Handling Food Safely at Home

September is “National Food Safety Education Month” (TM). Also, Governor Johanns has declared September “Farm-to-Table Food Safety Education Month.”

Code that is used to assess food safety and sanitation at restaurants. A critical violation was defined as “an issue that by itself can cause food-borne illness or injury.” Some of the most frequently observed critical violations observed in 1999 included:

- cross-contamination (31 percent);
- not washing hands (29 percent); and
- improper leftover handling (29 percent).

Over six times as many households (20 percent vs. 4 percent) were considered to have achieved acceptable standards in 1999, compared to 1997.

We are pleased the 1999 survey showed an improvement. But we must all keep in mind this is a case where some improvement is not enough. During this survey, 69% of the respondents had at least one circumstance that could lead to food-borne illness or injury,” said Richard W. Daniels, President of Audits International.

It was the belief of those conducting the study that the study sample groups would do better than the general population.

The studies were not stratified, random samples—participation in the study was voluntary. Study participants knew they were going to be evaluated and tended to be better educated than the general population.

American Dietetic Association (ADA)/ConAgra Surveys. A September 1999 Home Food Safety Benchmark Survey was conducted by telephone by ADA and its Foundation and the ConAgra Foundation of 1,000 household main meal preparers.

The results indicated there are gaps in consumer knowledge and practices related to home food safety. For example:

- Though 45 percent knew improper hand washing could result in food poisoning, 44 percent consistently forgot to wash their hands properly before preparing meals.
- While 78 percent recognized a failure to wash cutting boards between handling raw meats and then cutting raw vegetables could result in food poisoning, 11 percent rinsed or wiped off cutting boards without using soap.
- Though 74 percent knew food poisoning could result from eating meats and chicken not cooked to proper temperatures, only 12 percent always used a meat thermometer to check doneness.

An April 2000 online survey of 2,551 United States household food preparers indicated consumers are slow to change their food handling behavior. Though two-thirds were very aware of food safety practices when cooking food at home, 73 percent admitted they hadn’t changed their food handling practices at home and/or outdoors after a food poisoning incident.

Food and Drug Administration Survey. The Food and Drug Administration (FDA) conducted a random survey of 2,001 U.S. adults February through April 1998. When compared with data collected in 1993, consumers were more aware of pathogens that are food-borne. Although the safety of reported food handling practices improved between the two surveys, many consumers still practiced risky behaviors. Some of the survey findings included:

- The percent who said they do not wash their hands with soap after handling meat decreased from 34 percent in 1993 to 24 percent in 1998.
- The percent who said they do not wash their cutting boards after cutting meats decreased from 32 percent in 1993 to 21 percent in 1998.
- They found there was a decline of 15 percentage points from 1993, 37 percent said they eat raw eggs. And 65 percent said they do not wash their hands after handling raw eggs. Twelve percent said they eat raw oysters.
- Only 2 percent of total respondents in 1998 used a thermometer to tell when hamburgers are done.

To further assess consumer food safety practices, FDA has sponsored an observational study that was designed to show consumers’ food handling practices at home. The study was conducted by researchers from Utah State University. The results of the observational study being reported this year show ordinary people who are knowledgeable, who think they follow good practices, and who think of themselves as safe food preparers, are not doing as good a job as they think they do.

The same person who appropriately washes hands and counters at one point during the course of preparing a recipe, may fail to do so at another. The problem seems to be many consumers fail to consistently and diligently apply what they know about food safety to the multiple occasions that arise.

Change Food on page 11

In this issue...

Peterson—page 7

Environmental Focus—page 3

Family Living—page 5

Community Focus—page 6

Food & Fitness—page 6

4-H & Youth—page 7

Acreage Insights—page 4

 Environmental Focus—page 3

Family Living—page 5

Community Focus—page 6

Food & Fitness—page 6

4-H & Youth—page 7

Acreage Insights—page 4

Change Service Requested

University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation for people with disabilities. For assistance contact Lancaster County Extension, 601 Clemens Road, Lincoln, Nebraska 68504-1507, 402-441-7180. TDD capability available.
Purple Loosestrife
Noxious Weed

Another plant will be added to the state’s list of noxious weeds. Beginning January 1, 2001, county weed superintendents will enforce the control of purple loosestrife, a plant most often found in wetland areas. Governor Mike Johanns approved the new noxious weed rules and regulations on May 1.

