Large demographic shifts are reshaping America. The country is growing in numbers, it’s becoming more racially and ethnically diverse and the population is aging. But according to a new analysis by Pew Research Center, these trends are playing out differently across community types.

Urban areas are at the leading edge of racial and ethnic change, with nonwhites now a clear majority of the population in urban counties while solid majorities in suburban and rural areas are white. Urban and suburban counties are gaining population due to an influx of immigrants in both types of counties, as well as domestic migration into suburban areas. In contrast, rural counties have made only minimal gains since 2000 as the number of people leaving for urban or suburban areas has outpaced the number moving in. And while the population is graying in all three types of communities, this is happening more rapidly in the suburbs than in urban and rural counties.

At the same time, urban and rural communities are becoming increasingly different from each other politically. Adults in urban counties, long aligned with the Democratic Party, have moved even more firmly to the left in recent years, and today twice as many urban voters identify as Democrats or lean Democratic as affiliate with the Republican Party. For their part, rural adults have moved more firmly into the Republican camp. More than half (54%) of rural voters now identify with or lean to the GOP, while a third (34%) of those with some college or more education who say they don’t currently have enough income to lead the kind of life they want. But while about half of those in cities (46%) and suburbs (49%) say this is the case. In contrast, similar shares of those with a bachelor’s degree or more education in urban (53%), suburban (58%) and rural (53%) areas think they will eventually have enough income to lead the kind of life they want.

Across community types, majorities say rural areas get less than their fair share of federal dollars.

About seven-in-ten rural residents (71%), and somewhat narrower majorities in suburban (61%) and urban (57%) communities, say rural areas receive less than their fair share of federal dollars. These views don’t vary considerably across demographic or partisan lines. When it comes to the amount urban areas receive from the federal government, about half of urban dwellers (49%) say cities receive less than their fair share, only about a third of those in suburbs and rural areas share this view. Across community types, Democrats are more likely than Republicans to say urban areas receive less than their fair share, while Republicans are more likely to say these types of communities receive more than their fair share. Similar shares of Democrats and Republicans within each community type say urban areas receive about the right amount of federal dollars.

Urban and rural residents see drug addiction as a top-tier problem in their local community.

About half of urban (50%) and rural (46%) adults say drug addiction is a major problem where they live, a smaller but substantial share in the suburbs (35%) say the same about their local community.

Concerns about drug addiction vary significantly among socio-economic lines. Across community types, those without a bachelor’s degree are more likely than those with more education to say drug addiction is a major problem in their local community.

Certain problems are felt more deeply in some types of communities than in others. For example, rural adults are more likely than their urban and suburban counterparts to say access to public transportation and high-speed internet are major problems. For rural adults, urban dwellers express greater concern than those in suburban and rural areas about the availability of affordable housing, crime, poverty and the quality of K-12 education in public schools.

For more information and to read the full report, visit it http://www.pewsocialtrends.org/2018/05/22/what-unites-and-divides-urban-suburban-and-rural-communities/
Hydration tips for older adults

Dehydration is a common problem for seniors

Dehydration is a common and very serious condition for older adults. The best thing to do is try to prevent it from happening, but it’s much easier said than done to increase their fluid intake! To help with this sometimes frustrating mission, we rounded up creative tips from fellow caregivers.

Dehydration can cause death

It’s important to prevent dehydration because it’s a common cause of hospitalization in people over 65 and can even cause death. It can also cause other major health problems like kidney stones, blood clot complications, passing out, rapid but weak pulse, and lowered blood pressure. Being properly hydrated is also very important for certain medications to work.

6 ways to get seniors to drink more water

1. Remember there are many sources of fluids

Older adults don’t have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If your senior really hates drinking fluids, serve them more foods with high water content to increase their hydration.

2. Keep water easily accessible

Sometimes, making it easy for seniors to serve themselves could encourage them to drink more water. Try putting a lightweight pitcher of water and a cup near their favorite seat.

3. Experiment with beverages at different temperatures

Your senior may prefer hot drinks to cold, or the other way around. Experiment to find out which type they like better. Try warming up juices, making decaf iced coffee with cream, or adding soda water to make drinks bubbly.

