The NEBLINE, July 2004
Tips, Tools and Travel-Safe Foods for Summer Food Safety

1) Chill Out!
Avoid providing a playground for bacteria while enroute to your outing.

- Keep perishable foods cool by transporting them to a picnic site in an insulated cooler kept cold with ice or frozen gel packs.
- Perishables include meat, poultry, fish, dairy products, pasta, rice, cooked vegetables and fresh, peeled and/or cut fruits and vegetables.
- Pack the cooler immediately before leaving home with foods that have been kept chilled in the refrigerator.
- Avoid frequently opening the cooler container containing perishable food. Pack beverages in one cooler and perishables in another.
- Keep the cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter at the picnic site. To avoid frequently opening the cooler, open it once to remove only the amount of food that will be eaten immediately.
- Keep raw meat, poultry and seafood wrapped separately from cooked foods, or foods meant to be eaten raw, such as fruits and vegetables.
- Throw away any perishable leftovers that have been kept out over two hours (one hour if the temperature is above 90°F).

2) Ice Cream

- “Egg”-actly as You Like It!
Don’t let a favorite homemade ice cream cramp your style with a possible foodborne illness.
- Substitute an egg-based ice cream recipe made from a cooked, stirred custard, such as the accompanying recipe and variations from the American Egg Board (AEB).

3) No Poking Allowed

- Poking and stabbing meat with a fork or knife when placing or turning meat on the grill can cause a loss of juices that keep meat moist and tender. Piercing meat also can affect food safety.
- Bacteria normally are found only on the exterior surface of larger cuts of meat like beef steaks. Steaks are safe if cooked to 145°F (versus 160°F for ground-up meat like hamburgers) since the outside will reach a temperature high enough to kill these surface bacteria. However, if a steak is cooked with a fork or knife, these bacteria can be pushed into the steak and then the steak must be cooked to 160°F, the same as hamburgers.
- Use long-handled tongs to handle meat on the grill. Use a separate set of tongs for removing COOKED meat, poultry and seafood from the grill.

4) Safe at the Plate

- Avoid cross-contamination. Place cooked meat, poultry and seafood on a clean plate, rather than the plate on which it was carried to the grill.

5) What’s Hot, What’s Not?

- Rather than worry about keeping hot foods hot and cold foods cold, limit the number of perishable foods on your menu, especially if you’ll be at a picnic site for several hours.
- For example, serve:
  - potato chips instead of potato salad;
  - washed whole fruit (apples, oranges, bananas, plums, peaches, etc.) instead of a cut-up fruit salad;
  - cookies or brownies instead of cookies or brownies instead of a perishable cream-filled pie.

6) Get a Handle on Handwashing

- Unwashed hands are a prime cause of foodborne illness. Whenever possible, wash your hands with warm, soapy water for 20 seconds before handling food.
- When eating away from home, pack disposable towelettes if no handwashing facilities are available.

7) Shower Power

- Though only the outer skin of melons (watermelon, cantaloupe, honeydew melons, etc.) is eaten, their outer rind still must be washed. Bacteria present in the soil can contaminate the skin of the melon. When the melon is cut, these bacteria are transferred to the part we eat and can grow to levels that cause foodborne illness.
- Give your melon a shower! Wash the surface of melons thoroughly under clean, running water before eating them. Cut melons on a clean cutting surface, using a clean knife. If facilities for cleaning melons aren’t available at the picnic site, wash them with a clean knife before leaving home. Transport them to the site in an insulated cooler kept cold with ice or frozen gel packs. Remove from the cooler just before serving them.

Frozen Custard Ice Cream

- Makes 1 1/2 to 2 quarts
- 6 eggs
- 2 cups milk
- 1 tablespoon vanilla
- 3/4 cup sugar
- 1/4 teaspoon salt

In medium saucepan, beat together eggs, milk, sugar and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least one hour. When ready to freeze, pour chilled custard, whipped cream and vanilla into 1-gallon ice cream freezer can. Freeze according to manufacturer’s directions using six parts ice to one part rock salt. Transfer to freezer containers and freeze until firm.

VARIATIONS

- **Banana Nut:** Reduce vanilla to 1/2 teaspoon. Cook and cool as above. Stir three large ripe bananas, mashed and 1/2 cup chopped toasted pecans into custard mixture.
- **Freeze as above.**

- **Plum:** Reduce vanilla to 1 teaspoon. Add 2 tablespoons brown sugar to egg mixture. Cook and cool as above. Partially freeze. Add 1/2 cup chopped dates, plums and peaches, etc. into a cut-up fruit salad;
- **Strawberry:** Omit vanilla. Cook and cool as above. Partially freeze. Add 2 cups sweetened, crushed fresh strawberries. Complete freezing.

Recipe courtesy of American Egg Board at www.aeb.org
The large dark green leaves grow, if planted as a young tree. An oak can get to be 60 to 70 feet tall. The Nebraska Nursery "Great Plants" is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska Statewide Arbor- tum.

Tree of the Year
BUR OAK
(Quercus macrocarpa)
With its wide, welcoming limbs and cooling shade, the bur oak is a welcome sight. The bur oak can get to be 60 to 70 feet tall.

Native to the Great Plains, it withstands drought, wind, extremes of temperature, and clay soils of the Midwest and is easy to grow, it planted as a young tree. The large dark green leaves generally turn yellow to brown in the fall and the brown bark becomes deeply ridged and furrowed with age. The acorns, enclosed by a heavily fringed cup, are an excellent source of food for wildlife. With its massive trunk and broad crown of branches, the bur oak is suited to large areas and makes a fine tree for an excellent, durable shade tree. Hardy to zone 2.

Shrub of the Year
CLOVE CURRANT
(Ribes odoratum)
The clove or buffalo currant is a western Nebraska native shrub that is an excellent choice for the landscape, especially when early spring color is desired. In April, the plant is covered with clove-scented flowers. The arching stems, usually surrounded by a mass of young suckering growth, form bright green tri-lobed leaves that turn yellow to brown in fall. The selection "Cranberry" was selected in Kansas in the late 1800's for its excellent hardiness and resistance to mildew. It offers a sweet and spicy flavor and will literally pull down the stems. It should be planted in full sun to part shade in good garden soil and will grow 4 to 6 feet tall and 4 to 6 feet wide. Hardy to zone 4.

Perennial of the Year
VARIEGATED POLYGONATUM
(Polygonatum multiflorum "Variegatum")
This is an alternative to hosta for the shade garden and is probably the most handsome and the Polygonatums. Native to Europe and Siberia, the origin of its common name refers to King Solomon’s use of the crushed root for healing. Shaded areas emerge in the spring, mostly water-melon red with traces of green, and the bright color holds until the stems are almost fully grown. Emerging leaves are boldly blotched and striped ivory-white and arrange themselves along the arching stems. The white flowers hang from the stems in May. Black spot affects the foliage drenched. If you must use a sprinkler, it’s better to apply water only to the base of the plant. Avoid using overhead sprinklers that can leave the foliage drenched. If you must use a sprinkler, it’s better to apply water only to the base of the plant. Avoid using overhead sprinklers that can leave the foliage drenched. If you must use a sprinkler, it’s better to apply water only to the base of the plant. 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West Nile Virus: Elderly at Risk

Barb Ogg
Extension Educator

Last year, human cases of West Nile virus in Nebraska started to show up in July. This article explains the current status of this disease and why people — especially the elderly — should take precautions to avoid mosquito bites.

West Nile virus (WNV) is a mosquito-transmitted disease that can infect humans, birds, horses and other mammals. In most humans, WNV infection can cause a mild flu-like illness, or may cause no symptoms at all. However in some cases, particularly among the elderly, it can cause serious neurological diseases like encephalitis or meningitis. West Nile virus first appeared in Nebraska during the summer of 2002 and has now spread across the entire United States.