What is purple loosestrife?
Purple loosestrife is an introduced weed that aggressively invades wetland habitats, destroying these valuable ecosystems and reducing the diversity of native plants. Purple loosestrife plants can grow up to 10 feet tall and can produce as many as 50 stems on a single plant. The leaves are opposite, lance-shaped and are directly attached to the stiff, four-sided stems. Purple flowers are borne on tall spikes from July through September and may only be a temporary control of perennial grasses, such as nimblewill, and other undesirable perennial grasses in the lawn to spot treat the weed-infested areas with glyphosate (Roundup, Kleenup, etc.). Glyphosate is a systemic, nonselective herbicide that is absorbed through the foliage and translocated to all parts of the plant. Visible symptoms, yellowing or browning of foliage, usually develop in 7 to 10 days of the application. Death typically occurs in two to four weeks. Glyphosate is most effective when applied to actively growing plants. Mid-summer is an excellent time to control undesirable perennial grasses in the lawn. Most perennial grasses, such as nimblewill, are actively growing in the summer. Also, mid-summer control efforts allow adequate time to kill the weedy grasses and to prepare the areas for seeding or sodding in late summer. Complete destruction of the weeds is necessary to prevent their reappearance.

Horticulture
information center

NUFACTS 24 hours a day, 7 days a week 1-800-827-5441 or 441-7188 in the Lincoln area

To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7188 to receive a brochure with all the NUFACTS message topics. (MJM)

NUFACTS
122 Tree Watering
134 Yellowing and Dropping Leaves
138 Tree stump removal
140 Mike Invites You
164 Flying Flowers
180 Summer Patch of Turf
183 Poison Ivy Control
190 Turf Watering
93 Mushrooms in lawn
200 Broadleaf Weed Control
241 Drought Stress
267 Water Management
290 Weed Control in Garden
292 Rabbit Control in Garden
267 Water Grubs in Turf

Horticulture
information center

Turf Watering

Purple Loosestrife, such as “Robert”, the U.S. and is considered an occurring plant in any part of Eurasia, or the native Lythrum salicaria. Taxonomists in North America have determined Lythrum salicaria and Lythrum virgatum are the same and they hybridize freely.

There has been some confusion in the past as to whether purple loosestrife cultivars can produce seed. Neil Anderson and Peter Ascher at the University of Minnesota determined fertility levels of 18 cultivars of Lythrum salicaria and Lythrum virgatum in a 1993 study. Their results showed purple loosestrife cultivars are not sterile but are, in fact, very fertile. Although most cultivars are self-incompatible, they can produce large amounts of seed when used as a male or female parent in making crosses.

Young purple loosestrife plants can be pulled by hand, as long as the entire plant and the roots are completely removed. Mowing or hand-pulling older, larger plants or applying herbicides is more difficult, expensive, and may only be a temporary remedy to control purple loosestrife in wetland areas. Do not plant purple loosestrife in your garden. Biological control is the only long-term solution to manage purple loosestrife infestations and reduce populations of this invasive weed. The introduction of beneficial insects is part of a national purple loosestrife biological control program that began in the U.S. in 1992. (DJ)

Perennial grasses, such as quackgrass and nimblewill, are some of the most difficult weeds to control in the lawn. Control is difficult because there is no herbicide that will selectively destroy these weeds. Also, pulling or digging these perennial grasses is often unsuccessful.

Quackgrass is a cool-season perennial grass. It spreads rapidly by underground stems or rhizomes. Its leaf blades are bright green, coarse in texture, and twice the width of leaves of bluegrass. Quackgrass is objectionable in lawns because of its coarse texture and spreading habit. Quackgrass also can be a major problem in flower and vegetable gardens.

