/4 cup rice, uncooked
1/2 teaspoon dried thyme or dill weed
1 can (10.75 oz.) tomato sauce
hot sauce (optional)
cheese, shredded (optional)

In skillet, stir together beans, tomatoes, vegetables, rice, and thyme and dill weed. Bring to a boil. Reduce heat, cover and simmer 20 minutes or until rice is tender. Stir a few times while cooking. Make additional amount of sauce to match the dish. Stir into the mixture. Bring to a boil. Cover and cook gently for 3 minutes. Stir. Spoon over hot sauce, cheese, and shredded cheese, if desired.

Source: Nutrition Education Program Cookbook: The Cook’s Helper

**Cheesy Rotini & Tuna (Serves 8)**

2 cups tricolor rotini pasta, uncooked
2 cans (6 oz.) tuna in water, drained
1 package (10 oz.) frozen broccoli, thawed, drained
8 oz. processed cheese, cut into 1/2 cup low-fat sour cream
1/4 teaspoon black pepper

Cook pasta as directed on package. Drain. Place in skillet and add the remaining ingredients. Stir and cook on low heat for 15 minutes or until heated through and cheese is melted.

Source: Nutrition Education Program 2008 Calendar

**Food & Fitness**

**Supermarket Savings: 16 Tips that Can Total Big Bucks**

**Alice Henneken**

UNL Extension Educator

**http://lancaster.unl.edu**

**Page 6**

**July 2008**

**More recipes used by Nutrition Education Program staff for quick, easy and healthy homemade skillet meals (see page 1)**

**Skillet Lasagna (Serves 6)**

1/2 pound lean ground beef
1 small onion, chopped
1 clove garlic, minced, and 1/4 teaspoon garlic powder
1 can (15 oz.) tomato sauce
1 teaspoon oregano
1/2 teaspoon dried oregano
3/4 cup rice, uncooked
1/2 teaspoon dried thyme or dried dill weed
1 can (10.75 oz.) tomato sauce
hot sauce (optional)
cheese, shredded (optional)

In skillet, stir together beans, tomatoes, vegetables, rice, and thyme and dill weed. Bring to a boil. Reduce heat, cover and simmer 20 minutes or until rice is tender. Stir a few times while cooking. Make additional amount of sauce to match the dish. Stir into the mixture. Bring to a boil. Cover and cook gently for 3 minutes. Stir. Spoon over hot sauce, cheese, and shredded cheese, if desired.

Source: Nutrition Education Program Cookbook: The Cook’s Helper

**Vegetable Rice Skillet (Serves 5)**

1 can (15 oz.) kidney, black or garbanzo beans, drained and rinsed
2 cups mixed vegetables, frozen
1 cup water
3/4 cup rice, uncooked
1/2 teaspoon dried thyme or dill weed
1 can (10.75 oz.) tomato sauce
hot sauce (optional)
cheese, shredded (optional)

In skillet, stir together beans, tomatoes, vegetables, rice, and thyme and dill weed. Bring to a boil. Reduce heat, cover and simmer 20 minutes or until rice is tender. Stir a few times while cooking. Make additional amount of sauce to match the dish. Stir into the mixture. Bring to a boil. Cover and cook gently for 3 minutes. Stir. Spoon over hot sauce, cheese, and shredded cheese, if desired.

Source: Nutrition Education Program Cookbook: The Cook’s Helper

**Cheesy Rotini & Tuna (Serves 8)**

2 cups tricolor rotini pasta, uncooked
2 cans (6 oz.) tuna in water, drained
1 package (10 oz.) frozen broccoli, thawed, drained
8 oz. processed cheese, cut into
1/2 cup low-fat sour cream
1/4 teaspoon black pepper

Cook pasta as directed on package. Drain. Place in skillet and add the remaining ingredients. Stir and cook on low heat for 15 minutes or until heated through and cheese is melted.

Source: Nutrition Education Program 2008 Calendar
PRE-FAIR SCHEDULE

Saturday, August 2 — Open Class Dairy Goat Show (Pavilion 1 - West Arena) .............. 8 a.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.

Open Class Horse Dressage Show (Pavilion 3 - Arena) .............. 8:30 a.m. Exhibitors of all ages compete in Open Class Dressage. This show is a recognized Nebraska Dressage Association schooling show. SPONSORED BY CUSHING CONSTRUCTION INC. AND VENABLE BROTHERS.

Monday, August 4 — Static Exhibit Check-in — Open Class & 4-H (Lincoln Room) .............. 4 – 8 p.m. Open Class categories are open to anyone. For complete information on how to enter exhibits in the Lancaster County Fair, pick up a 2008 Lancaster County Fair Open Class, 4-H & Fit for Fair. Books are available at the Lancaster Event Center or online at www.lancastereventcenter.com

Tuesday, August 5 — 4-H Horse Show—Dressage (Multipurpose Arena) .............. 8:30 a.m. Dressage is the performance of a specific pattern of movements — horse and rider are judged on presentation, accuracy and obedience of the horse. English attire and tack are used.

4-H Horse Show—Hunter Hack Jumper (Multipurpose Arena) .............. 1 hour after 4-H Horse Show Dressage. Hunter Hack classes showcase a combination of skills — jumping, horse movement, attitude, and exhibitor horsemanship (skill at riding horses). Uses hunter-type horses. English attire and tack are used.

4-H Exhibits, Shows & Contests • Wed-Sun

4-H English Horse Jumper Show (Multipurpose Arena) .............. 8:30 a.m. In the jumper classes, exhibitors ride a course with jumps of various types. English attire and tack are used.

Static Exhibits to be shown at the Lancaster Event Center (Lincoln Room) .............. 8 a.m. – 9 p.m. Come see the very best Lancaster County has to showcase! Residents exhibit their talents and earned honors! Open Class categories of Horticulture, Foods, Textiles and Fine Arts are open to anyone. 4-H youth enter exhibits in more than 100 4-H project areas. FA youth exhibit projects in FFA Ag Mechanics. Open Class exhibits are judged by grand ribbons. Smaller ribbons are awarded by representatives of various sponsors to 4-H exhibitors. Sponsored in part by Schwisow Construction Inc. and Wolfe Brothers.