4. Try something savory

Those who like savory foods may enjoy drinking hot soup broth. The broth can come from a can, box, or powder, but some older adults really like it – especially in cold weather.

5. Make popsicles

Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they’re also a great way to get fluids into your senior.

6. Offer smoothies, milkshakes, Ensure, sports drinks

Some stubborn older adults may really resist drinking fluids. If so, you can try enticing them with smoothies, milkshakes, Ensure, or sports drinks. Sometimes they’ll like the flavor or texture and be willing to drink these beverages.

Source: Daily Caring http://dailycaring.com/6-ideas-to-get-seniors-to-drink-more-water/

Kaila’s Cooking Corner
Family favorite recipes with a twist of healthy!

Add some flavor to your water by adding in fruits, vegetables and herbs! Try the great combinations below and determine which one is your favorite.

Mixed Melon Melody

- 1 cup cantaloupe pieces
- 1 cup watermelon pieces
- 1 cup honeydew pieces

Strawberry, Basil and Cucumber

- 3 basil leaves, roughly chopped
- 1 strawberry, sliced
- 3-5 slices of cucumber

Orange, Strawberry and Mint

- ¼ cup fresh mint
- ½ cup strawberries, sliced
- ½ orange, sliced

Pineapple Ginger Delight

- 1 cup fresh pineapple pieces (crushed for a sweeter taste)
- 1 inch piece ginger, thinly sliced

Recipes from: Shape Magazine

How to get kids to drink more water

Make it available

When I think my child is thirsty, I hand her a water bottle. She often says she isn’t thirsty, but I ask her to drink five sips. Half the time she ends up drinking way more than that. Once she starts, she realizes she is thirsty after all. I always leave a sippy cup with water where my child can reach it so when she does get thirsty, she sees the cup and drinks. If she’s thirsty, she has no choice but to drink the water.

Make it fun

My child loves drinking ice water through a straw. I think he loves the cold feeling in his mouth and the sound of the ice clinking in the cup.

My toddler wouldn’t drink plain water for the longest time. So we bought that fizzy fruit-flavored water for her and mixed it with 3/4 water and weened her onto regular water. Now she loves it!

Our city water has a bad taste, so I mix the smallest amount of juice with my daughter’s water and she’s none the wiser. It gives it a hint of flavor but is still 90 percent water!

Use a special cup

When my daughter was almost 2, she fell in love with princesses. We found BPA-free plastic sparkly goblets and told her she can only drink princess water?” she always says yes when I offer it to her. (She clearly knows there’s just filtered water. Whenever we say, “Do you want princess water?” she always says yes so she can use the glasses. She is now 3 and it still works!)

Have them pick out their own special cup to put it in. Also, maybe have a special straw to use. The more they have ownership in the process, the better. I have seen that the more I drink water, the more my 4-year-old will too! My 4-year-old drinks water from a jaunty bright-blue water bottle. They are sold with fun kid-friendly prints of animals, aliens, etc. and even have sippy nappies. At home, I encourage her to drink to a certain level on her ladybug glass.

Give them their independence

My 20-month-old loves to drink water out of a water bottle like a big girl. We buy her the smallest 10-ounce water bottles with sport sippy tops so she can drink it all on her own.

We bought a water dispenser and put it on the bottom shelf of the refrigerator. When I showed it to my 4-year-old, you would have thought I had pronounced him king of the world. He can get water now whenever he wants it without asking. And he shows everyone who walks into our house that he can get his own drink – by himself!

Limit the options

Start early and don’t put a lot of options in your home. We have water, milk, and one type of juice (watered down 1/3 juice, 2/3 water) in our house at a time.

We alternate milk, water, and juice throughout the day. (We dilute the juice 50/50 with water.) The kids are not allowed to get the next beverage until their cup is empty. Sometimes they make it into a game of who can finish their water the fastest.

I make my son drink a glass of water before getting a different beverage. Not a big glass, just 4 to 6 ounces. He has a little control then. He feels like he is in charge because he decides when to drink it and we don’t have battles.

Source: Baby Center https://www.babycenter.com/0_parent-tips-how-can-i-get-my-child-to-drink-more-water_10371678.bc
Couples, talk about the impact of parenting on your life.