Nimblewill is a warm-season perennial grass. Nimblewill is a thin, wiry grass that is pale green or gray-green. It spreads by aboveground shoots or stolons, often forming circular spots in the lawn. Nimblewill is easy to spot in the lawn because it grows up late in the spring and turns brown in early fall. Nimblewill is objectionable in the lawn because of its gray-green color and delayed green-up in the spring and early browning in fall.

The best way to control quackgrass, nimblewill, and other undesirable perennial grasses in the lawn is to spot treat the weed-infested areas with glyphosate (Roundup, Kleenup, etc.). Glyphosate is a systemic, nonselective herbicide that is absorbed through the foliage and translocated to all parts of the plant. Visible symptoms, yellowing or browning of foliage, usually develop in 7 to 10 days of the application. Death typically occurs in two to four weeks. Glyphosate is most effective when applied to actively growing plants. Mid-summer is an excellent time to control undesirable perennial grasses in the lawn. Most perennial grasses, such as nimblewill, are actively growing in the summer. Also, mid-summer control efforts allow adequate time to kill the weedy grasses and to prepare the areas for seeding or sodding in late summer. Complete destruction of the weeds is necessary to prevent their reappearance.

Storing Extra Seeds

Seeds can survive several years when given the proper environment. Although optimum storage life varies among species, most seeds will survive at least two years with some lasting for centuries. Whether they are leftovers from last year’s garden, seed sold by a seed company, or seeds you purchased or seeds you have gathered from your own plants, a little care and thought, it is a simple task to save seeds for use in next year’s garden. Unused seeds that keep for at least five years are broccoli, cabbage, cauliflower, cucumber, kohlrabi, lettuce, pumpkin, radish, and squash.

The most important storage factor is low moisture content. Most seeds require about 10% moisture to store; if stored in a damp environment. In a proper planting environment, the seed would lead to germination and growth. In storage this leads to moldering and rot. Store seeds at a relative humidity of less than 65 percent. Seed life can be further extended by placing seeds in a sealed container. This reduces the oxygen content and creates a controlled atmosphere. The best containers for seed storage are zip lock plastic bags or glass jars with tight-fitting lids. To avoid identification problems, leave the original seed packets or envelopes. Containers may be kept in a refrigerator or in any cool, dark, dry place. (MJM)

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

2000 August/September Garden Calendar

Controlling Undesirable Perennial Grasses in the Lawn

Sunday Monday Tuesday Wednesday Thursday Friday Saturday
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
1 Backyard Farmers 7 a.m. NETV 2 Apply grub control 3 Puff weeds 4 Keep garden watered 5
6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68 70 72
1 3 5 7 9 11 13 15 17 19 21 23 25 27 29 31 33 35 37 39 41 43 45 47 49 51 53 55 57 59 61 63 65 67 69 71
16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68 70
11 Control broadleaf weeds
13 Summer Watering
15 Soil pH
17 Clean outdoor plants
19 Quackgrass
21 Spring Weeds
23 Turf Watering
25 Control of Noxious Weeds
27 Control of Noxious Weeds
29 Control of Noxious Weeds
31 Control of Noxious Weeds

To avoid

M. H. Fitzhugh

The NEBLINE

Page 2

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)
West Nile Virus and Rabbit Calicivirus Disease Alerts

Two interesting articles appeared in recent issues (4/00) of the Southeastern Wildlife Disease Study newsletter, SWDS Briefs. The first involved monitoring last summer’s outbreaks of the West Nile Virus (WNV) in New York which resulted in 61 serious cases, including seven deaths. These cases were the first documented occurrences of this disease in the western hemisphere; WNV is indigenous to southern Europe, the Middle East, Southeast Asia, and Africa. WNV is primarily vectored by Culex mosquitoes; but birds, especially crows, are reservoir carriers for the virus. The SWDS article states that the American crow seems to be most susceptible to the disease and that any dead crows found in any state, should be reported to the state health organization.

