

EXTENSION CALENDAR

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

June

- 23 **Family & Community Education (FCE) Council Meeting** 7 p.m.
 24 **Guardian/Conservator Training** 5:30–8:30 p.m.
 24 **4-H Horse Level Testing, Lancaster Event Center**
Pavilion 2 - Warm-up Arena 6:30 p.m.
 25 **Hidden Heroes Training** 6–8 p.m.
 26 **Parents Forever/Kids Talk About Divorce** 5:30–9:30 p.m.
 28 **4-H Bicycle Safety Contest** 9 a.m.
 28 **Composting Demonstration, Pioneers Park Nature Center's**
Backyard Composting Demonstration Area 10 a.m.–Noon

June 30–July 1 **4-H PASE/Life Challenge, UNL East Campus**

July

- 7 **All 4-H/FFA County Fair Animal (except Horse) Entries Due to Extension**
 8 **4-H Horse Level Testing, Lancaster Event Center**
Pavilion 2 - Warm-up Arena 6:30 p.m.
 8 **4-H Citizenship Washington Focus Informational Meeting** . . 6:30 p.m.
 10 **Family & Community Education (FCE)**
Sizzling Summer Sampler 6–9 p.m.
 11 **Extension Board Meeting** 8 a.m.
 12 **4-H Junior Life Challenge** 9:30 a.m.
 13 **4-H Teen Council Meeting, Marilyn Schepers' home** 3–5 p.m.
 13 **State 4-H Hippology, Fonner Park, Grand Island**
 14 **4-H County Fair Horse Entry Forms Due to Extension**
 13–17 **State 4-H Horse Show, Fonner Park, Grand Island**
 15 **Guardian/Conservator Training** 1:30–4:30 p.m.
 19 **4-H Presentations Contest** 9 a.m.
 23 **4-H Horticulture Judging Contest** 10 a.m.–12 p.m.
 29 **4-H Horse Course Challenge** 9 a.m.
 30 **County Fair 4-H Style Revue Judging,**
Lancaster Event Center - Exhibit Hall 8 a.m.
 31 **4-H Food Booth Training, Lancaster Event Center - Lincoln Room** 6–7 p.m.
 31 **County Fair Static Exhibit Set-up Day, Lancaster Event Center - Lincoln Room** 6:30 p.m.

Supermarket Savings

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15. Think before you drink. Buy a reusable water bottle and fill it with tap water. Your investment soon will pay for itself. Limit consumption of soft drinks and fancy coffees.

EXAMPLE. Drinking tap water vs. buying a 12 pack of bottled water: Save \$4.00.

16. "Checkout" temptation. OK, you've almost 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 some last-minute temptation.

EXAMPLE. Resist 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 them 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!

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.

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 472-2819 for an information packet.

UNIVERSITY OF Nebraska EXTENSION Lincoln

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension in Lancaster County

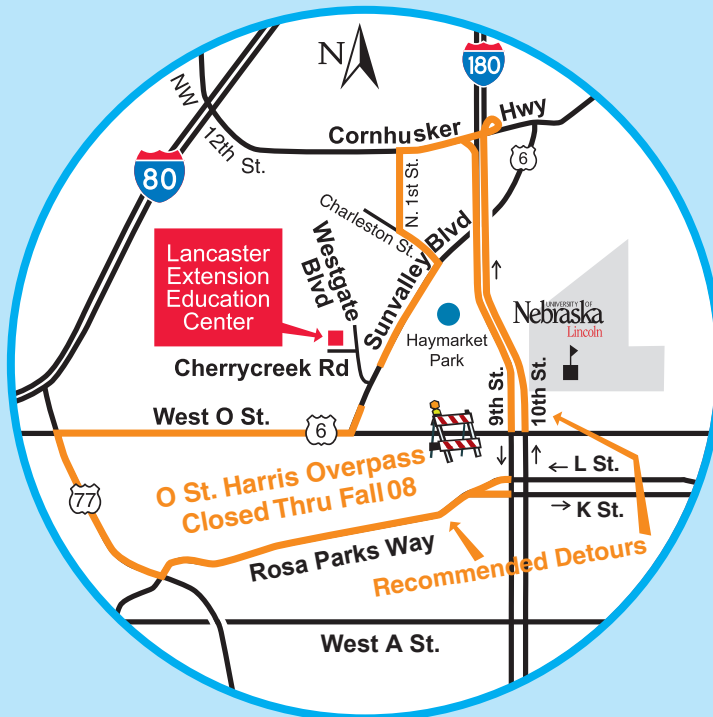
444 Cherrycreek Road, Suite A
Lincoln, NE 68528-1507

(402) 441-7180

<http://lancaster.unl.edu>

E-mail: lancaster@unl.edu • Fax: 441-7148

Lancaster Extension Education Center
Conference Facilities
444 Cherrycreek Road, Lincoln



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