The NEBLINE, May 1999

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“Welcome to the Real World”

LaDeane Jha
Extension Educator

“All my expenses cost more than I really thought!” “It helped me learn how to balance my money.” “It makes me want to save just in case of unex-pected incidents.” “I realize that I definitely need a college education to live well.”

These are just a few of the comments expressed by young people who have participated in the “Welcome to the Real World!” program as part of “Leading with Character Counts!” workshops presented by Cooperative Extension in cooperation with School to Career of Lancaster and Saunders Counties.

The “Welcome to the Real World!” program is an active, hands-on, real-life simulation that gives young people the opportunity to explore career opportunities and make lifestyle and budget choices similar to those adults face on a daily basis. After investigating potential careers, program participants receive a monthly salary for their chosen career. Then proceed through the “Real World” activity, deducting taxes, determining a savings amount and spending their monthly “salary” on the necessary and luxury items that reflect the career and lifestyle they have chosen. Using sample savings and checking account registers and deposit slips, participants learn how to record and manage their accounts. After making their deposits, they then make spending choices from the following categories: housing, transportation, insurance, utilities, groceries, clothing and entertainment. They also choose a “chance” card which represents the unexpected expenses and incomes encoun-tered in the real world.

Participants complete their “Real World” experience by evaluating the choices they have made. “I did not have enough money to meet my expenses” is often a response after completing the “Welcome to the Real World!” simulation. Some finish with a positive checking account balance while others have a negative balance. Therefore, in the final part of the program, participants evaluate how well they did spending their money. If they had a negative checking account balance, they consider the choices they have made and discuss what alternatives might be taken. Alternatives might include:

• Selecting a different career.
• Getting more education or training, thus improving earning potential.
• Balancing expenses to income by:
  • Making wiser consumer or lifestyle choices.
  • Developing a realistic spending plan.

This educational program is just one of many opportunities for learning that Cooperative Extension 4-H offers youth in the community in addition to the traditional 4-H program. It is also representative of the ways in which collaboration with other community agencies and organizations enhances extension programs. Other examples include SERIES—a hands-on science program taught by older youth to younger children. Service learning experiences in which youth put knowledge to work by participating in com-munity service and youth leadership camps. Character Counts! is quickly becoming a community buzz word. Respect, responsibility, caring, citizen-ship, trustworthiness and fairness are being practiced by youth in public and private schools, as part of church activities, in sports settings, in 4-H clubs and in numerous other youth serving organizations. Through the NEP program of Cooperative Exten-sion, youth in schools participate in hands-on nutrition and food safety programs before and after school and during the summer, youth will practice making good decisions based on the “Six Pillars of Character” in day camps and at fairs. All community youth are invited to partici-pate in Clover College—a four-day opportunity for youth to explore various topics in June and are welcome to participate in 4-H camps throughout the summer.

Each of these programs teaches important life skills and provides youth with information and hands-on activities designed to help youth make healthy lifestyle choices.

Extension continues to provide outstanding leadership in the community for youth programming and invites all youth to inquire about any programs in which they may be interested by calling 441-7180.
Sweet potatoes

Sweet potatoes are high in food value. Varieties with deep yellow colored roots are a good source of vitamin A.

Sweet potato varieties are grouped into two general types—those with deep red, yellow or orange color that are soft, moist and sweet when cooked and those with firm, dry, light-colored, mealy flesh. Important varieties among the soft flesh-type are Centennial, Nemagold and Goldrush.

Being of tropical origin, sweet potatoes require a long warm growing season. Sweet potatoes require a growing season of at least five months where the temperature does not go below 70 degrees F. These requirements are found in an area south of a line extending through McCook, Grand Island and West Point.

Sweet potatoes are not grown from seed. Plants may be purchased from a greenhouse or garden center. Planting should not be done sooner than the last week of May or later than June 10.

Sweet potatoes should be planted in a ridge to provide drainage and allow for root expansion. Ridges should be about 3 1/2 feet apart with plants set 1 foot apart. Hand weeding will be necessary until the vines completely cover the rows. (33)

Gardening for children

This is the time of year when many families are actively working at planting, preparing and planting a garden. What a great activity to get young children involved with. Gardening can provide children with a wide variety of experiences available nowhere else. Gardening is learning. Regardless of the location, the planting and caring of seeds and plants teaches all of us.

Through gardening, children are provided with opportunities to observe nature. This promotes children’s curiosity and interest in knowledge. The whole gardening and growing process allows children to learn new words and expand vocabularies, provide opportunities for comparing objects, for example, size, shape and color of seeds, and install patience and perseverance. Children are frequently more willing to taste foods which they have helped grow. Gardening may provide new tasting opportunities in addition to the obvious hands on experiences, such as working with seeds, plants, soil and water. Because children learn best by doing and by their own discoveries, let them actually be a part of the gardening. With so many families raising gardens, an excellent opportunity exists for children to experience growing food. It is nice for even very young children to have their own special plot. In this age when many of us buy foods that are grown far away, it is exciting for children to actually learn where and how foods grow.

Planning what to grow is very exciting. Gardeners are provided with opportunities to compare and contrast objects, for example, growing a variety of vegetables, herbs and flowers. Children are frequently more willing to taste foods which they have helped grow. (MJM)

Perennials with interesting flowers

Home gardeners can choose from many species and varieties of perennials. Perennials differ in growth habit, size, leaf shape and other characteristics. Sometimes what sets one perennial apart is its interesting flower below is a list of perennials with unusual flowers.

For interesting late spring bloom, try columbine (Aquilegia hybrida). The foliage is blue-green and softly hairy. The flower is composed of five petals and five sepals. The petals have backward projecting spurs. The sepals are shorter than the petals and may be the same color or a contrasting color. Colors for the sepals and petals include red, pink, yellow, blue, white and purple. This plant grows to 3 feet tall by 1 foot wide. It prefers full sun to partial shade and well-drained soil.