West Nile virus is predominantly spread to humans by the bite of an infected mosquito. In Nebraska, the mosquito that most commonly transmits WNV is the Culex tarsalis mosquito. This mosquito is widely distributed across the west of the Mississippi River. It is found throughout Nebraska, but more prevalent in the western portion of the state. Culex tarsalis lays eggs in temporary flooded conditions, especially in rural locations, but will fly several miles in search of a blood meal.

In Nebraska, the Culex tarsalis mosquito is currently the only mosquito in the state that has been known to transmit WNV. This mosquito is particularly active at dusk and will bite of an infected mosquito.

Medical Care

Currently, there is no human vaccine to protect the public against WNV. Several companies are working toward developing one. There is no specific therapy for WNV. Most people who become infected will get better on their own. In more severe cases, intensive supportive therapy is indicated, which may include hospitalization, intravenous fluids and nutrition, airway management, ventilatory support (ventilator) if needed, prevention of secondary infections and proper nursing care.

People are urged to contact their health care provider if they have concerns about their health. If symptoms such as high fever, confusion, muscle weakness and severe headaches occur, people should see their doctor immediately.

Reduce Exposure to Mosquitoes

Evidence indicates the chance of human infection and illness resulting from WNV is quite low. Those at greatest risk of the serious complications of WNV are those over age 50, particularly those over age 65, and they should take the greatest care to prevent exposure to mosquitoes. People should take these precautions even though several companies are working toward developing a vaccine.

Using an insect repellent containing DEET is the single most important action that will protect against mosquito bites.

According to Wayne Kramer, Nebraska Department of Health and Human Services Medical Entomologist, DEET (N, N-diethyl-m-toluamide) is an effective insect repellent that should be used with caution. Products containing DEET have been occasionally associated with skin reactions, including rash, swelling and itching; eye irritation; and, in rare instances, slurred speech, confusion and seizures. Most adverse reactions have been associated with frequent re-application and saturation of the skin. It is best to use as little repellent as needed for your situation and only apply as needed.

Follow these precautions when using repellents containing DEET:

• Read all instructions on the label before applying DEET.
• People can use both sunscreen and DEET when outdoors. For best results, instructions for proper application of each product. Apply sunscreen first, followed by DEET repellent.
• Avoid prolonged and excessive use of DEET.

Using DEET Repellents Safely

West Nile virus tends to be found most frequently in rural areas. Several habitats found on rural acreages and farms readily support the production of mosquitoes. Larvae can develop in watering troughs, small ponds, irrigation ditches, rain barrels, manure lagoons, ruts where farm equipment frequently travels and other areas where water is allowed to accumulate. Even hoof prints can accumulate water and provide a breeding habitat.

To prevent mosquitoes, try to eliminate mosquito-breeding sites. Actions might include improving drainage in areas that are irrigated or filling in ruts where farming equipment frequently travels.

Is your Acreage or Farm a Mosquito-Breeding Site?

The mosquito that carries West Nile virus tends to be found most frequently in rural areas. Several habitats found on rural acreages and farms readily support the production of mosquitoes. Larvae can develop in watering troughs, small ponds, irrigation ditches, rain barrels, manure lagoons, ruts where farm equipment frequently travels and other areas where water is allowed to accumulate. Even hoof prints can accumulate water and provide a breeding habitat.

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Wayne Kramer - Medical Entomologist - Nebraska Department of Health and Human Services (NDHHS) - 402-471-4846 - wkramer2@ndhhs.state.ne.us

Source: Nebraska Department of Health and Human Services System (NDHHS)
The Nebraska Pesticide Container Recycling Program provides a recycling opportunity for plastic containers of pesticides and fertilizer. More than 40 inspection/collection sites are available to take your used plastic containers in Nebraska. Two pesticide container recycling dates have been established in Lancaster County.

- July 9 — Farmers Cooperative, Waverly
- July 23 — Farmers Cooperative, Bennet

In addition, the Lancaster County Extension office, located at 444 Cherry Creek Road in Lincoln, will accept containers now through Oct. 31 by appointment during business hours. Call 444-7107 for directions.

All liquid pesticide containers require proper rinsing (triple rinsing or pressure rinsing). Rinse the containers immediately after emptying and place the rinse water in the spray tank for irrigation. It is illegal to burn the containers. Crop oil and adjuvant containers may also be recycled. Please remove caps and plastic labels or multi-layered paper labels. Crop oil and adjuvant containers may also be recycled. Please remove caps and plastic labels or multi-layered paper labels.

Alexander specialists are encouraged to recycle these customers’ plastic containers at these sites.

Last year, more than 167,000 pounds (83.5 tons) of plastic containers were recycled in Nebraska. This plastic is kept separate from regular recycling channels and only goes into environmentally safe uses such as pesticide shipping pallets, agricultural drain tile, parking lot tire bumpers, road rail ties, plastic lumber, etc. (TD)

The NEBRINE
Web site: lancaster.unl.edu

July 2004

Effect of Increasing Energy Prices on Irrigation Costs

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5 Irrigation costs were calculated using Irrigcost, an Excel worksheet written by Thomas Dorn, extension educator. UNL Irrigation is available for download at no cost on the Web at: http://www.extension.unl.edu/agpubs/irrigcost.xls

For more information, read University of Nebraska Coopera-
tive Extension NebFacts (NP02-551) Management of Blister Beetles in Alfalfa available at the extension office or online at nebraska-mlir.unl.edu/Site/ nf551.htm. (TD)

Effects of blister beetles on pastures and crops

Watch for Blister Beetles in Alfalfa

Alfalfa producers should be on the alert for blister beetles (Epistocapsa spp.) as they prepare for the next cutting. The increase in numbers of blister beetles is likely because immature blister beetles feed on grasshopper eggs, which have been plentiful for the past couple of years. Blister beetles feed on a plant’s flowers and leaves, but usually cause little damage. They can create a minor problem, however, for the animals that consume them. Blister beetles contain a lipid (fat) soluble blistering agent called cantharidin, which causes blisters on skin tissue upon contact and can severely irritate an animal’s digestive tract, especially horses.

Adult blister beetles vary in size and color but can be recognized by elongated, narrow, cylindrical and soft bodies. When viewed from above, they have a constriction behind the head where it attaches to the narrowed anterior end of the thorax. Several species of blister beetles are common to Nebraska and pose varying degrees of problems. In Nebraska, the gray, black and three-striped blister beetle are most common. The three-striped is long, slender, brown and yellowish-gray with yellowish-white stripes. The gray is a larger beetle that is 9/16-inch to 11/16-inch long. The gray coloring is due to a thick covering of hair. The black blister beetle is the largest of the three species. It is more robust and is 5/8-inch to 7/8-inch long.

Adult blister beetles can generally be found in alfalfa through the second and third cuttings and some years into the fourth cutting. Horses are particularly susceptible to blister beetle poisoning. Part or all of a horse’s digestive tract can be severely irritated, leading to secondary infections and bleeding. Cantharidin is absorbed and excreted through the kidneys, thus irritation of the kidneys, ureter, urinary bladder and urethra could be followed by secondary infections and bleeding. The substance also lowers serum calcium levels and causes damage to heart muscle tissue.

Researchers estimate the minimum lethal dose of cantharidin is about one milligram per kilogram body weight of a horse. The lethal dose for cattle may be as low as 0.5 milligram per kilogram body weight. Consequently, a few beetles with a high cantharidin level would kill a small horse, but quite a few with a low level would be required to kill a larger horse. About 1,700 black blister beetles would need to be killed an 25-pound horse, but only 120 three-striped blister beetles. However, only 40 three-striped blister beetles would kill a 275-pound colt. As little as four to six grams of dried beetles can be fatal to a horse.