Because of bird migration patterns, the Centers for Disease Control is monitoring these birds mostly in the southeastern states. Still, Nebraskans should be aware of the issue as many communities, including Lincoln, have growing crow populations.

Another article mentioned in SWDS Briefs, was about the Rabbit Calicivirus Disease (RCD), also known as viral hemorrhagic disease of rabbits. This disease was recognized this past March in Iowa as the first U.S. occurrence among domestic European rabbits (Oryctolagus cuniculus). This highly contagious disease killed 25 of 27 domestic rabbits at a farm in rural Iowa, but the RCD has not been detected elsewhere in the U.S. However, rabbit owners, who raise European rabbits and veterinarians have been encouraged to report all incidents of excess acute mortality of unknown cause to animal health authorities. For more details about West Nile Virus surveillance and the Rabbit Calicivirus Disease, check out the SWDS newsletter at www.swcds.org

For other wildlife disease issues, particularly those that affect human health and safety, see the University of Nebraska NebGuide, Wildlife and Disease-Public Health Concerns (G-1259) at http://ianrwww.unl.edu/pubs/html/G1259.htm.

Source: Dallas Virchow, Project Coordinator, Distance Education and Wildlife Damage Management, UNL.- (BPO)

Tips for Non-toxic Cricket and Spider Control

Current indications show we will have large numbers of crickets and spiders invading homes this fall. The best way to prevent entry into homes is to seal entry points, like cracks and crevices, with caulking. However, it is difficult to seal all entry points.

To eliminate crickets and spiders that have found their way into the house, use sticky traps (mouse glue boards work great) in the corners of rooms. To catch a “singing” cricket, put a very small amount of cornmeal in the middle of a glue board and place the glue board near where the cricket is hiding. The cricket will be attracted to the cornmeal and get caught in the glue board. (BPO)

Environmental Focus

Your Hummingbird Feeders Should Be Up and Running

The ruby-throated hummingbird migrates through eastern Nebraska in the spring and fall. Some birds do stay and nest here, but mostly along the Missouri river. Look for these hummingbirds to start arriving in August with the peak between September 2-18. If weather permits and you are lucky, you may still have these wonderful visitors through October.

What do hummingbirds eat? The natural diet for hummers is flower nectar, tree sap, small insects, and spiders.

Natural diets can be supplemented with hummingbird feeders. Flowers in bloom through the migratory season are needed to attract hummingbirds. You can purchase commercial “nectar” solutions for hummingbirds.

What type of feeder do I need? Look for a hummingbird feeder that is easy to fill and clean (one that doesn’t have too many nooks and corners). Some red on the feeder is desirable because it seems to attract the birds. If your feeder doesn’t have red on it, add a red plastic flower, red ribbon, red tape, or even red nail polish on the surface of the feeding ports.

Do you have a hummingbird “nectar” recipe? Mix one part granulated white sugar (common table variety) with four parts water (i.e. 1/4 cup sugar with 1 cup water). Boil the water, dissolve the sugar, then allow to cool before filling the feeder. Keep leftover portions refrigerated until needed. Avoid any honey mixtures and red food coloring.

How often do you change the “nectar” in the feeder? Change the mix every few days, more often in hot weather. Clean the feeder each time to prevent molds.

What is the best way to clean the feeder? There are a couple of methods you can try:

1. Rinse the feeder with hot water fill with vinegar and uncooked rice. Shake vigorously then rinse with water.
2. Soak the feeder in a solution of two ounces household bleach mixed with one gallon of water. A stiff bottle brush may help, but avoid soaps because residues may interfere with the action of the feeder.

Now I’m ready, where do I hang my feeder? Hang the feeder from a tree branch, deck, or porch. Find a spot that has partial shade, near flowers, and out of the wind. It is best to hang more than one feeder to decrease competition and for your viewing pleasure.

I’ve got ants in my feeder? Try coating the feeder hanger with salad oil or petroleum jelly.