Old-fashioned bleeding heart (Dicentra spectabilis) has blue-green foliage. Flowers hang down from arching stems in late spring to early summer. The outer petals are rose-red with reflexed tips. The inner petals are white. Bleeding heart gets its name from flowers that resemble pink broken hearts. This plant grows to 2 to 3 feet high with a graceful arching effect and a rounded growth habit. Bleeding heart performs best in welldrained, moist soils in partial shade.

Sea holly (Eryngium amethystinum) has rigid, deeply cut, spiny, soft green foliage. The blue flowers appear in heads that are 1/2 inch to 3/4 inch in diameter. Long, spear-like bracts surround the heads. Blooms appear in midsummer. Sea holly prefers full sun. This perennial is tolerant of dry, sunny conditions and infertile soils. It can be used as a single specimen or in groups of three. Sea holly can also be used as a dried flower.

To add bright colors to the perennial garden, consider incorporating specimen plantings of red-hot poker (Kniphofia hybrids). The foliage is linear or sword-shaped, and gray-green with rough edges. The tubular flowers appear massed in the top 6 to 10 inches of the flower scape in the summer. Flower colors include red, yellow, corallage and combinations. The plant has a mature height of 2 to 4 feet and a width of 3 feet. Red-hot poker prefers a site with full sun and well-drained soil. Avoid planting this perennial in heavy, wet soils. The flowers can be used as cut flowers. Mulch heavily in winter.

Beebalm (Monarda didyma) has foliage that is aromatic and stems that are square to three-sided. Tubular flowers occur in dense heads from late spring to summer. Deadheading promotes new blooms. This plant grows to a height of 2 to 4 feet with a spread of 3 feet. Beebalm prefers full sun and good soil moisture. If bee balm is to be used in the perennial bed, divide plants every 2 to 3 years as it spreads rapidly. Beebalm can be used in naturalized areas and to attract bees and butterflies.

For late summer bloom, try obedient plant (Physostegia virginiana). The spear-like, serrated leaves are green in the growing season. The stems are square. The flowers appear in spikes spaced in four vertical rows. Flower colors include rose, purple and white. The plant has a mature height of 2 to 4 feet and a width of 3 feet. The ideal site is in full sun to partial shade and moist soils. Because of its height, staking may be required. The obedient plant spreads vigorously. The obedient plant requires little or no fertilizer. Heavy fertilization promotes rampant growth and increases the plant’s invasive tendencies. Obedient plant is heat tolerant. The bloom may be used as a cut flower. Obedient plant gets its name from the ability of individual flowers to be twisted on the stem and then remain as arranged.

Balloon flower (Platycodon grandiflorus) has serrated, dark green leaves that are 1 to 3 inches long. ‘Blue mist’ is a hybrid with short petioles. The star-shaped flowers appear in late summer. Lavender, blue, pink and white. Several double-flowering varieties are available. The plant has a 3 to 5 foot upright growth. Balloon flower prefers sun to part shade and well-drained soil. The plant does well as a cut flower, in rock gardens and in perennial beds.

For the perennial border, try pincushion flower (Scabiosa caucasica). For 3 to 4 weeks in the summer, light blue or pink, rounded flower heads appear on long stems. Cultivars such as ‘Butterfly blue’ and ‘Pink mist’ can bloom for 2 months. The flower head consists of an outer ring of flattened petals and a tufted, cushion-like center. The shape of the flower gives pincushion flower its name. Plants are 1 to 2 feet tall and 1 1/2 feet wide with a rounded growth habit. Full sun and well-drained, fertile soil and are necessary for optimum growth. To promote flowering, spent blooms should be removed. For the best effect, plant this perennial in the grouped bed in groups of three or more. In addition, the blooms can be used as cut flowers. (MJM)

Many of us need reminders. That is the purpose of this calendar. Check the calendar page each month and add special events if they are in your escape situation.
Did you know?

1. A World Wildlife Fund study says the world is running out of seafood because 70% of its major fishing grounds are "strip mined" by too many boats that are so efficient that they now catch almost twice as many fish as can be reasonably harvested from the world's oceans.

2. The earth's protective ozone layer will hit its all-time thinnest by 2000 or 2001, according to the World Meteorological Organization. A leading ozone expert says that the holes will stay for about 20 years and will recover to the 1960's levels by the middle of the next century.

3. About half of the world's tropical forests are located in Indonesia, Peru, Brazil and the Congo which are indebted to the U.S. In 1998, President Clinton signed into law a bill which allows the administration to enter into "debt-for-nature swaps" by reducing the debts that some foreign countries owe the U.S. in exchange for tangible efforts by those countries, to preserve and restore tropical forests.

4. According to the Organic Farming Research Foundation, approximately 1% of the U.S. food supply is grown using organic methods. Over the past six years, annual sales of organic products have increased 20%, and in 1996, this represented over $3.5 billion in retail sales. In 1998, President Clinton signed an executive order mandating that all paper bought by the federal government have at least 30% recycled fibers.

5. Seven out of ten biologists believe that "we are in the midst of a mass extinction of living things and that this loss of species will pose a major threat to humanity in the next century," according to a nationwide survey by the American Museum of Natural History that interviewed 400 members of the American Institute of Biological Sciences.

Source: Center for Sustainable Agricultural Systems, Institute of Agriculture and Natural Resources, UNL. (BPO)

What are rain forests?

Rain forests are tropical woodlands that grow in hot, humid areas of the earth, near the equator. These areas have an annual rainfall of at least 100 inches. Rain forests are important for several reasons. They clean and renew the earth's atmosphere by taking carbon dioxide from the air and putting oxygen into it. The forests affect the climate of the surrounding areas.

In countries around the world, rain forests are being destroyed, while animals and plants are being displaced. The land is being used as building material or fuel. The land is too deep to have enough root reserves to regenerate into new weeds. But they're not invincible. The key is to attack them where they're blooming because their root reserves are low. If you dig out four to five inches of the root, you have better strength to send up another shoot.

A weed popper pulls out the plants, roots and all, with a stump. A long-handled weeding fork lets you do the job while standing. A weed popper pulls out the plants, roots and all, with a stump. A long-handled weeding fork lets you do the job while standing.

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Clean water: do you take it for granted?

A good water supply has been essential to the development of human civilizations throughout human history. Water supply and small pieces left behind the nest to the queen and the rest of the colony. If residual insecticide sprays are used, the foraging ants may die before they feed or take the bait back to the nest, counteracting the effectiveness of the bait. Do not use insecticide sprays if you want to use bait for ant control. If the bait is attractive to the ants, the entire colony will probably be destroyed within a few weeks.

Not all ant species can be controlled with baits and some baits work better than others. In general, ants that eat a wide variety of foods will be less affected by baits because the bait will comprise a smaller proportion of their food. Sugar-loving ants are the easiest to control. In areas where you have seen sugar-loving ants, place bait according to label directions. The best baits have boric acid or hydramethylnon as their active ingredient. Terro® and Pic II® liquid are two commercially available boric acid-based baits that can be purchased in many hardware or discount stores.

Although several common ant species in Nebraska can be controlled by sweet baits, others, like carpenter ants, are better controlled using other tactics. For a correct identification, bring several specimens to the Lancaster County Extension Office, 444 Cherry Creek Road, 4-30, Monday through Friday (BPO).

Environmental Focus

Dandelions: bad or good?

Dandelions bloom throughout the summer, but they are one of the earliest blooming weeds because they have a well established taproot. If you want to rid your lawn of dandelions without destroying yourself with a long-handled weed fork or a weed popper and go after your dandelions with confidence. It’s true that dandelions are painfully persistent. Their long roots are not invincible.

The trick to using baits is to attack them where they’re blooming because their root reserves are low. If you dig out four to five inches of the root, you have better strength to send up another shoot.

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Pesticide container recycling program

Every year, about one million plastic agricultural pesticide containers are used in Nebraska. This amounts to about three-quarters of one million pounds of plastic that must be disposed of. Plastic lasts for centuries when buried in landfills, shortening the life of the landfills and wasting the resources that were used to manufacture the contain- ers in the first place.

Lancaster County Extension will be coordinating a program this year, which gives producers a chance to contribute to the health of the environment, by recycling plastic containers. The Lancaster County program will be coordinating 19 sites in an 11-county area in Southeast Nebraska in 1999. At each collection site, pesticide containers will be inspected by a trained individual to make sure they have been properly rinsed. Only white and yellow 1 and 2.5-gallon pesticide containers with the labels and caps removed will be accepted. Yard and garden pesticide containers are brown and cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable.

After inspection, the contain- ers are stored until sufficient quantities have been gathered to be sent to a recycler. The jugs are inspected a second time by the chipper company employees and then processed into small chips, which greatly reduces the volume and makes it feasible to transport the materials long distances. Chips are taken to plants that melt the plastic material and mold it into new products. Recycled pesticide containers do not enter the general plastics industry. The material is currently being recycled into plastic fence posts, nailing strips that can be embed- ded into posed concrete walls, industrial pellets, field drain tiles, speed bumps and parking lot tire stops.

The extension office obtained grant funding four years ago to purchase two dedicated semi-trailers where the containers can be stored until there is a sufficient quantity to bring in a chipper. Each agribusiness firm cooperating in this project has agreed to move these trailers and set them up in preparation for the recycling day they will be hosting. The businesses also pay a small fee to cover the costs of providing the technical assistance during collection days. This project would not be possible without their support.

Most collection days have been scheduled for Tuesdays or Fridays (see the schedule below). Some sites will accept containers by appointment. Please call ahead before leaving any containers at these sites. (TD)

Multiple Day Sites

<table>
<thead>
<tr>
<th>Collection Site</th>
<th>Date</th>
<th>Location</th>
<th>Agribusiness Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frontier Co-op</td>
<td>June 15</td>
<td>Mead</td>
<td>Brian Reid</td>
</tr>
<tr>
<td>Farmers Co-op</td>
<td>June 18</td>
<td>Waverly</td>
<td>Jim McGil</td>
</tr>
<tr>
<td>Birth Co-op</td>
<td>June 25</td>
<td>Platte</td>
<td>Ron Preston</td>
</tr>
<tr>
<td>Greenwood Farmers Co-op</td>
<td>June 29</td>
<td>Elmwood</td>
<td>Russ Tedderman</td>
</tr>
<tr>
<td>Farmers Co-op Elevator Co.</td>
<td>July 2</td>
<td>Fairbury</td>
<td>Richard Zanger</td>
</tr>
<tr>
<td>Farmers Co-op Elevator Co.</td>
<td>July 9</td>
<td>Platte</td>
<td>Jenny Juarez</td>
</tr>
<tr>
<td>Farmers Cooperative Co.</td>
<td>July 13</td>
<td>Bennington</td>
<td>Bill Moore</td>
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<tr>
<td>Farmers Co-op Elevator Co.</td>
<td>July 16</td>
<td>Wilber</td>
<td>Brian Gienhagen</td>
</tr>
<tr>
<td>Dorchester Co-op</td>
<td>July 23</td>
<td>Milford</td>
<td>Jerry Nauberg</td>
</tr>
<tr>
<td>Lancaster County Fair</td>
<td>Aug. 6</td>
<td>Lincoln</td>
<td>Tom Dom</td>
</tr>
<tr>
<td>Farmers Co-op Elevator Co.</td>
<td>Aug. 10</td>
<td>Scenic</td>
<td>Bill Hoffman</td>
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<tr>
<td>Southeast Nebraska Co-op</td>
<td>Aug. 24</td>
<td>Beatrice</td>
<td>Randy Timms</td>
</tr>
<tr>
<td>Otto Oil &amp; Propa</td>
<td>Aug. 27</td>
<td>Wahoo</td>
<td>Dan Otto</td>
</tr>
</tbody>
</table>

1999 Pesticide Container Recycling Program

Collection Dates from 9:00 a.m. to 3:00 p.m.

**Tips to wash pesticide-contaminated clothing**

Clothing worn when applying pesticides can be laundered differently because of the residues in the clothing. Pesticides can be absorbed through the skin, so it is important to understand the benefits of using proper pesticide-contaminated clothing with bare hands; wear chemi- cally-resistant gloves when handling.

- Pre-rinsing or pre-soaking helps to get clothes cleaner and reduces health risks. A stain remover can help get visible stains out of clothes. Also use heavy-duty liquid detergent and hot water – the hotter the water, the cleaner clothes will get. Use the longest wash cycle and wash clothes two to three times if heavily soiled or if pesticides are highly toxic. Be sure to run the washing machine through one cycle empty with hot water and...
Poison Ivy – an irritating plant

Poison Ivy can be found in nearly any part of Nebraska. Its usual growth habit is as a slender vine running along the ground, or growing in shrubs and trees. The vines are capable of growing over an inch in diameter over the course of years. Poison Ivy is often found along fence rows, roadsides and many other wooded areas. Always be on the lookout for this vine in these areas, regardless of the season. Poison Ivy vines are poisonous to humans and wildlife.

The toxin in poison ivy is an oil which causes an irritating skin reaction on contact with the oil, or after it has dried. The reaction, an itchy rash with clear blisters, is variable in severity among people and can vary from year to year on the same individual.

The poison ivy reaction can be reduced if you change clothing immediately and wash the exposed skin with soap and water. If you can wash all the oil off exposed skin within five minutes of contact, no reaction will occur. Even water from a running stream is an effective cleanser. The oil from poison ivy can remain active on clothing for a year or more. So, be careful not to expose yourself to the oil again. The oil can also be transmitted on pet fur and in the smoke of burning poison ivy.

Poison Ivy control can be done easily. The best time to kill poison ivy that climbs high into trees, cut the vine off six inches above ground level. Treat the stump with glyphosate (according to label directions) immediately after cutting, to kill the roots and prevent regrowth. If regrowth does occur, treat the leaves with glyphosate. Poison ivy can be very persistent, so you have to spray the vines two or more times for complete control. (DJ)

Butterfly gardening

Whole books have been written on attracting butterflies to your yard. The basic concept is simple: plant nectar plants for the adults, host plants for larvae to feed on.

Butterfly gardening can be both scientific and complex as you want it to be. You can simply plant a wide variety of flowering annuals and perennial plants, shrubs and trees that you like. With a variety of plant families, flower shapes, colors and fragrant flowers in the garden; flowers and the nectar they contain, will be available for butterflies throughout the season.

Another approach is to make a systematic commitment to the butterflies in your area and which wild and cultivated plants attract which species. Planting a few of the most abundant plants for adults, increases your yard’s appeal for butterfly larvae. Many people do not want on their property and will not even consider doing so. (TD)

Tips to wash pesticide-treated clothing

continued from page 4

detergent to eliminate any residues left by the clothes. Hanging clothes outside is the best way to keep out sun damage. The sun may degrade some of the pesticides.

Starch also can be used when laundering to help trap pesticides on fabric surfaces. At the next washing, pesticides will come out of clothing easier.

Cleaned clothing used for chemical applications should be stored in a different place, away from other clothes and should be left to wear only for pesticide applications. Don’t wear dirty, contaminated clothes two days in a row. Throw clothes away that had a lot of highly toxic chemical spilled on them. (TD)

SOURCE: Rose Marie Tondi, E.D., clothing specialist, N.U./ANR

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Americans are eating more cheese. According to the USDA, from 1970 to 1996 the U.S.’s consumption of cheddar cheese increased 59 percent to an average of 9.2 pounds per person. Consumption of Italian cheese quintupled during the same period, to 10.8 pounds per person. The per capita consumption of mozzarella—the main cheese used in pizza—stood at 8.5 pounds in 1996, more than seven times higher than in 1970. (DJ)

Space heaters require a certain amount of air to work properly. They consume oxygen along with fuel and that can cause smoke to move continually be replaced. In addition, the burning fuel produces carbon monoxide gas, which is deadly for humans. Space heaters should always have adequate ventilation, even if it makes them slightly less effective. Many space heaters also get hot on the outside and are easily tipped over. For electrical space heaters, hot electrical elements inside can contact combustible materials and start a fire. For propane-fueled heaters, the propane can flare up and ignite nearby objects. (DJ)

Learn at your convenience

24 hours a day, 7 days a week—NUFACTS (audio) Information Center NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 411-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site

Visit our Internet web site at: http://www.ianl.unl.edu/ianl/dodge/acreage/index.htm to learn about current programs, publications and links to other acreage and small farm information.

“Part-time Farming” video

“Part-time Farming” will help develop your country environment and improve your quality of life. Just one hour of “Part-time Farming” provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

Dairy Science Insights

To listen to a NUFACTS message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 411-7180 to receive a brochure with all the message topics.
The whole month of May has been declared National Egg Month. Make a point to bring back eggs as part of your healthy diet. Remember eggs, always a bargain, are nutrient dense, low in calories and contain only a small amount of saturated fat. The latest scientific research shows that eating foods with cholesterol, such as eggs, does not significantly increase blood cholesterol levels in most people. The real culprit is saturated fat. So, if you are healthy and follow a low-fat diet, it’s okay to enjoy eggs in your meals.

Here’s an easy recipe from Mary Torell, promotion specialist, Nebraska Department of Agriculture, to get you started. For more free egg recipes, or information related to food safety and eggs, contact Mary at 402 - 472 - 0752.

Besides being good-for-you, eggs are healthy for our economy. For example, did you know:

• Directly and indirectly, the Nebraska poultry industry supports 4,900 jobs that pay $11 million in wages and salaries.
• Cash receipts from Nebraska’s egg production in 1997 were $107 million.
• In 1997, Nebraska produced 2,469 million eggs.
• Currently, Nebraska ranks 9th in the nation in egg production.

Variable Vegetable Strata
(Makes 4 Servings)
Cooking spray
6 slices day-old bread
1 to 2 cups chopped cooked vegetables
1/2 cup (2 oz.) shredded reduced-fat Cheddar cheese
6 eggs
1 can (10.75 oz.) low-fat cream of mushroom soup, undiluted
1/2 cup non-fat or low-fat (1%) milk
1 teaspoon prepared mustard
1/4 to 1/2 teaspoon basil leaves, crushed
1/8 teaspoon pepper

Evenly coat an 8 x 8 x 2-inch (or 2 1/2-quart rectangular) baking dish with cooking spray. Cut bread into 1/2-inch cubes. Evenly sprinkle half of the cubes into prepared dish. Sprinkle vegetables and cheese over cubes. Sprinkle with remaining cubes. In a medium bowl, beat together eggs, soup, milk and seasonings. Pour over bread mixture. Bake in pre-heated 350 degree F oven until knife inserted near the center comes out clean and top is golden brown, about 50 to 60 minutes. (AH)

The disappears lunch hour

A USA Today poll showed that 55 percent of Americans use the lunch hour (which actually averages 36 minutes) to do other things than eat. Unfortunately, missing lunch also is a family of three important nutrients. Plus, when the “hungries” hit, you’re more likely to eat a less nutritious food later on.

Here are some ideas to help you eat and get in your errands,

• A baked custard is done when a metal knife inserted off-center comes out clean and top is golden brown, (160 degrees F).
• Cook other dishes like French toast and Monte Cristo sandwiches until they’re done at the center (160 degrees F).
• When making eggnog, ice cream, Hollandaise sauce and other foods that may be high in sugar.

YOU CAN gain weight eating low fat foods!

Though there’s a reduced-fat form of almost any food you can think of—overall, more Americans are gaining weight! It’s not the fault of the foods, however, but rather how we use them. For example:

• There are still limits to how much food you can eat before you gain weight—even if the food is low-fat. If people load up on low-fat foods or eat larger servings because a food is low-fat, chances are they’re getting too many calories.
• Low-fat or reduced-fat foods aren’t always low in calories. Many of them may still be high in sugar.

According to a survey reported in Tufts University Health & Nutrition Letter, while more than 50 percent of consumers read nutrition labels for fat content, only 10 percent check the calorie level. Try this experiment the next time you’re at the grocery store. Compare the calories in favorite lower fat foods and their full-fat counterparts.

Here’s what Tufts nutritionists found when they compared calories between reduced-fat and full-fat versions of foods.

NUTFACTS
NUTFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 411-7188, for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

359 Avoid Choker Foods for Young Children
354 The Meat, Poultry, Fish and Dry Beans Group
357 Using the “Nutrition Facts” Section on Food Labels

NUTRITION AND FOOD SAFETY WEB SITE
Visit our Internet web site at: www.lanco.unl.edu/food

FREE MONTHLY FOOD Rejections e-mail newsletter.
To be added to the mailing list, try Alice Henneman nutrition

YOUR information center... around the clock

Your local health department, schools, community centers, churches, businesses and neighbors are also sources of food and nutrition information.

Submitted by Melissa Oerman, LLCHD WIC Director. (MB)

Focus on Food

Alice Henneman, RD, LDN, Extension Educator

Q: How long should I cook eggs so they are safe?
A: Here are some guidelines from Mary Torell, promotion specialist, Nebraska Department of Agriculture on safely cooking eggs:
• Cook basic egg dishes until the whites are set and the yolks begin to thicken; they don’t have to be hard.

WIC (Women Infants and Children) celebrates 25 years

WIC has been shown to help pregnant women eat better, have healthier babies and receive early prenatal care. Infants born to WIC mothers weigh more and grow and develop better. Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly and receive immunizations.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides free foods and nutrition information to help keep pregnant women, infants and children under five healthy and strong. Even working people may qualify for services. For example, a family of three earning $4866 a week will meet the income requirements. Fitch to find out if parents may apply for WIC for their children.

WIC vouchers are for foods including milk, cheese, cereal, eggs, juice, beans or peanut butter. An extra food package is available for mothers who are breast-feeding. Although WIC supports breast-feeding, infant formula is available to mothers who choose to bottle-feed their babies. Infant cereals and juices are also provided. WIC provides referrals to doctors, health centers and clinics, dentists and programs such as Food Stamps, ADC and Medicaid.

WIC services in Lincoln and Lancaster County are provided through Family Service and the Lincoln-Lancaster County Health Department. Currently, clients are being served at 17 sites throughout the county. WIC agencies in Lincoln have been working diligently to reach potential clients through extensive outreach. If you or someone you know may qualify for WIC, please call 414-8655 or 441-6200 for an appointment.

The nutrition information I received from WIC is very informative. I especially love the recipes.”

“WIC will save you a lot of money but want our children to eat nutritious meals. The WIC Program has been very helpful. If I had to do it all over again, I would make sure we spend at the grocery store”

“The WIC Program is perfect. It has been a lifesaver for my children.”

“I want to express my appreciation for everything that the WIC Program has done. Each person involved deserves a pat on the back for the hand they have extended to help me to have the means to make it through the last three years of school in pursuit of a nursing degree. Once again, thank you for providing part of the meal set on the table so I could provide a better life for my child.”

Tran My Trang, WIC, and Barb Brooksky, NUF, team up at the Food Neighborhood Center at 2017 Y.
You look younger than you are. You could save $24 at an amusement park if you lie about your age. They won’t do it.

This question was posed to 180 middle school students from various grades and Saunders County schools during Leading with Character Counts! workshops held last year. Students who participated in the program put together a lesson on ethical decision making.

When asked about their decision to lie, students said, “It doesn’t matter what you do—it’s not a big deal. They charge too much money.”

“When you’re young, you might need your money for other things;” “I’ll have more money to spend on rides or on food when I’m in the park.”

LaDeane Jha
Extension Educator

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LaDeane Jha
Extension Educator

Children & Violence

Children are exposed to numerous accounts of violence against kids, such as sexual, bullying, murder and random acts of terrorism. Parents need to be aware that children who are exposed to these events and those who are affected by them are not as innocent as they may seem. When children are exposed to violence, they become emotionally impaired and are more likely to have behavioral problems. They may become aggressive or withdrawn, and have difficulty concentrating or making decisions. They may also have trouble sleeping and staying in school. Children who are exposed to violence are more likely to develop anxiety and depression. They may become more aggressive and have difficulty trusting others. They may also have difficulty making decisions and may have trouble with authority figures. They may also have problems with school and may have difficulty making friends. They may also have difficulty making decisions and may have trouble with authority figures. They may also have problems with school and may have difficulty making friends. They may also have problems with school and may have difficulty making friends.

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4-H Clover College

Here’s a great opportunity for 4-H members to learn about a variety of topics by participating in these “hands-on” workshops.

To register, complete the registration form (one person per form) listing the classes you wish to enroll in and return with the full fee. Registrations must be received by June 11. They will be handled on a “first come” basis and will be accepted upon receipt of fees. Telephone registration will not be accepted. You may register by mailing your registration form and check or money order (made payable to Lancaster County Extension) to: Lancaster County Cooperative Extension, 444 Cherry creek Road, Lincoln, NE 68526-1507. Early registration is recommended. If you have questions, need additional forms or need to know if space is available, contact Tracey at 441-7180.

ALL FEES ARE NON-REFUNDABLE unless a class is filled to capacity or canceled.

Youth attending workshops that overlap the lunch period may bring a sack lunch. No other lunch will be available.

Four-day workshops:

All four-day workshops will be held Tuesday, June 15 - Friday, June 18.

1. Rockets... Countdown to Family Fun

How to’s on rocket building. Participants are required to purchase their own rockets. The first day will concentrate on the different kinds of rockets, how to’s of buying the right rocket and rockets that can be made.
TIME: 8:30 a.m - 10 a.m.
FEE: None
CLASS SIZE: 10 maximum
AGES: 8 and up
INSTRUCTOR: Ron Swig, 4-H volunteer

2. Nursery Rhyme Wall Hanging

Four of your favorite nursery rhymes will be set among five traditional pieced quilt blocks. Participants need to bring the following: (all fabric needs to be 100% cotton, prefawashed, and ironed) 1/4 yard of size 01 black pigma micron pen, straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
TIME: 10:15 -12:45 p.m.
FEE: $5.70
CLASS SIZE: 6
AGES: 8 and up
MUST have completed Clothing Level 1 project book
INSTRUCTOR: Kim Bock, 4-H volunteer

3. Outdoors, Small Animals and More

Make a sunflower seed feeder, habitats for household pets and acquire tips for small animal care.
TIME: 10:15 a.m -12:15 p.m.
FEE: $5
CLASS SIZE: 10 maximum
AGES: 8 and up
INSTRUCTOR: Shirley Condon, 4-H volunteer

4. Quilted Flags

Learn about the processes of quilting and make a quilted flag. Participants need to bring the following:
- (all fabrics needs to be 100% cotton, prefawashed, and ironed) 1/4 yard of size 01 black pigma micron pen, straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
- (or similar fabric color), 1/4 yard of reproduction fabric—if using scraps, must be minimum of 5 squares), 1/4 yard fabric for binding. Also needed: size 01 black pigma micron pen, straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
TIME: 10:15 -12:15 p.m.
FEE: $5.70
CLASS SIZE: 6
AGES: 8 and up
MUST have completed Clothing Level 1 project book
INSTRUCTOR: Kim Bock, 4-H volunteer

5. Shooting Sports

Upon completion of program, youth will be qualified to shoot in the Lancaster County Fair Rifle/Rifle competition. Fee includes supplies, refreshments and insurance. Parents are encouraged to attend. Adults and youth need shooting glasses (child’s prescription eyeglasses acceptable) Guns are provided, do not bring your own.
TIME: 12:45-2:45 p.m.
FEE: $5.70
CLASS SIZE: 6
AGES: 8 and up
MUST have completed Clothing Level 1 project book
INSTRUCTOR: Kim Bock, 4-H volunteer

6. Babysitting Clinic

Learn the basic skills needed to be a responsible, safe babysitter. Focus is on handling major and minor emergencies, learning safety procedures, making creative snacks and babysitting toys.
TIME: 3:30 p.m - 5:30 p.m.
FEE: $5
CLASS SIZE: 20 maximum
AGES: 11 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

7. Clover Kids 4-day Day Camp

Clever Kids will participate in several hands-on activities while learning about feathered friends, entomology, food fun and the outdoors. Character Counts! will also be presented.
TIME: 8-10 a.m.
FEE: $5
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

One-day workshops:

These workshops will be held for two hours each, one day only. Check for day and time.

8. Cooking class

Add a personal touch and save money by learning to decorate baked goods.
DATE: Tuesday, June 11
TIME: 8:10 a.m.
FEE: $5
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

9. Getting Set for the Table Setting Contest

Have a great time learning everything you need to know to participate in the table setting contest. Come away with a planned table for the fair.
DATE: Saturday, June 16
TIME: 8:10 a.m.
FEE: $5
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

10. Fun in the Kitchen

Enhance baking techniques and take home some goodies.
DATE: Thursday, June 17
TIME: 8:10 a.m.
FEE: $5
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

11. Style Revue

Learn how to model your clothing items. Perfect your modeling technique and learn new styling procedures.
DATE: Friday, June 18
TIME: 8-10 a.m.
FEE: No cost
CLASS SIZE: No limit
AGES: 8 and up (TK)
INSTRUCTOR: Lorene Bartos, Extension Educator

———

1999 Clover College Registration Form
(one person per form)

ALL FEES MUST BE PAID IN FULL UPON REGISTRATION

Name_________________________________ Age________ Male____ Female____
Parent Name(s)____________________________________________________________
Mailing Address________________________________________________________________________
City_________________________State_________________Zip Code________
Daytime Phone Number___________Home Phone Number__________________
Special Needs______________________________

I WANT TO ENROLL IN THE FOLLOWING SUMMER PROGRAMS:

NUMBER:_________________ TITLE:_________________ FEE:_________________

#________________________ #________________________ #________________________ #________________________

TOTAL AMOUNT PAID $________________________

1. Checks/money orders should be made payable to Lancaster County Extension.
2. Bring this form and registration fees, or mail this along with check or money order, to Lancaster County Extension located at 444 Cherry Creek Road, Lincoln, NE 68526-1507.
3. Registrations must be received by June 11, 1999.

———

Lamb tagging in Bennet

Deanna will be tagging lambs at the Bennet ballfield Saturday, May 15, 8:30 to 10:30 a.m. If you would like to eliminate a drive to Lincoln on May 22, this is your chance. All 4-H lamb projects must be picked up between 1 and 4 p.m.

Poultry exhibitors

Market broker entries due

Market broker entries for the 1999 Lancaster County Fair are available and due by May 19. All market broker chicks will be ordered from Norfolk Hatchery and cost $20.50 for 25. The chicks will arrive at the Lancaster Extension Education Center on June 17 and must be picked up between 1 and 4 p.m.

If you wish to participate in the market broker contest, pick up your entry form at the office. For more information, call Ellen at 441-7180. (EK)
Natural horsemanship clinic and riding workshop
There will be a natural horsemanship clinic and riding workshop May 8 and 9, 9 a.m. to 5 p.m. at the East Arena, State Fair Park. The presenter at this workshop will be Rick Cornell from Janesville, IA. For more information on this clinic, call 441-7180 and ask for Ellen.

District and state horse show entries
All district and state horse show entries are due in the Lancaster County Extension Office by 4:30 p.m., May 21. (NO LATE ENTRIES ACCEPTED!) Level tests and horse identification sheets for district and state exhibitors are also due on that date. The district show for Lancaster County is Thurs- day, June 24 in Beatrice. If this date does not work for you, call me at 441-7180 for other available show dates across the state. (EK)

Benefit horse show held
On April 17 and 18, the Lancaster County Horse VIPS Committee sponsored a horse show to benefit the proposed Lancaster County Event Center. The show was held at State Fair Park. The Saturday show was for the serious horse show exhibitor only! It was a very cold day and the horses were excited to be out for the first 4-H show of the season. (However, they were not excited to be washed on that particular morning.) On Sunday, the sun came out and everyone enjoyed a beautiful day during the games.

High point trophies were awarded in four age groups. Trophy winners were Megan Gautier (Elementary High Point) and Rachel Steckly (Reserve). Christi Vidlak (Junior High Point) and Ashley Murray (Reserve); Amy Countryman (Senior High Point) and Sara Messick (Reserve); and Jessie Snover (Adult High Point) and Tim Marshall (Reserve).

As usual, there were more than a dozen people who spent many hours working to ensure the success of the show and we thank them all. A special thanks goes to Marri Countryman who organized and promoted the show. (EK)

Trophy winners (left to right) Megan Gautier, Ashley Murray, Christi Vidlak, Amy Countryman, Tim Marshall and Jessie Snover. Not pictured: Rachel Steckly and Sara Messick.

Mark your calendar
Wednesday, June 23 is the date 4-H members can practice for the Life Skills Judging Contest and receive help with their demonstrations. Learn judging techniques and decision making skills for the Life Skills Judging Contest from 1-2:30 p.m. At 2:30 p.m., 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Preregistration is not necessary. Contact Tracy if you have any questions. (TK)

2002 CWF registration begins
Reservations are now being accepted for the 2002 Citizen Washington Focus program. To be eligible you must be 14 years of age by the time of the trip. To reserve a seat, send a $100 deposit to the Lancaster County Extension Office by June 11. (DL)

Youth Beef Roundup
Are you involved in the beef industry? Do you want to be involved in the beef industry in the future? If you answered yes to either of these questions and you are between the ages of 13-18, the Youth Beef Roundup is for you! The Youth Beef Roundup is a two-day workshop held at the University of Nebraska, East Campus. The event will take place June 16 and 17. The roundup will feature eight different hands-on workshops, as well as speakers and panel discussions. Some of the workshops will be on cattle handling, health, quality assurance, food safety, meat, nutrition, EPD’s and many other topics.

For an application form, call Deanna at 441-7180. (DK)

Performance lamb tagging
The performance lamb weigh-in and tagging will be Saturday, May 22, 9 a.m. noon in the 4-H sheep barn at State Fair Park. Any 4-H member planning to exhibit in the market lamb performance class must have their lambs weighed this day. All market lambs or commercial ewes that haven’t been tagged must also be brought in. If you have any questions, call Deanna at 441-7180. (DK)

County fair dates
Lancaster County Fair is August 4-8
Friday, July 16—Demonstrations
Wednesday, July 21—Style Revue judging
Monday, August 2—4-H horse show activities begin
Tuesday, August 3—Static exhibit entries due 4:30 p.m.
Wednesday, August 4—Static exhibits judged
Thursday, August 5—Table Setting Contest, 8:30 a.m.
Saturday, August 7—Demonstrations
Watch future issues of the N EBLINE for a complete calendar and details. Each 4-H family should receive a Lancaster County Fair Book by June. A fair packet will be mailed to all 4-H club leaders and independent members. (LB)

All animal ID’s are due to the extension office by June 11. (DL)

4-H Council positions
Starting date September 1, 1999
Seeking qualified applicants for 4-H Council youth and adult positions in the following geographic areas:
Northwest—youth
Southwest—youth
Southeast—adult
Lincoln city limits—2 youth and 1 adult
Lancaster County at large—1 adult and 1 youth
Requirements: must be concerned with the future of the 4-H program in Lancaster County. Must possess an interest and an understanding of youth and be willing to promote the 4-H program. Applicants must be willing to attend monthly meetings and participate in various committee activities. These are rewarding positions. SALARY: Base 50 with 5% increments annually.

BENEFITS: The gratitude of volunteers, parents and 4-H youth throughout the county. In addition, a name tag and 4-H Council T-shirt are provided.

Interested applicants need to contact Lorene for further information and an application form. (LB)

Attention swine exhibitors
All youth 4-H and FFA members exhibiting swine this year must be Pork Quality Assurance (PQA) certified. You may get certified in any county. Call Deanna and let her know if you have completed the certification. Certification dates are as follows:
Lancaster County: May 26, 6 p.m., Lancaster Extension Education Center
July 10, 9 a.m., Lancaster Extension Education Center
Please call the office at 441-7180 to register.
Otoe County: May 13, 6:30 p.m., Kimmel Ag Expo Center, Syracuse
Saline County: May 24, 7 p.m., St. Joseph Hall, Friend
May 27, 7 p.m., Saline County Extension, Wilber
Saunders County: June 5, 9:30 a.m. ARDC, Mead
June 21, 7:30 p.m., ARDC, Mead
Thank you for your cooperation on this issue. If you have any questions, call Deanna at 441-7180. (DK)
Using the NUFACTS Information Center is as easy as 1, 2, 3 ...

1-800-832-5441 (441-7188 in Lincoln area)

Dial 1-800-832-5441
(441-7188 in Lincoln area)
from any touch-tone telephone.

You will hear the following:

“Thank you for calling your University of Nebraska Cooperative Extension NUFACTS Information Center. NUFACTS is your reliable source of educational information available via your touch-tone telephone.

“To listen to a NUFACTS message PRESS 1.”

“To order a NUFACTS brochure PRESS 3.”

“To leave a comment about NUFACTS PRESS 4.”

“To exit the system PRESS 5.”

When directed, enter the 3-digit number of the voice message you wish to hear.

This brochure serves as your catalog of voice messages and their corresponding 3-digit access numbers.

NUFACTS voice message scripts are not available in print; however, related information may be available on the University of Nebraska Cooperative Extension Web site at http://www.iianr.unl.edu/pubs/nufacts.html

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Families and Parenting

Parenting the First Year — Months 1 and 2
900 Feeding the 1-Month-Old
901 Safe Water for Formula
902 What to Do When Baby Cries
903 What to Expect of a 1-Month-Old
904 How Are You Doing Now That the Baby Is Born?

Parenting the First Year — Months 2 and 3
907 Cuteness — What It Is and What to Do
908 Comforting Doesn’t Mean Spoiling Baby
909 Feeding the 2- to 3-Month-Old
910 Thumb sucking
911 What to Expect of a 2-Month-Old
912 Playing With Your 2-Month-Old

Parenting the First Year — Months 3 and 4
915 Babies Have Emotions
916 Feeding the 3-Month-Old
917 Games to Play With Your Baby
918 Don’t Be Angry With Your Baby
919 What to Expect of a 3-Month-Old

Parenting the First Year — Months 4 and 5
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922 Introducing Fruits and Vegetables
923 Playing With Your Baby

Parenting the First Year — Months 5 and 6
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926 Feeding the 5-Month-Old
927 Draining From a Cup
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930 What to Expect of a 5-Month-Old

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933 What to Expect of a 6-Month-Old

Parenting the First Year — Months 7 and 8
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Parenting the First Year — Months 11 and 12
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Phone numbers & addresses:
Office (leave message after hours) ............................................. 441-7180
After hours .............................................................................. 441-7170
FAX ...................................................................................... 441-7148
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You CAN gain weight eating low fat foods!

Focus on Food continued from page 6

A: Here’s information from the American Egg Board for when a recipe calls for eggs at room temperature: Some recipes call for eggs to be at room temperature before they are combined with a fat and sugar. Cold eggs could harden the fat in such a recipe. This might cause the batter to become curdled which could affect the texture of the finished product. Remove eggs from the refrigerator about 30 minutes before using them or put them in a bowl of warm water while assembling other ingredients. For all other recipes, however, use eggs straight from the refrigerator. (AH)

The disappearing lunch hour continued from page 6

somewhere to eat, consider packing a sack lunch on the day of your errands. Eat your lunch and spend the rest of the time on your errands.

At the beginning of the week, write down all the errands you’ll have to do that week. See if you can bunch them into a few days and keep more of your days free for lunch. For example, can you pick up the dry cleaning on the same day you go shopping for birthday cards? Also, could some of the errands be delegated to other family members? (AH)

You CAN gain weight eating low fat foods!

continued from page 6

 calories were the same for several foods and sometimes higher—for the reduced-fat version! Though lower fat foods might still be better for your heart, the benefit lessens if you’re eating to the point of gaining excess weight.

Low-fat foods aren’t a magic bullet in helping people lose weight and keep it off. Physical activity is still very important and can’t be replaced by a grocery cart of low-fat foods. Physical activity not only helps burn calories but also helps maintain muscle tone. In turn, your muscle tissue is metabolically active and uses up calories.

Physical activity is the lifestyle factor most frequently linked to successful long-term weight loss and maintenance.

The final answer: When low-fat foods are eaten within an appropriate calorie level for you and combined with an active lifestyle—yes, they can help you lose or maintain weight. (AH)

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

May 15
Lamb Tagging—Bennet Ballfield, Bennet ...................................................... 8:30-10:30 a.m.

May 20
Beef Quality Assurance—Seward County Extension ........................................... 7 p.m.
Fair Board Meeting ....................................................................................... 7:30 p.m.

May 21
District & State 4-H Horse ID’s and Entries Due

May 22
4-H Performance Lamb Weigh-in—State Fair Park ........................................... 9 a.m.-noon

May 26
Pork Quality Assurance Inservice .................................................................... 6 p.m.

June 1
4-H Project Enrollment Deadline
4-H Council Meeting .......................................................................................... 7 p.m.

June 5
Pre-District Horse Show—State Fair Park ...................................................... 8 a.m.

June 8
PAK 10 Horse Judging Contest .......................................................................... 6:30 p.m.

June 9
4-H Horse VIPS Meeting ................................................................................... 7 p.m.

June 10
4-H Rabbit VIPS Meeting ................................................................................... 7 p.m.

June 11
Teen Character Counts! Training .................................................................... 9 a.m.-3 p.m.

June 14
CWF Group Leaves for Washington D.C. ........................................................... 6:30 a.m.-4:00 p.m.

June 15-18
4-H Clover College

June 16
Special State-wide Training for Character Counts! ........................................... 3:00 p.m.-4:00 p.m.

June 17
Fair Board Meeting ............................................................................................ 7:30 p.m.

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