Management

Toxicosis by blister beetles is related to simultaneous cutting and crimping of hay when beetles are present. If hay is cut with a sickle bar or rotary mower and not crimped, the beetle can leave the hay after it is cut. If the beetles are not allowed to escape, the trapped beetles die and are incorporated into the hay. For Scout fields, particularly in border areas, for the presence of blister beetles and if found, treat with a fumigant or insecticide before cutting. Insecticides approved for use on alfalfa can be referenced in the UNL Department of Entomology Web site. When selecting a pesticide, read the label to determine harvest restriction intervals. Kansas State University doesn’t recommend blister beetle treatment because the dead beetles, which are still toxic, remain in the field. Other recommendations include not using crimpers on hay intended for horses and cutting alfalfa in the bud stage because blooms attract blister beetles. It is difficult to eliminate the possibility of blister beetles in alfalfa, but carefully examining the hay being fed to horses may help detect their presence.

For more information, read University of Nebraska Cooperative Extension NebFacts (NP02-551) Management of Blister Beetles in Alfalfa available at the extension office or online at nebraska-mlir.unl.edu/Site/nf551.htm. (TD)

Alfalfa and pasture producers should be on the alert for blister beetles. Be on the alert for blister beetles. (EPi2.6)

Regulations regarding conservation reserve program fields have changed. Producers can now manage CRP acres as hay or pasture instead of trying to resurrect the fields when it’s too late to get much use out of them.

In the past, the CRP fields could only be used for late notice during emergency situations, but studies have indicated more frequent use of CRP land by hay or pasture benefits both wildlife habitats and producers. As a result, fields can now be used by the Farm Service Agency (FSA) and Natural Resources Conservation Service (NRCS) can legally be swathed or grazed. The main regulation for qualified fields is producers either use the entire field every three years or use a third of the field each year. In addition, use can not begin until after a specific date as designated by the FSA.

When beginning to manage CRP acres specifically for forage, first examine the fields. Previously, maintenance was minimal, so fields may contain dead plants unsuitable as forage for hay. If possible, remove this low quality residue so it doesn’t mix with and lower the forage quality of this year’s new green growth. Any green growth in the first year generally won’t be of good quality, especially when mixed in with any useless vegetation. A prescribed burn, if safe and legal, helps clear off old growth, weed seedlings and harmful trees. Tougher weeds like thistles, may require herbi- cides such as Grazon Razon, or 2,4-D and Banvel Granville mixes. If unsure about how to control types of weeds, consult a weed manage- ment guide at your local coopera- tive extension office.

Once a field is cleared of the growth, producers should be on the alert for blister beetles. (EPi2.6)

New Rules for CRP—Acres Can Be Used for Hay or Pasture

SOURCE: Bruce Anderson, P.D., forage specialist
Pouring Quality Concrete

Control of Muskrat Damage in Ponds

In the Midwest, most muskrats live in streams. In spring or fall, some of the muskrats move. In their spring travels, they are hunting food and safe places to rear young; in fall, they are hunting food and safe winter quarters. These traveling muskrats usually stay in their home location until fall and in their winter homes until spring. They may stay in either location permanently if they have enough food and the denning facilities are good enough. When they travel, they may go several miles, often across dry uplands, in their search for better places to live. Therefore, if food is scarce, muskrats find farm ponds and it is usually during spring that they locate in them. If the pond is large and contains abundant food, they may stay. But ponds seldom contain enough aquatic vegetation to hold muskrats past the fall season, especially if they can find better homes.

Pond muskrats dig burrows, and may also build homes of mud and vegetation in shallow water. It is the digging that most pond owners object to, especially when holes are dug into the dam. In digging and working around the shallows, muskrats spoil water, and keep these areas or the whole pond cloudy. This is objectionable in a pond where clear water is wanted for swimming, livestock use and fish production.

When muskrats dig into dams, it is to make homes. The burrows start under water, then rise to a chamber hollowed out above water level, with one to two feet of solid earth and soil above. The muskrats don’t tunnel through the dam unless the water rises high enough to make them dig a new chamber, higher up. That is one reason for specifying high freeboard and a wide spillway: these keep the water from coming up high enough to force the muskrats to dig new higher chambers dangerously close to the surface. Also, one reason for keeping livestock off a pond area is to avoid the chance of putting a hoof through the roof of the den and starting a wash.

Old or abandoned muskrat dens may cave in. Then it is usually a simple job, if done at once, to fill in the cavity and reseed to prevent washing.

Since muskrats are especially attracted to ponds containing large amounts of muskrat food plants, eliminating these plants is good muskrat control. Plants most favored by muskrats are the starchy ones—cattail, arrowhead, and the like. These plants should never be planted in fish ponds, because they will interfere with fish production. Plant control is also good muskrat control.

If muskrats can’t find a better place, they will sometimes live in ponds even when food supply is limited. The only sure way to keep them out is by fencing the entire pond and spillway with fur-farm fence. This is ordinarily too expensive, and the only other recourse, if the animals are definitely a nuisance, is to remove them.

Trapping with pinch-type lethal traps is the most efficient way of removing muskrats. Various chemicals have been tried to keep muskrats out of ponds, or to drive them out. The same is true of other repellents. Still the most effective removal is by trapping. (DJ)

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled “Acreage Insights — Rural Living Clinics” to help acreage owners manage their rural living environment. “Private Drinking Water Systems” is the seventh in the series, to be held July 24 from 9 to 11 a.m. at the Lancaster Extension Education Center, 444 Chappel Creek Road. A properly designed, installed, and maintained private drinking water system should meet all needs by providing an adequate supply of safe and aesthetically acceptable water. This program will help homeowners manage drinking water systems to meet their needs.

Topics that will be addressed include the relationship between ground and surface water, point and non-point source pollution, basic drinking water well design and installation as well as water quantity and quality needs, protection of the water supply, monster recommendations, and treatment options.

Speaker Sharon Skipton, University of Nebraska Cooperative Extension, has helped develop several publications and programs to help people manage private drinking water systems. Skipton has provided education for homeowners across the state.

Pre-registration is $10 per person and must be received three working-days before the program. Late registration is $15 per person. For more information, visit the Acreage & Small Farm Insights Web site at acreage.unl.edu or contact Skipton at (402) 472-3662.

The presence of bacteria is a concern when considering the safety of drinking water. Water-borne infections, dysentery, hepatitis, typhoid fever, cholera and other illnesses can be caused by specific disease-causing bacteria. Bacterial contamination can result from a number of sources. Human and animal wastes are a common source of bacteria in water. Additional sources include septic tanks or drain fields, septic tank and sewage treatment facilities; insects, rodents or animals entering a well; or flood water or surface runoff entering a well.

The environmental protection agency (EPA) requires all public water suppliers test for coliform bacteria and deliver water that meets the EPA standard that no coliform bacteria be present. Owners of private water supplies are responsible for having their water supply tested to ensure it is safe from bacterial contamination. If a private water supply contains bacteria, both well location and construction should be evaluated in an attempt to identify and eliminate the source of contamination. A contaminated water supply can be disinfected with appropriate methods.

More on Flooding

Flood waters commonly contain high levels of bacteria. When a well is inundated by flood waters or surface runoff, bacterial contamination is likely. Shallow wells and wells that do not have water-tight casings can be contaminated by bacteria infiltrating with the water through the soil near the well, especially in coarse-textured soils. Testing for bacterial contamination in water and nitrate should be considered after flooding. (DJ)

WATERWHEEL

Drinking Water Bacteria

Note: This is part of a series of articles related to rural water issues.

“Private Drinking Water Systems” is July Rural Living Clinic
Cool It! Use a Refrigerator/Freezer Thermometer

Alice Henneman
UNL Lancaster County Extension & Joyce Jensen
Lincoln/Lancaster County Health Department

A different refrigerator and freezer setting may be needed during warmer months than colder months to maintain the same temperature in your refrigerator. Using a refrigerator/freezer thermometer is the only way to assure your refrigerator and freezer are at the correct temperature for optimum food storage.

40°F or lower is the recommended refrigerator temperature to slow bacterial growth and maintain shelf life. Freezing occurs at 32°F; adjust refrigerator accordingly between 34°F and 40°F to prevent unwanted freezing, such as freezing milk.

0° F or lower is the recommended freezer temperature. At this temperature, bacterial growth will be stopped. However, freezing does not kill most bacteria, nor does it stop flavor changes that occur over time.

Though food will be safe indefinitely at 0°F, quality will decrease the longer the food is in the freezer.

The numbers used to adjust the temperature on most home refrigerators only raise or lower the temperature. They do not match specific temperatures. Most refrigerator/freezer thermometers are either liquid-filled or bimetallic-coil thermometers. Each brand and type may have different expansion rates and rise to indicate the temperature on a scale.

Liquid-filled thermometers are the oldest types of ther- mometers used in home kitchens. As the temperature increases, the colored liquid (usually an alcohol solution) inside the thermometer expands and rises to indicate the temperature on a scale.

Bimetallic-coil thermometers contain two or more different metals with different rates of expansion that are bonded together. The bimetal element is coiled, fixed at one end, and attached to a pointer stem at the other end. As the temperature increases, the pointer will be rotated by the coiled bimetal element to indicate the temperature.

Purchase refrigerator/freezer thermometers in the housewares section of department, appliance, culinary and grocery stores. Buy a new thermometer and check the bulb in your refrigerator and one in your freezer. It may be the best $10 to $20 investment you ever make. Two more tips:

1) Place the thermometer in the front of the refrigerator/freezer in an easy-to-read location.
2) Check temperature regularly — at least once a week.

NOTE: If the freezer compartment isn’t a separate freezer compartment, but a compartment inside the refrigerator, it may be impossible to obtain a 0°F temperature. One sign of a well insulated refrigerator may be soft ice cream. Plan to use food within a few weeks.

Take a Salad Spinner for a Spin!

When purchasing a salad spinner make sure you shop around. Don’t buy the first one you see in the store! You want a model that is sturdy, has a well fitting lid and spins easily. Choose a model large enough so you don’t have to go through several “spin cycles” to dry all your greens.

Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels. (AH)

Don’t Be Fooled by Fads

Selecting a diet or food to eat is personal. Your family and you are unique. The reports have been out. Most refrigerator/freezer thermometers are the oldest types of thermometers used in home kitchens. As the temperature increases, the colored liquid (usually an alcohol solution) inside the thermometer expands and rises to indicate the temperature on a scale.

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## Pre-Fair Schedule

**July 30 — Open Class Horse Show—Rail Classes**
(Multipurpose Arena) Exhibitors of all ages compete in English Equitation, English Pleasure, Walk Trot, Western Pleasure, Jackpot Western Pleasure and Western Horsemanship.

**July 31 — Open Class Horse Show—Games**
(Multipurpose Arena) 8 a.m. Exhibitors of all ages compete in Poles, Stake Race, Flag Drop Race, Barrels and Jackpot Barrel.

**Aug. 2 — Open Class and 4-H/FFA Static Exhibit Check In**
(Lincoln Room) 4–8 p.m. Open Class events are open to anyone ages 6 and up. For complete information on how to enter exhibits in the Lancaster County Fair, pick up a 2004 Lancaster County Fair Open Class, 4-H & FFA Fair Book. Fair Books are available at the Lancaster Event Center or online at [www.lancastereventcenter.com/fair.html](http://www.lancastereventcenter.com/fair.html).

**Aug. 3 — 4-H Shooting Sports Contest**
(Pavilion 3) 9 a.m. 4-H members compete in BB Gun/Pellet Rifle, Pellet Pistol, Archery, Trapshooting and Smallbore rifle.

### Wednesday, August 4

**4-H Horse Show—Dressage/Miniature Horses**
(Multipurpose Arena) 8 a.m. Lancaster County 4-H has the largest county fair horse show in the state with 29 total events. Dressage is the performance of a specific pattern of movements — horse and rider are judged on presentation, accuracy and obedience of the horse. Miniature Horse events include jumping, pleasure driving and roadster driving (in the driving events, horses pull drivers in two-wheel carts). Dressage is sponsored by Green Gâteau Restaurant; Miniature Horses are sponsored by Kit Kraft, Inc. 2004 Lancaster County 4-H Horse Show is sponsored by Union Bank & Trust Company.

**Open Class & 4-H/FFA Static Exhibits**
(Lincoln Room) 9 a.m.—9 p.m. Come see the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics. Open Class static exhibits sponsored by Adel Walser Farms—Good Food, Inc. (Booth 4), Egan Enterprises, Inc. (Booth 1), Lincolns Tent Inc. (Booth 3), Heritage Needlework Guild—Nebraska City, Red Star Yeast, Basha Restaurants, Seeds Live, Inc., Creative Hands, Inc., SunWest Farms, and Williams Garden Center Inc. Open Class Poultry Show (Pavilion 3—W. hallway) 10 a.m. Exhibitors of all ages show their large fowl, bantams, feathered-legged, ducks, bantam ducks, geese, turkeys and guinea fowl to compete for championship honors. This show is an American Poultry Association sanctioned show.

**4-H Household Pets Show/Quiz Bowl**
(Pavilion 3—Exhibit Hall) Noon Expect to see 4-H'ers with a wide variety of animals such as hamsters, guinea pigs, ferrets, lizards, hermit crabs, hedgehogs and canaries. Followed by a quiz bowl.

**Carnival**
(Southwest of Buildings) 5–11 p.m. This year’s carnival is bigger and better than ever with more than 20 rides, games and concessions! Rides include the Berry Go Round, Krazy Kars, Scooter Jet, a variety of kiddie rides, and much more! Unlimited rides for $15 with purchase of wristband on W, Thursday and Sunday. Presented by Blue Mound Entertainment Carnival and Lancaster County Fair Board.

**Dunk Tank**
(Courtyard) 10 a.m.—6 p.m. Evening See if you have the strength and precision to determine some poor fool’s fate while helping raise funds for landscaping at the Lancaster Event Center. Presented by 4-H Alumni 4-H Club.

**Kids Agricultural Discovery Zone Kick Off**
(Pavilion 1—North Side) 10 a.m.—6 p.m. New this year! FREE! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 1,000 pound boar! Touch unprocessed sheep wool! Climb a tractor (U of D for potatoes) See baby animals (including ducklings hatched on the 4-H Entomology Egg Camp) And much, much more! Kick Off features a variety stage with activities such as animal tricks, etc.

**4-H Style Revue**
(Pavilion 3—Exhibit Hall) 7 p.m. 4-H'ers model their clothing projects with pride and style. Judges look for selection, fit, creativity and accessories. Sponsored by Hancock Fabrics.

**4-H Horse Jumping Show—Hunter Hack/Hunter/Jumper**
(Multipurpose Arena) Evening (1/2 hour after Miniature Horse Show) English Horse Show uses hunter type horses. English attire and tack are used. In the Hunter/Jumper classes, competitors ride a course with jumps of various types. Sponsored by Union Bank & Trust Company.
Thursday, August 5

**Exhibitors Breakfast** (Courtyard) .................................................. 6:30–8:30 a.m.

All County Fair exhibitors, superintendents and volunteers are invited to a free breakfast. Presented by Protective Dairy, Morris Pet Alumni and Stewards of the Millers' Church.