Being a parent is a big game changer. Few things change life like raising a child. Have you ever thought about the impact that raising a child has on your life? Relationships? Your social life? Your emotional life? Finances? Housework? Time? Sleep?

To get a sense of what issues most affect you and your partner, each of you can list the top three issues for you as a parent. Discuss the issues that concern each of you and find ways to support each other. Understanding one another’s concerns and being sensitive is helpful to coping with parenthood as a couple. Possible issues are:

- **Your relationship:** decline in sexual interest, concern about spouse’s needs, time together as a couple, in-laws, couple communication
- **Concerns about child:** getting child ready for school, child routines at bedtime, decisions about child care, nutritional needs of child
- **Emotions:** anxiety about child illnesses, feelings about personal appearance, stress about roles and responsibilities, shifts in mood and anxiety, change in work situation
- **Finances:** costs of raising a child, financially providing for the family, saving money for child’s schooling
- **Housework:** increased chores and housework
- **Time:** loss of free time for self and social activities, lack of sleep, tiredness.


A key question that parents often ask each other about housework and childcare is, “Who does what?” This issue often leads to more conflict and disagreement than any other issue. While parents expect raising a child to create more work, one mother suggested the reality is like the difference between “watching a tornado on TV and having one actually blow the roof off your house.”

Discuss your expectations about who will do what tasks and why. Think through your expectations and compare them with your partner, then search for common ground.

Try these approaches:

- Make a list of childcare and housework tasks — such as laundry, putting your child to bed, fixing meals. Discuss how each of you feels about doing each of these tasks. Decide who will be responsible for certain things and then support each other.
- Talk about why you have certain expectations about who will do certain tasks in caring for your child or cleaning up at home. Did your parents do it the way you expect it to be done? Do you like some tasks better than others? Talk about your expectations and be willing to compromise.
- Avoid keeping score of who does what around the house. Focus on giving support to each other and making your child’s life safe and positive.
- Men often judge their own contribution to family tasks by comparing what they do to their fathers or other male role models. Women often judge men’s contribution to family tasks by comparing it to themselves.
- Discuss how each of you judges the other’s contribution and try to understand each other’s point of view.

For more information, contact Renee Koenig, chair of the University of Wisconsin Extension’s Digital Parenting team.

**Upcoming Parenting Classes**

**Co-Parenting Class - August 2, 9:00-12:00**

This class is an educational program for parents who are experiencing divorce or separation or parents who have never married and are dealing with issues of paternity, parenting time or child support. Parents are urged to work out family transition decisions without putting their children in the middle or forcing the children to choose one parent over the other. The program looks at how family change affects children, co-parenting, communication and conflict.

The goals of the program are to:

- Eliminate parental conflict in front of children.
- Keep the children out of parents’ issues.
- Provide children with access to both parents.
- Put the best interests of the children first.

**Youth Mental Health First Aid - September 21, 8:00-4:30**

The 8-hour training provides a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems.

It is recommended for those who regularly have contact with young people ages 12-25 -- parents, family members, care-givers, teachers, coaches, school staff, peers, neighbors, health and human services workers, nurses, faith leaders, and other caring citizens.

For more information, contact Renee Koenig, at renee.koenig@uwex.edu.
Kewaunee County Fair Schedule

Thursday, July 5th
3 PM – 4-H Dog show

Monday, July 9
7 PM – Fair Clean-up

Thursday, July 12
6:30 PM - Livestock Building Set-Up

Monday, July 16
Jr. Fair Judging
12:30 PM – 7:00 PM
All non-animal projects
3:00 PM – Model Horse Show
5:30 PM – Club Flower Pot Judging
6:00 PM – 13 – Cat

Tuesday, July 17
5:30-8:00 PM - Hog Weigh-In, Ultrasound & Tagging
6:30 PM - Fair Kick-off Dinner

Wednesday, July 18
Entry Day for Animals
(Animals should be on the grounds by 4 pm)
8:00 AM – Ultra Sound Sheep & Beef
9:30 AM: 10:30 AM – Steer Weigh-In
11:00 AM-Noon – Lamb Weigh-In
12:30 PM – Poultry Weigh-In
3:00 PM - Rabbit Weigh-In