For more information:
Contact the extension office at 441-7180 or stop by and pick up your free copy of NebGuide, Backyard Wildlife. To Feed a Hummingbird (G-1571). This wonderful NebGuide is filled with more feeding tips and a list of plants for your “hummingbird garden.”

New Website Help for Wildlife Damage Problems

Having problems with bats in the attic, raccoons in the chimney, or rabbits in the garden? The University of Nebraska and its partners in Lancaster County and other cooperative extension offices have always been the leaders in delivering timely and accurate ways to help you solve wildlife problems. Now the University of Nebraska has developed a website called “The Internet Center for Wildlife Damage Management” to help you even more. Coming soon...look for our Prevention and Control of Wildlife Damage handbook in both “pdf” and “html” formats and searchable databases which will make finding information easy. For ready access to all this information, bookmark http://wildlifeedimage.unl.edu. Source: Dallas Virchow. (BPO)

Last Household Hazardous Waste Collections for 2000 Pfizer and State Fair Park Collection Sites

Date/Time Location Items that you can bring for disposal:
Saturday, September 16 Pfizer Animal Health, 601 W. Conshuksen Highway
9 a.m. - 3 p.m.

• Heavily metals: items containing mercury such as thermostats and thermometers.

• Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, and waxes.

• Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poison. You may also bring EPA banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silverfox.

• PCB’s: Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors, and televisions.

Leave products in their original container and keep the label intact. Open, leaking, or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do not bring latex paint, medicines, explosives, ammunition, fertilizers, used oil, general household waste, antifreeze, or batteries. For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040. (BPO)

The Nebline
Page 3

August 2000
Deadline Approaches to Terminate Farm Leases

August 31 is the deadline for landlords to notify tenants if they are terminating a verbal farm lease arrangement, effective March 1, 2001. Generally, the turnover rate for rental land is very small in Nebraska, averaging about 2 percent. Leases usually run an average of 15 years. However, to make this transition process go smoothly, follow these tips:

—Usually a tenant will know about the termination of a rental contract before the deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by August 31 and have proof that it was sent.
—An attorney should be involved in all stages of the termination process. It’s easy to make a mistake, and something done wrong won’t stand up in court if a disagreement occurs.
—A tenant should never let a rental agreement reach termination due to lack of proper management practices. Keep the line of communication open and visit with the landlord regularly.
—If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or for the reason of termination. Usually changes occur because of producer downsizing or expanding. Only in a few cases does a landlord terminate a lease because of poor management practices.

For more information, refer to Nebraska-1942 Ending Farm Tenancy (Revised May, 1997). This can be found on the web at http://aglaw.unl.edu/ (TD)

SOURCES: Dave Aiken, J.D., water law specialist, and Bruce Johnson, Ph.D., agricultural economist, both NUBIAN.

Be Wary of Nitrates, Prussic Acid Poisoning This Summer

Prussic acid and nitrate poisoning are a very real concern this year due to the drought. These poisonous may occur in all livestock, but cattle and sheep are the most sensitive. The most dangerous forages are those stressed by drought or other conditions and would include sudan grass, forage sorghum, field corn, milo, and sorghum-sudan grass hybrids used for summer pasture, green chop, hay, or silage.

All plants contain some nitrates, but excessively high amounts are likely to occur in forages grown under stressed conditions. Nitrates are most abundant in the lower six- to eight-inch stem base of plants. Usually livestock don’t graze lower stems until leaves and tops have been removed, so nitrates rarely are a problem in summer annual pastures until cattle are forced to graze very short. Use extra caution when feeding hay or green chop because the nitrate-filled stems are mixed with the rest of the plant. Green chop is the most risky substance for prussic acid poisoning. Feed green chop immediately after chopping, because it can become 10 times more toxic if allowed to heat.

The best poison prevention is to control the type and quantity of forage offered to livestock. Don’t turn animals out on forage when they are very hungry, and don’t allow them to graze the bottom six inches of summer annuals.