**4-H English Horse Show—Hunt Seat/Seatle Seated Showmanship** 

**English Pleasure/English Equitation** (Multipurpose Arena) 8 a.m.

4-H English Horse Show uses hunter type horses. English attire and tack are used.

Presented by 4-H volunteers.

**4-H Goat Show/Showmanship/Quiz Bowl/Relay Contest**

(Pavilion 1 - East Arena) ............................................................. 8 a.m.–4 p.m.

4-H'ers show their dairy goats, 4-H'ers may try their hand at judging rabbits. Followed by a quiz bowl.

Presented by 4-H volunteers.

**Kids Ag Discovery Zone** (Pavilion 1 - North Side) ........................ 8 a.m.–9 p.m.

New this year! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 3,000 pound tractor! Touch unprocessed sheep wool! Climb a tractor! Dig for potatoes! See baby animals (including ducklings hatched on the 4-H Embryology Eggs Camp) and much, much more.

**Open Class & 4-H/4-HA Static Exhibits** (Lincoln Room) ............... 9 a.m.–9 p.m.

See the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth exhibit projects in more than 100 4-H project areas. 4-H youth exhibit projects in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in more than 100 4-H project areas. 4-H youth exhibit projects in 4-H and FFA project areas in.
**SPECIAL NOTES**

- Parking will be allowed in designated parking areas only. No vehicles or trailers will be allowed to park next to buildings due to fire and safety regulations.
- No smoking inside the buildings.
- No dogs allowed in Pavilion 1 & 2 and Multipurpose Arena except as required for special needs.
- No bicycles or scooters allowed in the buildings.
- No ATVs or golf carts allowed on the grounds.
- Electrical hookups and camping will be allowed only in the campground by reservation.
- The Lancaster County Agricultural Society will not, under any circumstances, be held liable for any personal injury, nor for any damage of any kind to any property, nor for any cause.

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Cookie Eating Contest (South Parking Lot) .......................... 5:30 p.m.

Celebrity Swine Show (Pavilion 1 - East Arena) ..................... 6 p.m.

Barrel Racing (Amy Countryman Arena) ............................. 6 p.m.

4-H Rabbit Specialty Show—Best Matched Pair/Pee Wee/Division (4-D) format allows beginning, intermediate and advanced barrel racers to compete and win. Jackpot cash prizes. Anyone (no age limit) with a horse can join Nebraska 4-D prior to event and race same day.

4-H/FFA Beef Show (Pavilion 1 - East Arena) ..................... 8 a.m.

Kids Ag Discovery Zone (Pavilion 1 - North Side) .............. 8 a.m.–9 p.m.

Open Class & 4-H/FFA Static Exhibits (Multipurpose Arena) .... 9 a.m.

4-H Horse Trail Show (Multipurpose Arena) ....................... 9 a.m.

Cat Show/Quiz Bowl (Pavilion 3 - Exhibit Hall, North End) .... 9 a.m.

4-H Bicycle Contest (South Parking Lot) ......................... 10 a.m.

Open Class Rabbit Show (Pavilion 3 - Exhibit Hall, South End) .. 8 a.m.

Open Class Dairy Goat Show (Pavilion 1 - West Arena) ........ 8 a.m.

Hay Hauling Contest (South Parking Lot) ....................... 10 a.m.

Nebraska Pioneer Farm Awards (Multipurpose Arena) .......... 6:45 p.m.

4-H/FFA Static Exhibits (Lincoln Room) ......................... 9 a.m.–9 p.m.

Hay Hauling Contest (Multipurpose Arena) ....................... 7 p.m.

Open Class Rabbit Show (Pavilion 1 - Walkway) ............ 9 a.m.–9 p.m.

Open Class Pigeon Show (Pavilion 1 - Walkway) ............ 9 a.m.–9 p.m.

4-H Beef Show (Pavilion 1 - East Arena) ...................... 8 a.m.

4-H Rabbit Show (Pavilion 3 - South End) .................... 8 a.m.

4-H Horse Show (Pavilion 1 - East Arena) .................... 9 a.m.

4-H Cat Show/Quiz Bowl (Pavilion 3 - Exhibit Hall) .......... 9 a.m.

4-H Beef Show (Pavilion 1 - East Arena) ...................... 8 a.m.

4-H Rabbit Show (Pavilion 3 - South End) .................... 8 a.m.

4-H/FFA Beef Show (Pavilion 1 - East Arena) ................ 8 a.m.

4-H and FFA members compete for championship honors in the breeding, market and feeder categories.

Open Class Rabbit Show (Pavilion 3 - Exhibit Hall, South End) 8 a.m.

This show is sanctioned by the American Dairy Goat Association (ADGA). Exhibitors of all ages show their dairy goats and compete for championship honors.
Carnival (Southwest of Buildings) ................................. 5-11 p.m.  
see if you have the strength and precision to determine some poor fool’s fate while promoting agriculture, youth and community. The LCAS board of directors, also known as the Lancaster County Fair Board, is proud to produce an annual community and family-oriented county fair. LCAS operates the Lancaster Event Center, a public, multipurpose, year-round facility designed to host a variety of local, regional and national events and activities.

SUNDAY, AUGUST 8

4-H Clover Kids—Show and Tell (Lincoln Room) .......................... 1 p.m.

Carnival (Southwest of Buildings) ................................. 5-11 p.m.

Open Class Beef Show

Open Class & 4-H/FFA Static Exhibits

Open Class Sheep Show (Pavilion 1 - West Arena) .................. 10 a.m.

Open Class Dog Agility Show (Pavilion 3 - Exhibit Hall)  .......... 6-9 p.m.

Youth Rodeo (Amy Countryman Arena) ............................. 1 p.m.

Contest open to youth ages 8-18. Fun, FREE event to watch; Events include: Gibb- break away, goat tying, calf roping, flag race; Senior Boys (ages 14-18)—chute dogging, steer wrestling, calf roping; Open Team Roping (all youth — teams of 2), $15 per event. Cash prizes. To register, call Shelly Shafer at 402-673-4465 during week of fair (best time is Aug. 4 between 5-10 p.m.) or register online at www.sharperama.com.

Presented by Lancaster County Fair Board and RIFCO RIFCO.

Lancaster Event Center

The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29127, Lincoln, NE 68529. Phone: 402-441-6354. Web site: www.lancastereventcenter.com

4-H is a learning-by-doing program open to all youth ages 5-19. Lancaster County 4-H is part of University of Nebraska Cooperative Extension.

The National FFA Organization is an agricultural education program which classroom instruction to hands-on opportunities. Web site: www.ffa.org

SPONSORS ACCURATE AS OF PRESS TIME. WE APOLOGIZE FOR ANY OMISSIONS. IF YOU NOTICE ANY CORRECTIONS, PLEASE CALL US AND WE WILL INCLUDE THE INFORMATION IN FUTURE PUBLICITY.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes Janet’s Jargon

Janet Broer FCE Council Chair

Old Glory season is upon us. It is a great time for families to celebrate our country’s birthday with programs and pageants, picnics, parades, parties and of course, fireworks. Wherever people live in a land that is free their Independence Day is a glorious holiday.

We have a scholarship winner, Dawn Fulton, a student at BryanLGH who will soon begin her fourth quarter with this financial help. I want to thank those who worked on this committee and the applicants from the various schools. Dawn is to be recognized at our June 28 county Council meeting.

Plans are completed for our “Sizzling Summer Sampler” on July 13. We will begin eating at 6 p.m. followed by our program and basket raffle. The originality in basket theme ideas never ceases to amaze me. This event is open to everyone — you do not have to be an FCE member to attend this fun-filled evening. Look for reservation information below.

Looking ahead to August and Lancaster County Fair, FCE members are responsible for Health Awareness Day. Sharon Brunke of Home Serve Club will chair the event scheduled for Thursday, Aug. 5, 10 a.m. to 2:30 p.m. She would like volunteers from all clubs.

Have a safe and happy Fourth of July celebration. I hope to see many of you on July 13 for a fun evening.

Next Council Meeting June 28

The June FCE Council meeting will be held Monday, June 28, 7 p.m. at the Lancaster Extension Education Center 444 Cherry Creek Road, Lincoln

LEARNSHOPS “Bring in the Blooms”
Karin Smith, Southeast Community College instructor & manager of Panorama

“Colorizing Your Spaces”
Brenda Danyk and Bonnie Van Zeller

Cost $10
Mike checks payable to FCE Council
Send reservations and check by July 7 to: Kruse, 850 Adams Street, Lincoln, NE 68521

FCE News & Events

Protecting Against Identity Theft

When was the last time you did an inventory of the contents in your wallet? If you have a list from the last six months — great!!! If you don’t have a list, could you replicate a list of the contents in your wallet? You may ask why. If you have been a victim of identity theft — you’ll know why. In a group of 20 a victim of identity theft, you’ll even get arrested for crimes they did not commit. In 2003, the Federal Trade Commission (FTC) received over 500,000 consumer fraud and identity theft complaints. Consumers reported over $400 million in losses from fraud. According to the FTC, this crime affects all ages.

Wallet Inventory

To make your wallet inventory, make a list of the important things in your wallet. Hints: driver’s license number, credit card, bank account, health insurance card, etc. Include phone numbers and who to contact. Some people will use a copy machine and make copies of both sides of the cards. Remember to take all your cards from the copy machine.

Look at the list: do any of the cards have your social security number on them? Your health insurance or Medicare cards probably have your social security number on them. This number to an identity thief will open up the following accounts: — pension plan, bank account, investments and social security earnings and benefit statement. Complete the list and review what is in your wallet. Dispose of any expired cards. Did you find some cards you didn’t remember having? Do you still need them? It may be time to see IDENTITY THEFT on p. 11

Summertime Stains

Summertime stains are very common. Pack a stain stick for vacation or send it with children to camps. Treat the stain as soon as possible and then it will be ready to launder when you return home. A cleaning solvent, such as Energine® or Goof Off® are good products to keep on-hand to treat stains. Always read and follow label instructions before using any stain removal product.

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning. They can be ordered by contact- ing ED/Pubs, The Department of Education publications Distri- bution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398, 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html.

Three available publications are:

Helping Your Preschool Child
(available in English and Spanish): How well children will learn and develop and how well they will do in school depends on a number of things, including their health and physical well-being, social and emotional development of the world. This booklet highlights techniques parents can use to encourage their children to develop the skills necessary for success in school and life by focusing on activities that make learning fun.

Helping Your Child Learn Science (available in English and Spanish): Every day is filled with opportunities to learn science — without expensive chemistry sets or books. Parents don’t need degrees in chemistry or physics to help their children learn science. All that is needed is a willingness to observe and learn with them, and, above all to make an effort and take the time to nurture their natural curiosity. This booklet provides parents of children ages 3 through 10 with information, tools and activities that will help their child develop an interest in the sciences and learn about the world around them.

Helping Your Child Learn Mathematics (available in English and Spanish): Helping Your Child Learn Mathematics focuses on development of his or her personal character. • Do Your Duty • Be Accountable • Pursue Excellence • Exercise Self-Control

CHARACTER COUNTS! CORNER Responsibility

Responsibility means being accountable for what we do and who we are. Everyone is responsible for the development of his or her personal character.

• Do Your Duty
• Be Accountable
• Pursue Excellence
• Exercise Self-Control

CHARACTER COUNTS!
All county and state fair livestock entries are due into the office or postmarked by Friday, July 9. Please remember to include entry fees. NO LATE ENTRIES WILL BE ACCEPTED.

Volunteers Needed for 4-H Livestock Set Up Day
Aug. 2 & 3
4-H and FFA members and families are requested and expected to attend the first annual Fair Set Up Day on Sunday, Aug. 2. Participants are asked to meet Deanna in Pavilion 1 at the Lancaster Event Center by 2 p.m. During this time we will set up all livestock pens and arenas. Everyone’s help will be greatly appreciated. The more people we have the faster the set up. Feel free to bring a friend or neighbor! Contact Deanna at 441-7180 if you have any questions.

Interview Judging, Aug. 3
4-H’ers have the opportunity to talk to judges about their fair projects and exhibits and share their trial lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills.

Static Exhibit Volunteers
Needed Aug. 2 & 3
Volunteer helpers (ages 12 and over) are needed to help at the County Fair in the following capacities:
• Check in exhibits on entry day — Monday, Aug. 2
• Assist judges on judging day — Tuesday, Aug. 3
• Put up exhibits — Tuesday, Aug. 3.
Call Tracey at 441-7180 to sign up. Your help is appreciated! (TK)

Youth Tour Guide Volunteers
Needed Aug. 6
Volunteer teens are needed. Friday, Aug. 6 to serve as tour guides for Fair Fun Day. Fair Fun Day gives child care groups an interactive, hands-on experiential tour of the fair. Call Lorene at 441-7180 to sign up. (LB)

Animal Entries Due July 9
All county and state fair livestock entries are due into the office or postmarked by Friday, July 9. Please remember to include entry fees. NO LATE ENTRIES WILL BE ACCEPTED.

Food Booth Training July 29
ALL County Fair food booth volunteers are encouraged to attend this training at the Lancaster Event Center, Thursday, July 29, 6-7 p.m. Learn about food safety, customer service and volunteer responsibilities. See you there! (TK)

4-H/FFA Livestock Set Up Day
Aug. 1
4-H and FFA members and families are requested and expected to attend the first annual Fair Set Up Day on Sunday, Aug. 2. Participants are asked to meet Deanna in Pavilion 1 at the Lancaster Event Center by 2 p.m. During this time we will set up all livestock pens and arenas. Everyone’s help will be greatly appreciated. The more people we have the faster the set up. Feel free to bring a friend or neighbor! Contact Deanna at 441-7180 if you have any questions.

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Learn about Weather Warnings

1. Draw a sketch of your home. Be sure to identify windows and doors that lead to the outside. After your sketch is complete, mark the spot where your family should go during a tornado warning.

2. List the supplies you’ll need during a tornado, blizzard or flood warning.

Think About It

Stop and think about your answers to these questions. Share your answers with an adult.

1. What are some of the items you need in any weather emergency?
2. What are some of the items unique to a particular emergency?
3. If you lived in another part of the world, what other weather emergencies might you face?

State Horse Expo Information

REMEMBER HEALTH PAPERS!
A 14-day health certificate will be required for the 2004 Fonner Park Show. (The Ak-Sar-Ben 4-H Horse Show will require a 30-day health certificate.)

There will be no stall fees or camper hookups. Fonner Park is providing most of the finance necessary for the state expenses, so be sure to thank them and the Grand Island Chamber of Commerce during or after your stay.

County Judging Teams Get Ready

Lancaster County has two judging teams preparing to go to the Nebraska State Horse Expo July 12-15 in Grand Island. One team is made up of Mindy Leach, Morgan Marshall, Cassie Krueger, Joann Duhacheck and their coach Kelly Ball. Making up a second team are Gabby Warner, Taylor Holliday, Lyndy Larson, Nicole Zublike and their coach Coleen Warn. Also representing Lancaster County—but on an individual basis—are Katy Cockerill, Melissa Ebeling and Melissa Rausch.

In order to prepare for the state competition the teams are getting experience at judging clinics and camps around the state. At the Pitzer Ranch Clinic, Cassie, Francis Anderson and Melissa won the team contest. Mindy, Joanna and Morgan got fourth. Cassie won the contest individual. Melissa Rausch judged as an individual and got in the top ten as did Morgan. At a contest held in Seward, Morgan won the contest. Mindy, Cassie and Joanna were in the top ten. At Skyline Ranch in Elkhor, Joanna won the contest. Morgan got third and Cassie fourth. Awesome dedication, skills and knowledge were shown by both the girls and their coach.

Team 2 participated in the Elkhor contest. Taylor Holliday won first place and Gabby Warner placed seventh in the intermediate division. What a great start for a first-time team! (MC)

For this $13,000+ financial backing, all exhibitors must clean stalls and be manure pits before leaving. Be sure to bring your own pitchforks, etc. Also, many stalls do not have doors, so you must bring doors, webbing, ropes, etc., to hold your horse in the stall. Most stall doors are 40-45’ wide.

Exhibitors shouldn’t depend too heavily on hay and wood shaving. Search for the grounds although a limited supply may be available. (MC)

HORSE BITS

State Horse Expo Information

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NOMINATE YOUR FAVORITE 4-H VOLUNTEER!

A “Heart of 4-H Award” is given to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu/4h). Nominations of co-volunteers accepted.

1. Nominate ________

Please explain why you are nominating person(s). (Use additional paper if needed.)

Mail to: UNL Lancaster County Extension, 444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528.
**4-H Interns Assist Extension Staff During Summer**

Each summer, two interns join the 4-H staff at the University of Nebraska Cooperative Extension in Lancaster County and provide much needed assistance for Clover College, the County Fair, contests, workshops and other activities as needed.

Intern Steve Landon is assisting Extension Associate Deanna Karmazin in the livestock areas. Steve is a junior at the University of Nebraska-Lincoln, majoring in Diversified Agriculture. Steve grew up on a farm near Greenwood and was a very active 4-H member for 10 years, showing cattle and other projects.

Intern Brenda Fiala is assisting Extension Associate Tracy Kulm in the family and consumer science areas. Brenda grew up in Lincoln, and has been involved with Lancaster County 4-H for nearly 13 years. She was a member for nine years, participating in many projects and club activities as well as 4-H Teen Council and Citizenship Washington Focus. Since then Brenda has volunteered as a Clover College presenter and assistant and a Clover Kids judge. She graduated in May from Hastings College with a degree in elementary education. Brenda will complete her student teaching this fall in Chicago, IL. She is very excited to be working with 4-H youth this summer!

**Partners in Pollution Prevention Intern Assists Businesses and Producers**

The Partners in Pollution Prevention (P3) program is a 12-week program which is part of a UNL civil engineering class.

P3 intern Amanda Koelling is working at the UNL Cooperative Extension office. Amanda will assist agricultural producers with nutrient management plans to help them prevent nutrient rich runoff that can be dangerous to water supplies. She will also visit small businesses to assess their work situations, provide research options and a detailed report on how to conserve resources. As another part of her internship, Amanda will provide public education on pollution prevention to various civic groups. She is a senior at the University of Missouri-Columbia, majoring in biological engineering.

The P3 program is in its eighth year. During the first seven years, the P3 program interns have worked with 229 Nebraska businesses. Based on responses from 43 business participants, following intern recommendations have the potential to each year divert 3.7 million pounds of solid waste from landfills, reduce hazardous waste by 24,500 gallons and save $561,000. More information about the program is online at www.iанm.unl.edu/p3.

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**Neighborhood Cleanups Make a Difference**

Neighborhood cleanups are one of the highlights of the spring, summer or fall. Cleanups allow residents to get rid of items at a lower cost than what they would pay at a transfer station or other private businesses. Working together can make a difference periodically in our neighborhoods and our city. Your highly visible work not only will build pride, but help fight crime. Time and time again, in cities across our nation, neighborhood crime has dropped after cleanup and beautification efforts. A litter-free bed is not just a pretty sight, it is a sign of a community that cares. Unfortunately, not everyone knows where to begin. We will provide you with the outline which can be used as a guide in organizing your neighborhood cleanup.

1. **Find and Organize Volunteers**
   - Gather your neighborhood committee and other key members of your community. At your first meeting, allocate responsibilities among your committee members. You may wish to form subcommittees that may include the following: location, volunteer recruitment, publicity, site captains, etc.

2. **Choose Sites**
   - Be realistic in choosing sites; do not expect to clean the entire community. Select one or more sites that can be adequately done in one day with the number of volunteers you are expecting to recruit. Appoint a site captain for each area you intend to clean.

3. **Determine the Needs/Supplies**
   - Prior to the cleanup, evaluate the condition of each site and determine any special needs. Things to look for include types of trash (loose papers vs. garbage trapped in fences, etc.); junk cars or other large items, which may require special equipment to move; potentially hazardous materials (chemicals, broken glass, etc.). You will need to consider the following, according to the site chosen:
     - Types of tools (rakes, brooms, shovels, etc.)
     - Heavy equipment (pay-loader, backhoe, etc.)
     - Number of trash bags
     - Gloves, maps, first aid kits
   - Other optional sources you may seek include:
     - Refreshments (coffee, donuts, snacks, lunches)
     - Publicity (flyers and posters)
     - Restroom facilities

4. **Create Partnerships**
   - You may be able to obtain the above materials by securing the cooperation of local businesses, community centers, non-profit organizations and city officials. One neighborhood group from Chicago planned a cleanup; they sought the involvement of the local Boy Scouts and Girl Scouts and several environmentally oriented groups whose roots were outside the community. The result: a big crowd and dramatic difference in the neighborhood appearance.
   - Consider cooperation with other groups, even if they are not in your neighborhood: school groups, youth organizations, fraternal organizations, ethnic societies, conservation groups, garden clubs, historical societies, labor unions and religious organizations. These organizations always are looking for activities and they can share their successful strategies with you.

5. **Publicize the Event**
   - You should contact local media to secure pre-event publicity and day-of-event coverage for your community. You may print newsletters, posters and flyers to recruit volunteers. Hanging a promotional banner over a frequently traveled road two weeks prior to the cleanup will raise interest in your community. It is important to remember to get permission from local authorities before beginning promotional efforts.

6. **Planning the Cleanup Day**
   - Secure the use of a cleanup center at or near the sites and plan set-up up. The cleanup center should be stocked with trash bags, tools, refreshments, first-aid kits and water needs. If your sites are spread out and around the neighborhood, you may wish to find a volunteer who will serve as a site captain and keep all sites in a moving “supply cart.”
   - Determine where filled bags will be sent, food, lunch, supplies. If the neighborhood is large, a cleanup schedule of events for the day, please consider the following:
     - Assignment of volunteers to site captains
     - Safety lecture by site captains
     - Distribution of trash bags/tools
     - Cleanup
     - Loading of trucks
     - Lunch/refreshments after cleanup
     - Entertainment

7. **Follow-up**
   - If possible, it is always nice to reward every volunteer with some small token of appreciation such as lunch or letters to key volunteer groups and participated businesses.
   - In order to preserve the hard work you have done, you may wish to work with the city and county to keep the neighborhood clean via litter prevention and beautification programs.

Research shows people litter for three main reasons. First, they feel no sense of ownership for a property, even a public park. Second, they think someone else will clean up after them. Third, they do not think their actions will cause any problem, so they feel no sense of ownership either. At a neighborhood level, clean-up events are an excellent way to set an example. Why not try a neighborhood clean-up? You may see that it is easier than you thought and that you truly can make a difference. Start working with your neighbors and friends. It is exciting, it is fun and it is a great way to help protect our environment. Remember, keep the neighborhood beautified and clean and you will have a clean community!!!


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**Host 4-H Families Wanted for International Visitors**

**July 24–25**

The Mayor’s Committee for International Relations is seeking families who are hosting 18 youth (ages 12 to 18), from Morocco, Lebanon and Egypt, who are participating in “The American Experience: Arab Youth Initiative,” sponsored by the Department of State, Bureau of Educational and Cultural Affairs, Youth Programs Division. The State Department would like to have host families spend a weekend on farms with 4-H families. We would be most pleased if we could find families who would be willing to host one or two students July 24-25 including over night. Those families who would be willing to host one or two of these students, please contact Dolores Matter at 488-4228.
IDENTITY THEFT
continued from page 5
tighten the load in your wallet. Once your list is complete, file this list in your personal home filing system. If you are ever a victim of identity theft, you will be glad you did this activity.

Avoid Being a Victim
To avoid being a victim of identity theft, you need to:
• Check your credit report annually.
• Find out how your personal information will be used.
• Keep your personal information in a secure place.
• Destroy outdated personal information. If it has your name, address, social security number — shred the information.
• Reduce the amount of personal information you carry.

If You Are a Victim
If you are a victim of identity theft, you need to contact:
• The police department where the identity theft took place and file a complaint.
• The three credit reporting fraud departments: Equifax at 1-800-525-6285
• Experian at 1-888-397-3742
• Trans Union at 1-800-680-7289
• Close all accounts with banks and credit card companies that were accessed fraudulently or opened by an identity thief.
• Open up new bank accounts with new numbers.
• For more information, go to the FTC Web site at www.consumer.gov/idtheft and read ID Theft — What It Is All About? Remember: An identity thief will use stolen credit cards within 48 hours of taking the wallet. Protect yourself, take a few minutes and inventory your wallet today!

Recent Federal Trade Commission Consumer Reports on Identity Theft:
• PESTICIDES: garden sprays, wood preservatives, pet flea and tick products, roach powder, rat poisons. You may also be buying banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silver.
• PCB S: Ballasts from old fluorescent fixtures, small capacitors from old appliances, including radios, motors and televisions.

Upcoming Hazardous Waste Collection Days
Residents of Lancaster County can safely household hazardous wastes to the following collection sites in June:
• Trans Union Union College, parking lot at 52nd & Cooper (3 blocks south of 52 & Calver)
Saturday, June 26 from 9 a.m.—1 p.m. at Nebraska Wesleyan University, parking lot at 56th & Handlyn
Items you can bring for disposal:
• HEAVY METALS: items containing mercury such as thermometers and fluorescent bulbs
• SOLVENTS: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
• PESTICIDES: weed killers, garden sprays, wood preservatives, pet flea and tick products, roach powder, rat poisons. You may also be buying banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silver.
• PCB S: Ballasts from old fluorescent fixtures, small capacitors from old appliances, including radios, motors and televisions.

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Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.
**Disaster Recovery Assistance from FEMA**

The tornadoes, severe storms and flooding that struck Nebraska between May 20 and June 1 resulted in a presidential disaster declaration on May 25 that now extends eligibility for federal and state disaster assistance to 30 counties in Nebraska including Lancaster County.

Renters, homeowners and businesses of all sizes in Lancaster County are now eligible to register with the Federal Emergency Management Agency (FEMA) to access state and federal disaster relief funds. Call 1-800-621-3362 to register for disaster assistance. The service is available from 8 a.m. to 6 p.m., Monday through Saturday. The deadline to register is July 24, 2004.

Disaster aid to renters, homeowners and businesses of all sizes generally falls into the following categories:

**Disaster Housing** may be available for up to 18 months, using local resources, for displaced persons whose residences were heavily damaged or destroyed. Funding also may be provided for housing repairs and replacement of damaged items to make homes livable.

**Disaster grants** are available to help meet other serious disaster-related needs and necessary expenses not covered by insurance and other aid programs. These may include replacement of personal property, and transportation, medical, dental and funeral expenses.

Low-interest disaster loans are available after a disaster for homeowners and renters from the U.S. Small Business Administration (SBA) to cover uninsured property losses. Loans may be for repair or replacement of homes, automobiles, clothing or other damaged personal property. Loans are also available to businesses for property loss and economic injury.

**Other disaster aid programs** include:
- Disaster unemployment assistance, legal aid and assistance with income tax, Social Security and veteran’s benefits.
- Other state or local help may also be available.

**Assistance Process** — After the application is taken, the damaged property is inspected to verify the loss. If approved, an applicant will soon receive a check for rental or repair assistance or a grant. Loan applications require more information and approval may take several weeks after application.

Source: Federal Emergency Management Agency

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**Disaster Recovery Resources**

**University of Nebraska Cooperative Extension in Lancaster County** has compiled a wide variety of storm-related resources online at [lancaster.unl.edu](http://lancaster.unl.edu).

**Guidance for Cleanup Following Tornadoes, Severe Storms**

- **Inspecting Homes for Structural Damage**
- **Cleaning Up After Severe Storms: Household Tips & Help**
- **Assessing Hail, Wind and Flood Damage to Crops**
- **Family / Parenting Resources for Tough Times**
- **Weather Safety Information**

There are links to other University of Nebraska resources, local government Web sites, local agencies and national resources. A special section for youth include safety games, safety checklists and other fun activities.

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**Indoor Mold, Dampness Are Linked to Respiratory Problems**

You may have heard about the new Centers for Disease Control & Prevention and the National Academies report linking indoor mold and dampness with respiratory problems. Scientific evidence links such symptoms in some asthmatics as well as to coughing, wheezing and other upper respiratory tract symptoms in otherwise healthy people, says the report. The available evidence does not support an association between either interior dampness or mold and the wide range of other health complaints that have been ascribed to them, but the possibility of a link cannot be ruled out.

More information (news release, audio of the news conference, and links to the report) is available online at [www.nationalacademies.org](http://www.nationalacademies.org).

**Pruning Storm Damaged Trees**

For the trees that survive severe storms, the job of repairing them and bringing them back to good health is critical. Before broken branches are removed, they should be examined carefully, and proper pruning methods should be used to minimize the damage from the pruning cuts. Trees too large to handle from the ground should be pruned only by professional arborists.

Safety is the first consideration in removing branches from storm-damaged trees. All branches that are loose should be removed as soon as possible to eliminate the chance of injury or damage if they were to fall. Other branches that are cracked or broken should be removed after the loose branches are gone. Branches that did not break but were bent over may have internal cracks or other hidden damage especially if these branches have not returned to their original upright positions. These branches may become hazards in the future and should be considered for removal. A branch (or branches) that you partially stripped of its bark when an attached branch pulled away or wound has been loosened more than a third of the original circumference is lost. These branches will always be structurally weak and may become serious hazards if they are allowed to remain and gain weight.

Can You Guess It?

Did you guess it from the June News? The answer was a robin’s nest.

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**Building & Safety Department Offering Assistance in Hickman**

The City of Lincoln Building and Safety Department has set up an assistance station for the Lancaster County homeowners victimized by the May 22 storms. Building and Safety set up their assistance station in the Hickman City Office (115 Locust, south entrance). Hours of their operation will be every Tuesday and Friday during the month of June from noon until 7 p.m.

Assistance will be offered in the following areas:
- Repairing building permits
- Discuss remodel project
- Applications for building permits
- Accept building or remodel permit & plans
- Schedule inspection of property before construction starts

Applications for state and federal disaster assistance can be submitted at the offices of the Lake County Mobile Home Placement, Lancaster County Emergency Management Agency, and local agencies that now extends eligibility for disaster declaration on May 25.

**Nebraska Forest Service Storm Damage Bulletin No. 3 (MJF)**

- Storm Damaged Trees: Evaluating Damage
- Inspecting Homes
- Storm-Related Online Resources
- National Resources. A special section for youth include safety games, safety checklists and other fun activities.