Open Class Poultry Show (Pavilion 1 - Walkway) .............. 9 a.m. Exhibitors of all ages show their large fowl, bantams, feathered-legged, ducks, geese, turkeys, and guinea fowl to compete for championship honors.

4-H House Pet/Show/Quiz Bowl (Exhibit Hall) .............. Noon 4-H members exhibit a wide variety of household pets, including guinea pigs, hamsters, and caged birds. Judges interview exhibitors on overall care of and knowledge of their little critters. Quiz bowl follows.

4-H Poultry Show (Pavilion 1 - West Arena & Walkway) .............. 12:30 p.m. 4-H members show poultry projects in the categories of large fowl, bantams, ducks, geese, turkeys, guinea fowl, and pet class.

4-H English Horse Show—English Showmanship! (Pavilion 3 - Arena) .............. 1 hour after 4-H English Horse Jumper show. These classes showcase horsemanship, movement & attitude and exhibitor horsemanship (skill at riding horses). English Horse Show uses hunter-type horses. English attire and tack are used.

Racing Pigs (Between Pavilions 1 and 2) .............. Afternoon-Evening. A long-time favorite with fair-goers is Daryl’s Racing Pigs. Audience members guess which pig will finish first. Fun, FREE event to watch.

Carnival (Southwest of Buildings) .............. 5 p.m.–Midnight This year’s carnival is packed with nearly 25 rides, games and concessions! Unlimited rides for $35 during special unlimited session 6–11 p.m. PRESENTED BY BLUE ANGEL CARNIVAL AND LINCOLN COUNTY FAIR BOARD.

Dunk Tank (Courtyard) .............. Evening Fun for you and while helping raise funds for landscaping at the Free Fair Career.

4-H Horse Show—Horsemanship Pairs/Freestyle Drill Teams (Multipurpose Arena) .............. 1/2 hour after 4-H English Horse Show— not to start before 6 p.m. In Horsemanship Pairs, two riders must ride a pattern in synch. In the freestyle drill teams, three to 25 riders perform a show act to music and choreographed by the youth. Horses and riders are often in costume.

4-H/FFA Cattle Fitting Contest (Pavilion 1 - East Arena) .............. 6 p.m. Teams of two 4-H or FFA members have one hour to blow dry and groom and prepare their beef animal for show. One member of the team will participate in the showmanship phase.

4-H Rabbit Breed Identification Contest/Quiz (Pavilion 1 - Walkway) .............. 6:30 p.m. In the breed identification contest, exhibitors must correctly identify ten breeds, including variety and color. 4-H members test their rabbit knowledge.

Figure-8 Races (East of Any Countryman Arena) .............. 7 p.m. Who doesn’t enjoy a race? And better yet — a race with lots of crashes! Figure 8 is a demolition derby and a race! As these vehicles circle the track (which is shaped like an 8), there’s sure to be plenty of banging around at the intersection. Drivers need to out-think and out-maneuver their competitors in order to win. Gates open at 6 p.m. Admission is $5. Kids 5 and under are free. PAO passes available for $35. Concessions and beer available. PRESENTED BY LINCOLN COUNTY FAIR BOARD. SPONSORED BY SALAMANDER AUTO CARS, RACER RIDGE, BEAR RIDGE, ZUNA AND JOHN HOUSE SERVICE, & A & B DISTRIBUTION, NCP DISTRIBUTION, ND’S EQUIPMENT REPAIR, ND’S POWER SPORTS AND NARROWBOAT.
Exhibitors Breakfast (Fair Tent) ........................................... 6:30–8:30 a.m. All county fair exhibitors, superintendents and volunteers are invited to a free breakfast. PRESENTED BY COUNTYFAIR, NEBRASKA FINE & 4-H CLOTHING, JUNGLE WOODS, AND NEBRASKA COUNTY FAIR BOARD.

4-H Fair Show/4-H/FFA Sheep Show (Pavilion 1 - East Arena) .............................................................................. 8 a.m.–9:30 p.m. 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 vote for a free ham. All youth are invited to try their shot at showing a hog in the piggie showmanship contest — hogs will be provided (ask at judges table for information).

4-H Rabbit Market/Breed/Fur Show (Pavilion 1 - Walkway) .......................................................................................... 8 a.m.–9:30 p.m. Market class includes purported or commercial rabbits. A breed class is for purported rabbits only (including fancy breeds). Rabbits in the fur show are judged for the condition and quality of their pelts.

4-H/FFA Dairy Cattle Show (Pavilion 1 - East Arena) .................................................................................................. 8 a.m.–9:30 p.m. A half-hour after the 4-H Dairy Skills Clinic, 4-H/FFA leaders and volunteers will present a clinic on how to judge dairy cattle based on the conformation and the animal and milking capabilities. Audience members may stand.

Static Exhibits on Display (Lincoln Room) ..................................................................................................................... 9 a.m.–9:30 p.m. This year’s free petting zoo includes a wide variety of farm and exotic animals! A half-hour after the 4-H Rabbit Show, Open Class static exhibits sponsored by Campbell’s nurseries & Garden Centers, Inc., Cash-Wa Turf, Lincoln Elecric Motor Service, Orschen Farm & Home, and Tracey’s Body Shop will be on display. Participants may vote on their favorite exhibit in the Best of Show contest.

Tent Sales (Lincoln Room) .............................................................................................................................................. 8 a.m.–9:30 p.m. Petting Zoo and Pony Rides (Pavilion 1 - Walkway) ........................................................................................................... 9 a.m.–9:30 p.m. The Petting Zoo is sponsored by the Lancaster Event Center. Participants may vote on their favorite exhibit in the Best of Show contest.

Carnival (Courtyard) .................................................................................................................................................. 9 a.m.–9:30 p.m. CarnivalAg In Obediences, dogs and exhibitors are judged on their training. Prizes will be awarded in obedience classes for dogs and their exhibitors.

4-H Dog Obedience/Showmanship/Costume Contest Show (Pavilion 2 - Warm-up Arena) .................................................................................................................. 9 a.m.–9:30 p.m. This year’s free petting zoo includes a wide variety of farm and exotic animals! A half-hour after the 4-H Rabbit Show, Open Class static exhibits sponsored by Campbell’s nurseries & Garden Centers, Inc., Cash-Wa Turf, Lincoln Elecric Motor Service, Orschen Farm & Home, and Tracey’s Body Shop will be on display. Participants may vote on their favorite exhibit in the Best of Show contest.

4-H Horse Judging Contest (Pavilion 2 - Warm-up Arena) .................................................................................................. 9 a.m.–9:30 p.m. 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 vote for a free ham. All youth are invited to try their shot at showing a hog in the piggie showmanship contest — hogs will be provided (ask at judges table for information).

4-H Rabbit Market/Breed/Fur Show (Pavilion 1 - Walkway) .......................................................................................... 8 a.m.–9:30 p.m. Market class includes purported or commercial rabbits. A breed class is for purported rabbits only (including fancy breeds). Rabbits in the fur show are judged for the condition and quality of their pelts.

4-H/FFA Dairy Cattle Show (Pavilion 1 - East Arena) .................................................................................................. 8 a.m.–9:30 p.m. A half-hour after the 4-H Dairy Skills Clinic, 4-H/FFA leaders and volunteers will present a clinic on how to judge dairy cattle based on the conformation and the animal and milking capabilities. Audience members may stand.

Static Exhibits on Display (Lincoln Room) ..................................................................................................................... 9 a.m.–9:30 p.m. This year’s free petting zoo includes a wide variety of farm and exotic animals! A half-hour after the 4-H Rabbit Show, Open Class static exhibits sponsored by Campbell’s nurseries & Garden Centers, Inc., Cash-Wa Turf, Lincoln Elecric Motor Service, Orschen Farm & Home, and Tracey’s Body Shop will be on display. Participants may vote on their favorite exhibit in the Best of Show contest.

Tent Sales (Lincoln Room) .............................................................................................................................................. 8 a.m.–9:30 p.m. Petting Zoo and Pony Rides (Pavilion 1 - Walkway) ........................................................................................................... 9 a.m.–9:30 p.m. The Petting Zoo is sponsored by the Lancaster Event Center. Participants may vote on their favorite exhibit in the Best of Show contest.

Carnival (Courtyard) .................................................................................................................................................. 9 a.m.–9:30 p.m. CarnivalAg In Obediences, dogs and exhibitors are judged on their training. Prizes will be awarded in obedience classes for dogs and their exhibitors.

4-H Dog Obedience/Showmanship/Costume Contest Show (Pavilion 2 - Warm-up Arena) .................................................................................................................. 9 a.m.–9:30 p.m. This year’s free petting zoo includes a wide variety of farm and exotic animals! A half-hour after the 4-H Rabbit Show, Open Class static exhibits sponsored by Campbell’s nurseries & Garden Centers, Inc., Cash-Wa Turf, Lincoln Elecric Motor Service, Orschen Farm & Home, and Tracey’s Body Shop will be on display. Participants may vote on their favorite exhibit in the Best of Show contest.

4-H Horse Judging Contest (Pavilion 2 - Warm-up Arena) .................................................................................................. 9 a.m.–9:30 p.m. 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 vote for a free ham. All youth are invited to try their shot at showing a hog in the piggie showmanship contest — hogs will be provided (ask at judges table for information).

4-H Rabbit Market/Breed/Fur Show (Pavilion 1 - Walkway) .......................................................................................... 8 a.m.–9:30 p.m. Market class includes purported or commercial rabbits. A breed class is for purported rabbits only (including fancy breeds). Rabbits in the fur show are judged for the condition and quality of their pelts.

4-H/FFA Dairy Cattle Show (Pavilion 1 - East Arena) .................................................................................................. 8 a.m.–9:30 p.m. A half-hour after the 4-H Dairy Skills Clinic, 4-H/FFA leaders and volunteers will present a clinic on how to judge dairy cattle based on the conformation and the animal and milking capabilities. Audience members may stand.

Static Exhibits on Display (Lincoln Room) ..................................................................................................................... 9 a.m.–9:30 p.m. This year’s free petting zoo includes a wide variety of farm and exotic animals! A half-hour after the 4-H Rabbit Show, Open Class static exhibits sponsored by Campbell’s nurseries & Garden Centers, Inc., Cash-Wa Turf, Lincoln Elecric Motor Service, Orschen Farm & Home, and Tracey’s Body Shop will be on display. Participants may vote on their favorite exhibit in the Best of Show contest.

Tent Sales (Lincoln Room) .............................................................................................................................................. 8 a.m.–9:30 p.m. Petting Zoo and Pony Rides (Pavilion 1 - Walkway) ........................................................................................................... 9 a.m.–9:30 p.m. The Petting Zoo is sponsored by the Lancaster Event Center. Participants may vote on their favorite exhibit in the Best of Show contest.

Carnival (Courtyard) .................................................................................................................................................. 9 a.m.–9:30 p.m. CarnivalAg In Obediences, dogs and exhibitors are judged on their training. Prizes will be awarded in obedience classes for dogs and their exhibitors.

4-H Dog Obedience/Showmanship/Costume Contest Show (Pavilion 2 - Warm-up Arena) .................................................................................................................. 9 a.m.–9:30 p.m. This year’s free petting zoo includes a wide variety of farm and exotic animals! A half-hour after the 4-H Rabbit Show, Open Class static exhibits sponsored by Campbell’s nurseries & Garden Centers, Inc., Cash-Wa Turf, Lincoln Elecric Motor Service, Orschen Farm & Home, and Tracey’s Body Shop will be on display. Participants may vote on their favorite exhibit in the Best of Show contest.

4-H Horse Judging Contest (Pavilion 2 - Warm-up Arena) .................................................................................................. 9 a.m.–9:30 p.m. 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 vote for a free ham. All youth are invited to try their shot at showing a hog in the piggie showmanship contest — hogs will be provided (ask at judges table for information).
Hay Hauling Contest (Multipurpose Arena) .......................... 7 a.m.
Contests are open to any team of three members, ages 14 and up. Fun FREE event to watch! Objective is to load 42 bales of hay on a pick-up truck, drive through a designated obstacle course, unload and stack the hay. First team wins. Pick-up truck is furnished. Register just prior to event. No entry fee.
PRESENTED BY LANCASTER COUNTY FAIR BOARD SPONSORED BY SHENANDOAH
Teen Dance (Exhibit Hall) ........................................... 8:30-11:30 p.m.
For ages 13 and up. Admission is $1.
PRESENTED BY LANCASTER COUNTY FAIR BOARD WITH THE HELP OF LANCASTER COUNTY EXTENSION BOARD
SPECIAL EVENTS

SATURDAY, AUGUST 9
Open Class Rabbit Show (Exhibit Hall, South End) .......................... 8 a.m.
This official American Rabbit Breeders Association, Inc (ARBA) sanctioned show draws a large number of rabbit breeders from all over the region. There are 13 sanctioned breeds — here’s your chance to see types of rabbits you never knew existed!

4-H/FFA Beef Show (Pavilion 1 - East Arena) .......................... 8 a.m.
4-H and FFA members compete for championship honors in the breeding, market and feeder calf classes, and showmanship.

4-H Miniature Horse Show (Multipurpose Arena) .......................... 8 a.m.
Miniature horse events include showmanship, halter, jumping and pleasure driving (in which horses pull drivers in two-wheel carts).

Static Exhibits on Display (Lincoln Room) .......................... 9 a.m.-9 p.m.
Come see the very best Lancaster County has to showcase! Residents exhibit their talents and earn ribbons! Open Class categories of Horticulture, Foods, Textiles and Fine Arts are open to anyone. 4-H youth exhibits enter in more than 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.
OPEN CLASS CATEGORIES SPONSORED BY CAMPBELL’S FARMS & GARDEN CENTER INC, CASH-WA CONTRACTING LLC, DAY-N-DAY INC, GENOA PAPER COMPANY, FAMILY LAW ATTORNEYS OF LANCASTER COUNTY, LANDON FABRICS INC, LANDON FABRICS OF LANCASTER COUNTY, MILLER ENGINEERING LLC, MILLER NAVIGATON COMPANY, MONTELLA FABRIC, RIGHI'S CARPET, SADLER-FOLK, SADLER-HALL, SHANGRI-LA TARIFF,
Petting Zoo and Pony Rides (Pavilion 1) .......................... 9 a.m.-9 p.m.
This year's FREE petting zoo includes a wide variety of farm and exotic animals!
Pony rides offered daily — times to be announced. Proceeds from the pony rides will go toward Lancaster County Fair funds.
PRESENTED BY LANCASTER COUNTY FAIR BOARD SPONSORED BY CORENDELL PAPER COMPANY, INC.

4-H Cat Show/Quiz Bowl (Exhibit Hall, North End) .......................... 9 a.m.
Cats and their 4-H owners are judged in this show — proper care of the cat is emphasized. Quiz bowl follows.

Open Class Pigeon Show (Pavilion 1 - Walloway) .......................... 9 a.m.
Exhibitors of all ages show their pigeons in three breed classifications: Utility (raised for commercial use — also known as squabs), Performing (known for their tumbler, racing, spinning and diving ability) and Fancy (valued for their unusual appearance).

Special Needs 4-H Horse Show (Multipurpose Arena) .......................... immediately after 4-H Miniature Horse Show—not to start before 10 a.m.
Includes two riding classes for special needs youth ages 8–18 (need not be enrolled in 4-H). Classes are “Mounted obstacle, assisted” and “Mounted obstacle, non-assisted.” Attire should be consistent with tack (English or Western). However, competitors must wear a ASTM approved helmet. Participants must provide their own horses and any special equipment needed such as mounting ramps, etc. Riders may sign up for one class only. ‘Sign up call May at 403-441-7180. Due date for entries is July 14.

4-H Western Horse Show—Working Pleasure/Western Riding/Reining (Multipurpose Arena) .......................... 1/2 hour after 4-H Horse Special Needs show Western Horse Show uses stock-type horses. Western sires and dams are used. These classes are all patterns which require a higher level of horsemanship.

Big Wheel Race (Exhibit Hall) ........................................... 1 p.m.
Contest open to all youth ages 3–6! Fun FREE event to watch! Objective is to race on short, designated course. Best times in each age class wins. Big wheel vehicles will be provided. Register on-site at Noon. No entry fee.
PRESENTED AND SPONSORED BY LANCASTER COUNTY FAIR BOARD

4-H Clover Kids—Show and Tell (Lincoln Room) .......................... 1 p.m.
Clover Kids are 4-H'ers ages 5–7. In this delightful event, members are invited to show and tell a static exhibit they have entered or a small animal. Class may show a group project or perform a short skit or song.

Carnival (Southwest of Buildings) ........................................... 1 p.m.-Midnight
This year’s carnival is packed with nearly 25 rides, games and concessions! Unlimited rides for $25! Roller coasters, Ferris wheel, bumper cars, giant slide, mini-tractors hitched to a special weight transfer sled — a sled has a weight box and weights are added for the different age classes. Longest pull in each age class wins.
PRESENTED BY BASS AMUSEMENT CARNIVAL AND LANCASTER COUNTY FAIR BOARD

Racing Pigs (Between Pavilions 1 and 2) .......................... Afternoon—Evening
A long-time favorite with fair-goers is Daryl’s Racing Pigs! Audience members guess which pig will finish first. Fun, FREE event to watch!
PRESENTED AND SPONSORED BY LANCASTER COUNTY FAIR BOARD

Dunk Tank (Courtyard) ........................................... Afternoon—Evening
Test your aim while helping raise funds for landscaping at the Lancaster Event Center.
PRESENTED BY 4-H FARMERS FUT CLUB

Pony Tractor Pull Contest (Exhibit Hall) ........................................... 1 p.m.
Contest open to all ages 4 and up! Fun, FREE event to watch! Objective is pedal mini-tractors hitched to a special weight transfer sled — sled has a weight box and weights are added for the different age classes. Longest pull in each age class wins. Mini-tractors will be provided. Register on-site at 2:30 p.m. No entry fee.
PRESENTED AND SPONSORED BY LANCASTER COUNTY FAIR BOARD

4-H Horse Games Show—Keyhole Race/Pole Bending/Figure 8
Stake Race/Barrel Race (Multipurpose Arena) .......................... 4 p.m.
Great to watch — bring the entire family! These are speed events using buckets, poles and barrels to define a pattern. Everyone has fun — riders, horse and audience!

4-H Bucket Calf Show (Pavilion 1 - East Arena) .......................... 5 p.m.
These are orphaned baby calves bottle fed by the 4-H exhibitors.
PRESENTED BY LANCASTER COUNTY FAIR BOARD AND SPONSORED BY LANCASTER COUNTY C CUB, LANCASTER COUNTY FFA AND LANCASTER COUNTY 4-H

Face Painting (Courtyard) ........................................... Evening
Free to all youth! Choose from a selection of artwork and colors!
PRESENTED BY LANCASTER COUNTY FAIR BOARD AND SPONSORED BY LANCASTER COUNTY CITIZEN WASHINGTON FOUNDATION 4-HERS
**SUNDAY, AUGUST 10**

**Static Exhibits on Display (Lincoln Room)**  9 a.m.–Noon  
See the very best Lancaster County has to showcase! Residents exhibit their talents and earn ribbons! Open Class categories of Horticulture, Foods, Rattlesnake and Fire Arts are open to anyone. 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 Area)**  9 a.m.–9 p.m.  
Exhibitors of all ages compete for championship honors in the breeding market and feeder classes.

**Open Class Swine Show (Pavilion 1 - West Area)**  9 a.m.–  
Exhibitors of all ages compete for championship honors with their market hogs.

**Open Class Sheep Show (Pavilion 1 - West Area)**  10 a.m.  
Exhibitors of all ages show their sheep in breeding (raised for their wool) and market classes, competing for championship honors.

**NHBA Barrel Racing (Pavilion 3 - Arena)**  10 a.m.  
Free entry to watch! In this National Barrel Horse Association-sanctioned event, contestants vie for the fastest time in running x triangular, cloverleaf pattern around three barrels. Four division (4D) format allows beginning intermediate and advanced barrel racers to compete to win one division 18 years old & under; Open (ages 19 & up), jackpot cash prizes plus $500 added money. Anyone (no age limits) with a horse can join NHBA prior to event and race same day.

**Open Class Dog Agility Show (Exhibit Hall)**  Noon  
Open Class Dog Agility Show (Exhibit Hall)  9 a.m.–Noon  
Exhibitors of all ages demonstrate their dog's ability to follow commands. There are nine classes based on dog and handlers’ level of ability/titles. Exercises include heel on leash, figure eight, stand for examination, recall, long sit and long down, signal exercises, scent discrimination, directed retrieve and directed jumping. Sponsord by Greater Lincoln Unified Club Retriever.

**Carnival (Southwest of Buildings)**  1 p.m.–Midnight  
This year’s carnival is packed with nearly 25 rides, games and concessions! Unlimited rides for $20 during special wind election sessions, after noon session 1–4 p.m., evening session 6–10 p.m.

**Outlaw Hot Rod Pulling Association Mini-Rod Tractor Pull** (East of Any Countryman Arena)  1 p.m.  
Where horsepower meets dirt! Do you love the feel of the ground shaking, the roar of thunder, excitement in the air as machine hooked to machine begins the wild ride down the dirt track? Machine against weight, bucking and forcing its way down the track (try for the ultimate ending — the FULL PULL). Come see the action & Mini-Rod don’t look like a tractor! But they have a homemade chassis powered by an automotive engine. Admission is $5, kids 5 and under are free.

**Mutton Busters and Kids Ranch Rodeo** (Multipurpose Arena)  1–2 p.m.  
All ages 10 and under are invited to participate in these fun, free events! 
- Mutton Busters: Youth ride sheep for as long as possible. Safety guidelines are followed. Limited to the first 90 riders to sign up. 
- Kids Ranch Rodeo: Features wooden cows that give real milk and wooden horseshoes everyone can ride. Limit to number of participants. Events include Great Toe, Wild Cow Milking, Dummy Roping, Barrel Racing, Egg Race, Pig Race.

**Wild Cow Milking, Dummy Roping, Barrel Racing** By appointment. Mutton Busters and Kids Ranch Rodeo sponsored by Lancaster County Fair Board.

**Lancaster County Agricultural Society, Inc.** would like to thank all our community partners!

**Lancaster Country 4-H thanks its numerous sponsors for their support!**

---

**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 event for 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

**FAR LEFT** 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

**LEFT** 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 event for 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

**TOP RIGHT** 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 event for 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

**BOTTOM LEFT** 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 event for 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

**RIGHT** 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 event for 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

**BOTTOM RIGHT** 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 event for 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

**WEB SITE** The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: http://www.ffa.org

**ADMITTED BY** $5 admission Kids 5 & under free

**Contact** Steve Runk, Manager 402-441-7180 • Web site: http://lancaster.unl.edu
Sibling Conflicts: Tattling, Bickering and Teasing

By the middle of the summer, siblings have spent much time together. As a result, conflicts, such as tattling, bickering and teasing begin. It is very typical to hear comments such as “Mommy, Ben just took my truck away.” “It’s my turn to choose the TV channel.” “I won the game, and you didn’t. " Sound familiar? A certain amount of tattling, bickering and teasing is inevitable between siblings. However, how a parent handles these situations will make a great difference on the intensity and length of the conflicts.

When children tattle, bicker and tease it is often a struggle for power, an attempt to get attention or wanting to tease it is often a struggle for power, an attempt to get attention or wanting to get the other to do what they want. Instead of rewarding a wrong conclusion. This reinforces the sibling's actions.

Tattling
Be sure your children know if a sibling is in danger, they are definitely to tell you or another adult. But usually, the tattling child is wanting to feel power over the other by pointing out a rule they feel should be enforced. When you take sides, it gives power to the child. Instead, ask the child to tell what they were doing, not their brother or sister. Direct them to go back and do what is right for them to do instead of focusing on the sibling’s actions.

Teasing
One rule each family should have and enforce is “no put-downs allowed.” A child's feeling of self-worth is fragile. Each one should be appreciated for their individual differences and contributions to the family, not put down or made fun of for not being just like a brother or sister. Parents can help your children understand they cannot control what is said about them, but they do have a choice in how they respond to it. Often teasing is just to get a reaction. If there is no reaction, or a different one than expected (like agreeing with the statement or responding with a compliment), the situation is often diffused.

Bickering
Fighting over toys or whose turn it is are often the basis for sibling bickering. When parents try to intervene and settle the argument, they usually don’t hear the whole story and come to a wrong conclusion. This reinforces the fighting for the “winner” and frustrates the “loser.” Instead, direct the children to work out their own solution is doing everyone a favor. One idea is to put the toy (or other possession being fought over) in “time out” until the siblings figure out a way to share. They will learn a lot about problem solving, and soon find working out solutions is much more effective than bickering. Parents can encourage problem solving by rewarding their children whenever they hear them trying to solve a problem or suggesting a compromise. When parents know ahead of time you will be noticing and keeping track of their good behavior, they will learn to find solutions on their own.
Debbie Brandt
Lancaster County 4-H is proud to announce Debbie Brandt as one of July’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Debbie has been one of the 4-H Food Superintendents at the Lancaster County Fair for more than 20 years. She was leader of the Needles and Noodles 4-H club for 11 years and has served for two years on 4-H Council. “Working and learning with young people is exciting when you see them succeed and take pride in what they’ve accomplished,” says Debbie. “Being a lifelong learner is important to me. My favorite experience as a 4-H volunteer was the wonderful group of moms I got to know with the Needles and Noodles group. They would stay and often help at our meetings, so it was one big caring group. They even had a baby shower for me!”

Debbie lives in Lincoln with her husband Gary. Their four children are active in 4-H and have earned a total of 20 years of 4-H participation. She was leader of the Future Farmers of America for 11 years and has served two years on 4-H Council. “Working and learning with young people is exciting when you see them succeed and take pride in what they’ve accomplished,” says Debbie. “Being a lifelong learner is important to me. My favorite experience as a 4-H volunteer was the wonderful group of moms I got to know with the Needles and Noodles group. They would stay and often help at our meetings, so it was one big caring group. They even had a baby shower for me!”

Debbie lives in Lincoln with her husband Gary. Their four children are active in 4-H and have earned a total of 20 years of 4-H participation. She was leader of the Future Farmers of America for 11 years and has served two years on 4-H Council. “Working and learning with young people is exciting when you see them succeed and take pride in what they’ve accomplished,” says Debbie. “Being a lifelong learner is important to me. My favorite experience as a 4-H volunteer was the wonderful group of moms I got to know with the Needles and Noodles group. They would stay and often help at our meetings, so it was one big caring group. They even had a baby shower for me!”

Debbie lives in Lincoln with her husband Gary. Their four children are active in 4-H and have earned a total of 20 years of 4-H participation. She was leader of the Future Farmers of America for 11 years and has served two years on 4-H Council. “Working and learning with young people is exciting when you see them succeed and take pride in what they’ve accomplished,” says Debbie. “Being a lifelong learner is important to me. My favorite experience as a 4-H volunteer was the wonderful group of moms I got to know with the Needles and Noodles group. They would stay and often help at our meetings, so it was one big caring group. They even had a baby shower for me!”

Debbie lives in Lincoln with her husband Gary. Their four children are active in 4-H and have earned a total of 20 years of 4-H participation. She was leader of the Future Farmers of America for 11 years and has served two years on 4-H Council. “Working and learning with young people is exciting when you see them succeed and take pride in what they’ve accomplished,” says Debbie. “Being a lifelong learner is important to me. My favorite experience as a 4-H volunteer was the wonderful group of moms I got to know with the Needles and Noodles group. They would stay and often help at our meetings, so it was one big caring group. They even had a baby shower for me!”

Debbie lives in Lincoln with her husband Gary. Their four children are active in 4-H and have earned a total of 20 years of 4-H participation. She was leader of the Future Farmers of America for 11 years and has served two years on 4-H Council. “Working and learning with young people is exciting when you see them succeed and take pride in what they’ve accomplished,” says Debbie. “Being a lifelong learner is important to me. My favorite experience as a 4-H volunteer was the wonderful group of moms I got to know with the Needles and Noodles group. They would stay and often help at our meetings, so it was one big caring group. They even had a baby shower for me!”
Horticulture Judging Contest, July 23
The Horticulture Judging Contest will be held Wednesday, July 23, 10 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18 — need not be enrolled in a horticulture project. Study material is available from extension. Youth choose which of the following portions of the contest to participate in: Tree Identification, Grape & Weed Identification and Horticulture Judging Contest. Preregistration is not required — enter the day of contest.

Junior Life Challenge Contest, July 12
The junior division Life Challenge will be held Saturday, July 12, 8:30 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–11 (need not be enrolled in a specific project). Contest questions will be based on the following 4-H manuals Six Easy Bites, Road to Good Cooking, Home Building Blocks, The Sitter, Growing on My Own, Step Up to Leadership, Becoming Money Wise, Preregistration is not required — enter the day of contest.

Public Style Revue, Aug. 6
Style Revue judging will be Wednesday, July 30 starting at 8 a.m. The public Style Revue is Wednesday, Aug. 6, at 7 p.m. (both revues will be held at the Lancaster Event Center, Exhibit Hall. A handout and entry forms are available from the extension office or online at http://lancaster.unl.edu/4h/Fair. Must preregister by July 11.

Cattle Fitting Contest, Aug. 6
The Team Cattle Fitting Contest will be held on Wednesday, Aug. 6 at 6 p.m. in Pavilion 1 - East Arena. Teams of two 4-H/FFA members will have 30 minutes to blow dry, groom and prepare an animal for show. At the completion of the 30 minutes, one team member will compete in the showmanship phase while the other team member is available for question. A handout is available at http://lancaster.unl.edu/4h/Fair and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 11.

Table Setting Contest, Aug. 7
Table Setting Contest will be Thursday, Aug. 7, 5 p.m. at the Lancaster Event Center, Exhibit Hall. Open to all 4-H’ers ages 8–18 — need not be enrolled in a horticulture project. Contest questions will be based on the following 4-H manuals Six Easy Bites, Road to Good Cooking, Home Building Blocks, The Sitter, Growing on My Own, Step Up to Leadership, Becoming Money Wise, Preregistration is not required — enter the day of contest.

Volunteer at the 2008 Nebraska State Fair!
Hundreds of people volunteer their time and energy during the 4-H Fair at the Nebraska State Fair incredibly successfully. Along with the opportunity to participate in this great event, most new people provide an introduction to fairgoers, each volunteer will receive a free parking pass and gate entrance pass to the State Fair for the day(s) they volunteer. A schedule of events and volunteer times, as well as a volunteer interest form are online at http://4h.unl.edu/programs/statefair. For more information, contact Doug Swanson at 472-2805.

Static Exhibits
At the county fair, 4-H static exhibits are selected for the Nebraska State Fair by the judges in the respective areas. A state fair sticker will be placed on all exhibits selected for state fair. 4-H members with qualifying static exhibits will receive information from the mail after County Fair about entering at the State Fair.

State Fair Gate & Parking Passes
State Fair gate passes and seasonal parking passes may be purchased and picked up at the extension office AFTER County Fair. These passes are for 4-H members and their immediate family only.
Preparation for Camp Is Key to Success

Summer 4-H camps are a time for youth to learn new things, meet new people and explore a world bigger than their backyards.

However, there are a few things parents should consider before the kids go away to camp this summer, said Jill Walahoski, extension economist with Nebraska 4-H.

Walahoski offers these tips to help both parents and children prepare for the camp experience:

• Visit the camp in advance. Parents who live near the camp should feel free to contact the director and stop in for a quick tour. If not, parents should plan for extra time at drop off to walk around with their campers to get comfortable with the environment.

• Get answers to questions. Once a camp is selected, parents can contact the camp director for answers to any questions or concerns regarding camp. They also should be sure to communicate with camp officials and let them know if there are special circumstances or considerations regarding a child’s well-being or behavior.

• It’s also a good idea for parents to talk to other families who have gone to the camp in years past to familiarize themselves with what goes on. This will help parents and campers know what to expect.

• Parents should go over the daily schedule with their camper so there are no surprises. Learn about life at camp.

• Problem solve with children by using “what if” situations to prepare for unexpected events. Parents should discuss: What if you lose your belongings? What if you don’t get along with another child? What if you don’t feel well? Children should brainstorm for solutions and make sure they know the “chain of command” for handling problems.

• Spend time at a park or even in the backyard getting comfortable with being outside. Many children spend a great deal of time engaged in indoor activities. Parents should make sure their children are prepared for an agenda that occurs mainly in the afternoon.

• Consider an overnight with a family member or friend in advance, so this is not a child’s first experience away from home. Talk about any concerns or questions the child has about spending the night away from home.

• Remember, homesickness is fairly common. Missing home, parents, pets or friends is pretty normal. It is part of growing up and leaving home. Parents should speak openly about it so these feelings are experienced with less anxiety and more understanding.

• Camp staff is trained to help children through these ups and downs.

• Parents should discuss communication at camp to prepare campers for a limited amount of interaction with their parents. Plan ahead to e-mail or write letters the camp staff can deliver during camp.

• Finally, parents should prepare themselves for their children going off to camp. Camps have made a wonderful choice for their children. They will experience fun, new friends, new activities and many exciting adventures. However, it’s not uncommon for people to feel a sense of anxiety about them being away from home.

To accommodate all campers, 4-H camps and camps are offered in a variety of lengths, interest areas, locations and times.

“The goal of 4-H camp is simple: we want youth to leave our camp not only equipped to make healthy, positive and informed decisions,” Walahoski said. “The Nebraska 4-H Camps and Centers provide a variety of opportunities for youth to learn about leadership, team building and friendships.”

Kate Johnson is a Partners in Pollution Prevention intern

The Partners in Pollution Prevention (P3) program is a 12-week internship program which is part of a University of Nebraska-Lincoln biological systems engineering class. This summer, P3 intern Kate Johnson is working at the UNL Extension in Lancaster County. Kate will visit small businesses to conduct waste assessments, research and then provide a detailed report on how to conserve resources. As another part of her internship, Kate will be working on some dry weather storm water monitoring for the City of Lincoln to help screen for illicit dumping. More information about the P3 program is online at www.p3.unl.edu.

Canoeing is a popular activity in many of the camps offered at the Eastern Nebraska 4-H Center.

Tips to Trim Vacation Costs: Travel, Lodging and Meals

Vacation season is in full swing. Gas prices continue to rise and motels/hotels become swamped with family travelers overextending their bank accounts to enjoy a few relaxing days together. But overspending on the family vacation doesn’t have to be a forgone conclusion. Setting a budget and planning ahead can ensure this year’s summer vacation won’t cost you for years to come.

Travel, lodging and meals are three major expenses on any vacation, and many options are available to help trim these costs.

Travel costs can be reduced by searching online for last minute deals available for Amtrak and airfares. These options don’t lend themselves to planning a budget, but in certain cases they provide a better low-price option.

Consider renting a vehicle that better gets better gas mileage than the family minivan. The rental cost will have to be balanced with the gas money saved, but for long trips this can be a money-saving option. Rentals also save wear and tear on the family vehicle and may reduce repair costs in the long run.

Traveling closer to home is another way to save on travel expenses. Nebraska’s Division of Travel and Tourism has suggested that four to five times the amount they can spend on local vacation venues. If these attractions are already on the agenda then the incentives provided by local travel promoters can add up to real savings.

Even when camping is not on the agenda, packing an ice chest with cool drinks and snacks will help keep the vacation budget to a minimum. Beverages and snacks purchased while on the road are often more expensive than those bought in local grocery stores.

Meals are perhaps the easiest place to save money when planning is done ahead of time. Eating out three times a day adds up quickly, so try to eat in for at least two meals each day. Picnicking is a fun and affordable way to spend quality time with loved ones while enjoying the outdoors. Also some hotels offer free breakfast. This savings should be calculated when deciding where to stay.

Another easy way to save a few bucks is to forego commercial beverages when eating out. Ice water is free at most eating establishments, whereas soft drinks usually cost four to five times the amount they can be purchased elsewhere.

The Nebraska University of Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, County Fair and other activities. Jessica Bauman assists Marty Cruickshank with the horse, poultry and rabbit areas (this is Jessica’s fourth summer as a 4-H intern).

Jami Rutt assists Tracy Kedim with Clover College, county fair static exhibits and contests (this is Jami’s fourth summer as a 4-H intern).

Jessalyn Schrock assists Deanna Karmazin in the livestock areas (this is Jessalyn’s second summer as a 4-H intern).

http://lancaster.unl.edu
Training on How to Support Military Kids, June 25

When military parents are mobilized, their lives and the lives of their families and children dramatically change. These youth suddenly become “Hidden Heroes.” University of Nebraska–Lincoln Extension is presenting a Hidden Heroes training on Wednesday, June 25, 6–8 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

This training is designed to give you a better understanding of the unique stressors that military youth and their families face before, during and after a deployment. The training will also explain “Operation: Military Kids,” a national effort to support all military kids. It provides tools and skills to engage your community in supporting military youth in your own backyard.

The training is open to the public and is free of charge. Please RSVP to Beth Kaiser at 440-9580 or bkaiser2@unl.edu. Extension’s 4-H youth program is a national partner with Operation: Military Kids.

10. Think before you drink. Buy a reusable water bottle and fill it up with tap water. Your investment soon will pay for itself. Limit consumption of soft drinks and sugary coffee. If you were able to use each magazine with the latest diet: try to save as much as $40 a week.

16. “Checkout” temptations. OK, you’ve already made it to the finish line…don’t stumble now as you approach the checkout lane. As you’re waiting in line, think twice before buying any last-minute temptation. EXAMPLE: Re-enter the magazine with the latest diet: Save $3.50.

GRAND TOTAL: The more of these tips you can use and the more foods you can use with the more you can save. Case in point: If you were able to use each of the preceding examples in one shopping trip, you could save as much as $40 a week. Multiply by 52 weeks and the savings would be…TA DA!…over $2,000 yearly!

Food Entrepreneur Seminar, Aug. 8

The University of Nebraska–Lincoln Food Processing Center offers one-day seminars for individuals interested in exploring the idea of starting a food manufacturing business. The next “From Recipe to Reality” seminar will be Friday, Aug. 8 at UNL East Campus. Pre-registration is required and space is limited. Registration deadline is July 28. There is a fee. Contact Jill Gifford at jgifford1@unl.edu or 472-2849 for an information packet.
4 Ever Cool 4-H’ers Take Photos of Community Clean Up

For The Big Event on April 12, UNL provides college-age volunteers to help with worthy community projects. Thirteen UNL volunteers and seven members of the Witherbee neighborhood association set out to clean the public areas from 33rd to 56th Street and also from O Street to Randolph Street.

UNL needed pictures to help document the student efforts, so Bailey Dostal, Hollis Knotwell, Chloe Kreikemeier, Claire McDermott, Cassidy Taladay and Lydia Wemhoff were there to capture the full-color action. These girls, all members of the 4 Ever Cool 4-H club, have been working on a photography unit. This day they focused on those doing the cleaning as well as framing and shooting pictures from various distances.

Their pictures were submitted as part of the evaluation submitted to UNL and the following four photographs appeared in the neighborhood newsletter, the Witherbee Buzz. The 4-H’ers were complimented as well as their professionalism.

—Submitted by club leader
Mary Kay Kreikemeier

Everett 4-H Kids Look at Life in the Soil

Near the end of the school year, the Everett 4-H Kids after-school club took a hands-on look at critters that live in the soil. Guest speaker Lyle Robeson (below left), an Agricultural Research Tech at the University of Nebraska-Lincoln and father of one of the club members, asked youth to search in soil for different types of life. They found worms, centipedes and bugs which they then looked at under a microscope. Lyle pointed out mold spores, fungus and microscopic organisms also live in soil. The Everett after-school program is sponsored by the Everett Community Learning Center and Lincoln Parks & Recreation.

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the June NebraLine?
The answer was Baskets of Vegetables For Sale at a Farmers’ Market in Lincoln, Nebraska

Submit your 4-H club happenings to The NebLine: attention Vicki Jedlicka at vjedlicka2@unl.edu or at the extension office.

U.S. Drought Monitor Map

As of June 10, Lancaster County was not in drought conditions.

For the most recent map, visit http://www.drought.unl.edu/dm

FOR THE GREEN INDUSTRY
Phrases for
• Hiring and Firing
• Meeting and Greeting
• Common Phrases
• Numbers
• Colors
• Days
• Months
• Dates & Times, Telling Time
• Speed Expressions
• Quantity Expressions
For Spainish
Español a inglés
GUIDES FOR COMMUNICATION
1) For the Green Industry
2) For Landscaping and Grounds Keeping
3) For Golf and Pond Maintenance

Includes English & Spanish pronunciation!!

4.5” x 11” quarter-fold brochures. Cost is $8.99 each, bulk discounts available.
To order, go to http://lancaster.unl.edu/hort/resources.shtml or call (402) 444-7804.

For the Green Industry
Phrases for
• Installation
• Maintenance
• Weather
• Seasons
• Locations
• Actions
• Quantities
• People Descriptions

For Golf and Pond Maintenance
Phrases for
• Driving a Company Vehicle

For Landscaping and Grounds Keeping
Phrases for
• Ornamentals
• Pond Maintenance
• Soil Types
• Plant Types
• Bags
• Tools

Full Color! Laminated!

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

U.S. drought Monitor Map

For the most recent map, visit http://www.drought.unl.edu/dm

For the most recent map, visit http://www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

—Submitted by club leader
Mary Kay Kreikemeier

U.S. drought Monitor Map

For the most recent map, visit http://www.drought.unl.edu/dm

For the most recent map, visit http://www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

—Submitted by club leader
Mary Kay Kreikemeier

U.S. drought Monitor Map

For the most recent map, visit http://www.drought.unl.edu/dm

For the most recent map, visit http://www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

—Submitted by club leader
Mary Kay Kreikemeier

U.S. drought Monitor Map

For the most recent map, visit http://www.drought.unl.edu/dm

For the most recent map, visit http://www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska–Lincoln