To reduce the nitrate content of your harvested feed, cut plants high, leaving eight or more inches of stubble so nitrates remain in the field stable. Another way to reduce nitrates in feed is to make it into silage. Up to half of the nitrates are neutralized during fermentation in well-made silage.

Regardless of what you do to reduce nitrates in your feed, never assume your feed is safe. Always collect samples, especially from what might be the most hazardous feed, and analyze them for nitrates before feeding. Then use these test results to guide you toward safe feeding.

Prussic and nitrogen poisoning can be treated with sodium nitrate intravenously. Be certain that nitrates aren’t a problem before administering the sodium nitrate, and never use commercial preparations intended for treating prussic acid poisoning for nitrate poisoning.

With both cases, it is best to consult a veterinarian to confirm the diagnosis and prescribe treatment. (TD)

SOURCE: Bruce Anderson, Ph.D., forage specialist, NUBIAN.

Fuel Price Adds $10 Per Acre to Irrigation Cost

In 1999, the average farm (off-road) diesel fuel price was around $0.70 per gallon. The current price for diesel is around $1.10. What would this increase in the cost of irrigation in Nebraska? To answer this question, we must make some assumptions about area irrigated, depth of water applied, the pumping water level, system pressure, and the efficiency of the pumping plant. For our analysis, we will assume 125 acres irrigated with a center pivot, a gross irrigation application of 15 inches, a lift of 90 feet from the pumping water level in the well to the pressure gauge, a system pressure of 40 PSI, and an irrigation pumping plant operating at the Nebraska Performance Criteria (NPC) for deep-well turbine pumps.

In 1999, the average diesel price of $0.70 per gallon, would have resulted in a season-long fuel cost of $2,172.00. At $1.10 per gallon, the season-long fuel cost would be $3,413.00. This increase of $1,241 as a result of the increase in fuel price. Expressed on a per acre basis, it amounts to $1,241 per 125 acres equals $10 per acre.

Other fuel sources could also be compared. A system powered by LP (liquid propane) gas at the NPC would have consumed 6,528 gallons of fuel. An electrical powered system would have consumed 628 mcfc (thousand cubic feet). An electrical powered system would have consumed 43,814 kWh. The reader can multiply the estimated fuel use by their 1999 and 2000 fuel costs to compare the effect of price changes. (TD)

Protect Hearing on the Farm

The drone and roar of farm equipment can be extremely loud. Although there are federal safe limits for sound levels, ways to measure them precisely, aren’t always practical. The reader can multiply the estimated fuel use by their 1999 and 2000 fuel costs to compare the effect of price changes. (TD)

As noise levels increase, the reader can multiply the estimated fuel use by their 1999 and 2000 fuel costs to compare the effect of price changes. (TD)

The more toxic if allowed to heat. For example, an ear plug that reduces the noise level by one decibel at any time. Hearing equipment impairs hearing.

Although there are federal safe limits for sound levels, ways to measure them precisely, aren’t always practical. The reader can multiply the estimated fuel use by their 1999 and 2000 fuel costs to compare the effect of price changes. (TD)

The higher the number, the better the protection. However, nitrates rarely are a problem in summer annual pastures until cattle are forced to graze very short. Use extra caution when feeding hay or green chop because the nitrate-filled stems are mixed with the rest of the plant. Green chop is the most risky substance for prussic acid poisoning. Feed green chop immediately after chopping, because it can become 10 times more toxic if allowed to heat.

The best poison prevention is to control the type and quantity of forage offered to livestock. Don’t turn animals out on forage when they are very hungry, and don’t allow them to graze the bottom six inches of summer annuals.

To reduce the nitrate content of your harvested feed, cut plants high, leaving eight or more inches of stubble so nitrates remain in the field stable. Another way to reduce nitrates in feed is to make it into silage. Up to half of the nitrates are neutralized during fermentation in well-made silage.

Regardless of what you do to reduce nitrates in your feed, never assume your feed is safe. Always collect samples, especially from what might be the most hazardous feed, and analyze them for nitrates before feeding. Then use these test results to guide you toward safe feeding.

Prussic and nitrogen poisoning can be treated with sodium nitrate intravenously. Be certain that nitrates aren’t a problem before administering the sodium nitrate, and never use commercial preparations intended for treating prussic acid poisoning for nitrate poisoning.

With both cases, it is best to consult a veterinarian to confirm the diagnosis and prescribe treatment. (TD)

SOURCE: Bruce Anderson, Ph.D., forage specialist, NUBIAN.

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Protect Hearing on the Farm

The drone and roar of farm equipment can be extremely loud. Although there are federal safe limits for sound levels, ways to measure them precisely, aren’t always practical to farmers. How loud is too loud? If your -decibel, your current noise exposure may be temporary and return both. Over long-term noise can lead to permanent hearing loss. Excess noise not only risks losing the sense of hearing, it aggravates fatigue and stress, and thus, slows reaction time to hazardous situations. Hearing should be checked annually and protective hearing devices worn as needed. Federal guidelines for maximum noise level are 85 decibels at any time. Hearing protection, such as ear muffs or ear plugs, should be worn whenever the noise approaches this level. Stuffing cotton wads in your ears doesn’t protect hearing.

When shopping for protective equipment to protect hearing, look for the noise reduction number (NRN) number. The higher the number, the greater the protection. However, don’t assume that the noise reduction number will reduce the noise level by the total amount. For example, an NRR for a set of ear plugs may reduce the noise level by only 10-15 decibels, depending on the predominant frequencies in the noise source. Noise reduction effectiveness may be reduced if the ear plugging didn’t fit or worn properly.

Protective ear muffs must fit the individual. Try them to determine comfort and effectiveness. They should fit snugly, but not too tight. Brush back hair so the muff isn’t directly contact ears. Muffs are most protective when the strap is over the top of the head. Test how well the muffls will work by listening to a loud noise with them on. If the noise volume is significantly reduced and some frequencies eliminated, they offer some protection. Ear plugs, on the other hand, may take some getting used to. Follow manufacturer directions for proper use.

People who hear a continu- ing noise for number of hours after the work day ends are at risk for a hearing loss. Ringing noises and muffled sounds indicate a potential problem. Remember, to reduce noise at the source. A new muffer on the tractor will reduce engine noise. Loose or missing weather stripping around cab doors and
The Financial Plan

By Frank Leibrock, Small Business Support Colorado State University Cooperative Extension

Last month, we discussed your business plan section. This month, we will look at the financial section of your business plan. This section is directly related to the activities you identified in your operations section.

There is a saying in business: “For those who know, the surprises down the road.” The saying is true, but putting together the section of your plan that you will probably be the most difficult planning task you will face.

The task is daunting because it involves projecting your costs and revenues over various time frames. Depending on your business, those time frames can extend over the next five to ten years. In this section of your plan, you must make vast assumptions about your sales, your expenses, any inventories you will maintain, as well as equipment and start-up costs. How do you begin? One way is to obtain an annual report from a publicly traded company that is in the same business or one that you admire and figure out the format of their financial section. This will give you an idea of what information to incorporate into your own plan.

Ideally, your financial plan should include projections for many different scenarios. What will be the profit picture under different sales prices, different costs, etc. Most importantly, the financial plan should forecast the cash needs of your business through time. You must carefully estimate:

1. Your initial startup costs.
2. When you will be able to repay those initial costs.
3. Your payroll costs (including taxes and benefits).
4. Your supplier costs.
5. Understanding how much cash you are likely to need at any time and to estimate the dollar amounts that go into running your business. While they may be small individually, they do add up and they must be anticipated in order to avoid surprises down the road.

Marketing Strategies

Free. New 20-page bulletin from USDA’s Sustainable Agriculture Network (SAN) offers practical tips on how to get started in alternative marketing, with numerous examples of people using such strategies in the field. Describes how to start alternative marketing, with numerous examples of people using such strategies in the field. Describes how to start

Avoid Foliage Diseases on Tomatoes

Foliar diseases that cause leaf drop or pruning of the foliage of staked tomato plants, can lead to sun yellow. A yellowish-white patch appears on the side of the tomato facing the sun, and gets larger as the fruit ripens. To prevent this disease, apply a copper-based fungicide on the foliage in late June. Ask for “Prevention and Control of Cercospora Needle Blight in Julipers and Cedars,” available at the cooperative extension office, or at http://ianrwww.unl.edu/plubs/ plantdisease/nf396.htm. (DJ)

Food for thought:

To stay healthy you need to consume two to three liters of water a day. Some you drink, some you get from the food you eat. Water also plays a big role in growing, processing, and cooking food. So it makes good sense to take care of our water resources. (DJ)

Blight Affects Junipers, Windbreaks

Eastern red cedar and Rocky Mountain juniper windbreaks are susceptible to cercospora needle blight, a fungal disease that causes juniper trees to lose their needles.

Needle blight is favored by moist conditions found in windbreaks with dense canopies and little wind movement. Conditions for this disease will be favorable during droughts, but also both minimum and maximum air temperatures will be different, because the temperature fluctuation between night and day results in dew. The moisture, combined with the lack of air circulation, produces a suitable environment for the blight spp. Trees affected by the disease appear to be thinning from the inside out and from the bottom up. Affected trees may drop off except for green tips on the ends of the branches. Sometimes black or brown spots can be seen at the base of needle clusters.

To prevent or treat the disease, use a copper-based fungicide on the foliage in mid-July. Next year, treat in mid-June and again in late July.

Drinking Water Questions and Answers

Q. How do I know what is in my drinking water?

A. In 1999 you should have received a new communication from your public water utility. The Consumer Confidence Report (CCR) was a new requirement of the revised federal Safe Drinking Water Act. If you live in a large community, you probably received the report in the mail. If you live in a smaller community, the report might have been published in the local newspaper. You will get another CCR from your public water utility on a yearly basis, so it is time to study it. It will provide information so you, the water consumer, will know and understand what is in your drinking water. Among other things, the CCR will identify the source of your drinking water, the treatment used, any contaminants that have been identified in the water, and results of any health effects are of those contaminants.

Q. Can I tell if my drinking water is OK by looking at it, tasting it, or smelling it?

A. No. In many cases, chemicals or microbes that could make water unsafe to drink cannot be seen, tasted, or smelled. The only way to know if water you use for drinking and cooking contains potentially harmful substances, is to have it tested. All public water supplies are required by the federal Safe Drinking Water Act and Nebraska law to be tested on a scheduled basis for potentially harmful contamination. Testing a private water supply is not required by current regulations. Owners of private water supply are responsible to themselves for having their supply tested to ensure it is safe.

Q. Water often looks cloudy when I first turn on the faucet and then it clears up. Why does this happen, and is the water safe to drink?

A. The cloudy water is caused by tiny air bubbles in the water. After a while, the bubbles rise to the top and are gone. The air bubbles do not make the water unsafe to drink.

Myth: We have less water today than we did 100 years ago.

Reality: There is the same amount of water on earth today as there was when the earth was formed three billion years ago. The difference is that today many more demands are placed on water. Because our demands on water continue to grow but our supplies don’t, everyone should lend a hand to conserve, protect, and get involved with decisions that affect our water resources.

Water fact: Almost 80 percent of the earth’s surface is covered with water, but less than one percent is fresh water that can actually be used for drinking, irrigating crops, recreation, industrial uses, and other purposes. Ninety-nine percent of the earth’s water is in oceans or frozen in polar ice caps. That’s why it is very important that we conserve and protect our fresh water supplies.

Food for thought: To stay healthy you need to consume two to three liters of water a day. Some you drink, some you get from the food you eat. Water also plays a big role in growing, processing, and cooking food. So it makes good sense to take care of our water resources. (DJ)

Learning at your convenience—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site Visit our Internet web site at: http://www.ianr.unl.edu/acreage99/index.htm. