

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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 - EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
 - WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday**

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.
Extension Board Meeting 7:30 p.m.

- June 11**
All Animal ID's Due

- June 15-18**
4-H Clover College

- June 16**
Special State-wide Training for Character Counts! 8:30 a.m.-4:00 p.m.

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



Nebline Feedback

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444 Cherrycreek Road, Lincoln, Nebraska 68528-1507

You CAN gain weight eating low fat foods!

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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)



Focus on Food

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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

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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)