Thursday, July 19
8:00 AM – Jr. Fair Horse Show
8:30 AM – Sheep Show
9:00 AM: 12:00 Noon – Entry Day Open Class
9:00 AM – Cavius prior to Rabbits
9:00 AM – Rabbit Show – Jr.
12:00 Noon – Beef Show – Open and then Jr.
1:00 PM – Rabbit Open
1:00 PM – Open Class Judging – Exhibit Hall
5:00 PM – Horse Drill Team
6:00 PM – Hog Show
6:00 PM – Gymkhana – Jr. & Open

Friday, July 20
8:00 AM – Dairy Show – Jr. & Open
9:00 AM – Poultry Show – Jr. & Open
5:00 PM – Horse Drill Team
6:30 PM – Round Robin Showmanship

Saturday, July 21
8:30 AM – Jr. & Open Class Trail
9:00 AM – Rabbit Hopping
10:00 AM – Open Class Horse Show
1:00 PM – Fair Livestock Auction
5:00 PM – Drill Team
7:30 PM – Dairy Futurity

Sunday, July 22
9:00 AM – Open Horse Speed Show
11:30 AM – Parade
2:00 PM – L-C FFA Alumni Sponsored Kiddie Showmanship. Alumni Showmanship to follow. 3:00 PM – Kidee Tractor Pull
6:00 PM – Check-Out

NO EXHIBITS MAY LEAVE BEFORE 6 PM - NO EXCEPTIONS

Kewaunee County Junior Fair Show Information
The Kewaunee County UW-Extension website has information about the upcoming Kewaunee County Fair:
http://kewaunee.uwex.edu/4-h-youth-development/kewaunee-county-fair

Kewaunee County Fair Website
Information about the Kewaunee County Fair including admission information, entertainment line-up, and more can be found at the website:
http://kewauneectyfair.com/

Key Awards Application Due
September 1, 2018

If you are at least 14 years of age as of January 1, have completed 3 years in 4-H and have 1 year of youth leadership experience then you are invited to apply for this award.

This award is given to a member who has shown consistent growth throughout their 4-H involvement, developed and applied their leadership skills, and actively participated in functions of their club and community. It is one of the highest honors a 4-H member can receive.

Forms are available at the UW-Extension Office.

Charter Renewal Financial Packets
Just as a reminder to club leaders and project committee chairs and treasurers, the financial portion on the Club/Committee Charter renewal documents will be available by beginning of July. The financial portion of the charter renewal is due back to the UW-Extension office by September 14th. The remainder of the packet information is due back by October 19th. If you have any questions, please contact Jill Jorgensen at 388-7185.

Award Nominations
Do you know an amazing 4-H leader? How about an outstanding teen leader? Is someone in your club or project showing great leadership skills? Maybe, you know a business, organization, or community member that is always going out of their way to support 4-H. These individuals should be recognized for their hard work and contributions to 4-H.

Now is the time to nominate them for an award.. Each year, at the Fall Leader’s Association Banquet, awards are given out to outstanding leaders, teen leaders, new club/project members, and Kewaunee County Friend(s) of 4-H. Information forms are available from the Kewaunee County UW-Extension Office or on the Kewaunee County UW-Extension website at: http://kewaunee.uwex.edu.

All nominations are due back to the UW-Extension office by September 1, 2018.
Area Animal Science Day Results

On Thursday, June 14, Kewaunee County hosted Area Animal Science Day, a 4-H youth judging contest. Kewaunee County had the second place Senior Livestock team, and 3rd place overall individual Kimberly Van Donsel. Kewaunee County had the first place Dairy judging team, plus the first place senior individual, Mikayla Knorn. Over 300 youth from all over Wisconsin participated in today’s contest. Both livestock and dairy judging teams will represent Kewaunee County at their state contests. Congratulations!

Pictured is the winning dairy judging team, left to right, Jeremy Schleis, Megan Moede, Mikayla Knorn, and Taylor Paye.

The second place Livestock Judging Team consisted of Marie Prodell, Kimberly Van Donsel, Gibby Haen, and Daria Ahrens.

2018 State 4-H Obedience and Showmanship Dog Show

The 2018 State 4-H Obedience and Showmanship Dog Show will be hosted by Portage County. It will be held at the Central Wisconsin State Fairgrounds in Marshfield, WI, on October 12-14, 2018.

Complete details and the 2018 State 4-H Dog Show Entry Book will be posted on the State 4-H website at https://fyi.uwex.edu/wisaganimalscience/state/4-h-dog-show/ when available.

Questions should be directed to the State Show Chairpersons: Nadene Seymour at 262-573-5848 or cedarsaints@yahoo.com. Paula Kropidlowski at redneck_grl2002@yahoo.com.

Club News

Lincoln Champions Meeting Minutes

Presidents Report May 14th Meeting
Call To Order-Rosanna L.
Pledges
Secretary's Report-Ryan L.
Treasure's Report-Brandi Jo C.
Committees Report: Lunch Provided by the Peters, Robinson and Thiry Families
Today's Cloverbud Meeting: Led by the Robinson Family

Old Business
A. Alyssa Bloechl - Photography - Club Report
B. Fair Theme - Cool Fun in the Hot Sun
C. Club T-shirts: Club contest and design a t-shirt in which we can vote on, and tie-dye...We would be able to wear our t-shirts at the booth at the fair and other events.
D. Dog Show was changed to July 5th for those who want to go watch.
E. Teen Association has been meeting on the 1st Thursday of every month.
F. Remember that the county Foghorn is available at http://kewaunee.uwex.edu
G. Area Animal Science Days in June-our county is hosting- Will need help serving food and other areas. Please contact Jill if you can help.
H. Next Meeting June 11th. Game Night - bring a game to share
I. June Lunch Committee - Charles, Guilette, Chloe Kinnard Families.
J. June Cloverbud Activity- Chloe Kinnard Family.
K. Leader Comments. June agenda- Fundraising. IGA Food Stand?

Congratulations High School Graduates!

Kewaunee County 4-H would like to extend our congratulations to all of the seniors that graduated high school over the last month. We are so proud of the great leaders and young adults that you have become. It’s been an honor to watch you grow-up through the 4-H program and we cannot wait to see all of your future accomplishments.

Best Wishes to:

Pictures, Pictures, Pictures

I know that we have some many pictures as possible. Pictures can be e-mailed to me at Jill.Jorgensen@ces.uwex.edu or dropped off at the UW-Extension office, or mailed to Jill Jorgensen, 4-H Youth Development, 810 Lincoln St. Kewaunee, WI 54216.

Please mark the back of EACH PHOTO with the youth name, your name, address, and phone number.

First Report of Tar Spot on Corn (Zea mays) Caused by Phyllachora maydis in Florida, Iowa, Michigan and Wisconsin

Leaf lesions typical of those reported for tar spot of corn caused by Phyllachora maydis Maub. were observed in commercial corn hybrids (Zea mays L.). In 2016, symptoms were observed in Jones County, Iowa, Palm Beach County, Florida, Allegan County, Michigan and in Grant and Lafayette counties, Wisconsin. Leaf signs and symptoms included ascomata, often surrounded by a narrow necrotic halo, on both healthy and se- nescent leaf material. Disease severity and incidence varied by location. Some fields had few infected plants (<1%), with some infected leaves only exhib- iting a single ascoma, while in 2017 one field in Michigan had up to 90% infected plants with up to 80% disease severity on individual leaves. Morphological characteristics of the pathogen from all examined leaves from all locations were similar and consistent with the description of P. maydis (Parbery 1967). Ascomata, single or grouped with a clypeus, contained numerous paraphyses, maydis (Parbery 1967). Ascomata, single or grouped with a clypeus, contained numerous paraphyses.

DNA was extracted from ascomata aseptically re-moved from leaves collected in each state. Voucher samples from each state were deposited in the U.S. National Fungus Collections (BPI). The internal transcribed spacer (ITS) regions of the ribosomal RNA gene were sequenced using primer pair ITS1F/ ITS4A (Larena et al. 1999) for Iowa and Michigan samples, and ITS4/ITS5 for Wisconsin (White et al. 1990). Sequences from Iowa, Michigan and Wiscon- dissine were identical, and showed a 97% sequence ho-mology to Genbank deposit Accession No. KU184459.1, with a 99% query cover. A representa-tive sequence from each state was deposited: (BPI 910561) GenBank Accession No. MG881848, Michigan (BPI 910562) GenBank Accession No. MG881847, Wisconsin (BPI 910560) GenBank Acce-sion No. MG881846. Sequences were not ob-tained from the Florida sample (BPT 910568).

Koch’s postulates were not performed given the ob-ligate nature of the pathogen (Muller et al. 1984). This report documents the first confirmation of tar spot on corn in Iowa, Michigan and Wisconsin (three states surrounding Indiana and Illinois, where it was first reported in 2015) and Florida. It has been reported in Central and South America that when co-infection of Phyllachora maydis and Monographella maydis occurs there can be significant yield loss. However, Monographella maydis has not yet been documented within the United States. There may currently be no significant losses in grain produc- tion; however, this disease could potentially affect silage corn production where early dry-down is not desired, and may increase lodging.

If you think you’re seeing corn tar spot, feel free to submit samples to the Plant Disease Diagnostic Center, UW-Madison, 1630 Linden Drive, Madison, WI 53706-1598. Please include a general PDDC submission form https://pddc.wisc.edu/wp-content/uploads/sites/39/2012/04/PDDC-Submission-Form-0722216.pdf with the sample. If the disease is tar spot, the diagnosis is free.

Diane Plessaw at the University of Illinois Plant Clinic would like to receive corn tar spot samples this summer for a research project she's working on. For more info, see https:// pddc.wisc.edu/wp-content/uploads/sites/39/2013/07/Corn-Tar-Spot-Wanted-CPC-2018.pdf. If you send a tar spot sample to the PDDC and would like to forward the sample to Diane, please send in the sample with both the PDDC form and Diane’s form filled out. Because of confidentiality issues, the PDDC will not forward samples without permission (i.e., having the completed copy of Diane’s form).

Mr. Austin Glenn McCoy, Dr. Megan Kara Romberg, Mr. Edward Zaworski, Dr. Alison E Robertson, Ms. Anette Phipbs, Dr. Brian Hudelson, Dr. Damon L. Smith, Dr. Robert Beirnger, Dr. Richard Raid, Dr. Jan Byrne, and Dr. Martin I Chilvers Plant Disease, Volume 0, Number ja

Focus on Agriculture: Milk Your Energy Savings

Agri-culture energy expenditures in Wisconsin amount to roughly $681.4 million each year. Farm-ers are constantly striving to eliminate unnecessary energy expenses, while still maintaining a safe and productive business. Lower milk prices have had a big impact on dairy farms considering ways to re-duce their expenses and keep their business profita-ble. Even with making some strategic cuts to feed, labor, and supplies, farmers are still not breaking even. And with less money available for capital pro-jects, farmers are determined to find creative solu-tions to keep their business in the black. Eliminating energy expenses is a way to keep your operation cost effective while maintaining herd size, safety, and a modern facility.

There are many ways to decrease energy usage, and technology is a key part of efficiency on farms. Dairy service companies have noticed that fewer farmers are installing new equipment and are focusing on repairing and maintaining current sys-tems. By assessing your farm’s energy usage, you can find efficiency changes that will have a positive impact on your milking operation without reducing cow productivity or increasing labor costs. This can include anything from basic behavioral adjustments to modifying light and temperature controls.

Dairy farms average between 800 and 1,200 kil-ojoule-hours (kWh) of annual electricity use per cow. In order to better manage your farm’s energy costs, it’s important to understand how those costs are in-curred. To develop this understanding, contact your electric provider account representative to review your daily, weekly, and monthly electric use pat-terns. This knowledge will allow you to evaluate your operating procedures to identify adjustments that can reduce your energy use and operational costs, and provide a strategy for a cost-effective en-ergy management plan.

After you identify your energy use and opera-tional costs, consider conducting a mini energy audit on your farm. Start by contacting your Focus on En-ergy advisor, Trade Ally, or utility representative.

The majority of energy consumed on dairy farms goes into milk production processes such as the milking equipment, milk cooling, and water heating. Additional energy is consumed by process equip-ment including vacuum pumps, lighting and ventila-tion systems. The chart below summarizes these top energy uses to give you an idea of how much of your monthly bills incurred to cover these necessary farm processes and equipment.

When you are ready to identify the return on investment (ROI) of the equipment upgrades, work with your Dairy Service Company or Trade Ally and Energy Advisor to conduct a simple payback for your upgrade. The basic payback equation below can be used to prioritize future equipment purchases.

If you are purchasing 10 waterers for a total of $11,100, and are able to apply an energy efficiency incentive credit of $600 towards the new waterers, then by averaging the new cost of the waterers from the energy savings on your utility bill, you will be able to pay off these waterers in under three years! This makes the return on investment for this project approximately 33 percent.

All the data listed in this article can be found in Focus on Energy’s Agriculture Energy Efficiency Best Practices Guidebook. Need help identifying other energy efficiency measures for your farm op-eration? Request a copy this guidebook to evaluate your agribusiness. Visit focusonenergy.com/ guidebooks to download your FREE copy or call 888.947.7828 to request a Guidebook sent to your home.

Focus on Energy Advisors have the tools and skills to help guide you through potential energy savings projects and provide an unbiased third party source of information to improve the energy effi-ciency of your farm.

About Focus on Energy

Focus on Energy is Wisconsin utilities’ statewide energy efficiency and renewable resource programs for the state’s commercial, industrial, and financial incentives help to implement projects that otherwise would not be completed. Its efforts help Wisconsin residents and businesses manage rising energy costs, promote in-state economic de-velopment, protect our environment and control Wisconsin’s growing demand for electricity and nat-ural gas. For more information call 800.762.7077 or visit focusonenergy.com

Cheesy Pasta With Summer Veggies
Serves 6. Serving size: 1 1/2 cups.

INGREDIENTS
- 4 cups assorted vegetables, sliced (zucchini, broccoli, peas)
- 1 cup grape or fresh tomatoes (chopped and seeds removed)
- 2 cups (about 8 ounces) whole wheat pasta (rotini, bow tie, penne)
- 1 1/2 tablespoons oil (canola or vegetable)
- 2 medium garlic cloves, minced, or 1/4 teaspoon garlic salt
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup Parmesan cheese
- 1/2 cup mozzarella cheese, shredded

INSTRUCTIONS
1. Wash and prepare vegetables and tomatoes.
2. Cook pasta according to package directions. Drain water from cooked pasta and save 1/4 cup of water.
3. Heat oil in a large skillet as pasta cooks. Add garlic and onion to skillet. Sauté over medium heat about 1-2 minutes or until soft.
4. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm.
5. Add cooked drained pasta to the vegetables. Add a little of the water from the pasta, if needed.
6. Add cheeses to mixture. Stir until cheese is mostly melted.
7. Serve immediately.

Recipe from https://spendsmart.extension.iastate.edu/recipe/cheesy-pasta-summer-veggies/

Journey’s Club Adult Day Services
Luxemburg (Inside St. John Lutheran Church)

Adult Day Services provides a fun and supportive place to be during the day for seniors and people with disabilities, including people who may be frail, have a memory impairment, or simply need supervision during the day. Activities and individual and group projects are designed to promote cognitive and physical wellness for the participant and encourage socialization—all in a safe, supervised, comfortable and caring environment. Services afford caregivers respite from some of the responsibilities of caregiving.

The hours of operation are Monday through Thursday from 8:00 am - 5:00 pm with a limit of 12 participants. Please call Julie Beilke at 920-255-4069 for more information or to make reservations. Below is a sample of the lunch menu and activities for one day:

Lunch:
- Cream of broccoli soup
- Beef & cheese on rye
- Oatmeal cookies

Activities:
- Father’s Day theme
- 8:30 - Yak n Snack
- 10:15 - Celebrating Dad
- 11:15 - stretches/exercise
- 11:45 - lunch
- 12:30 - walk/relax
- 1:00 - pet visit
- 2:00 - crazy 8’s
- 3:00 - one-on-one time

Journey’s Club Adult Day Center
FREE TRIAL DAY & LUNCH
A fun, supportive place for your loved one to be during the day.
700 Heritage Rd. Luxemburg
920-255-4069 or jbeilke@curativeconnections.com
Reservations and Coupon Required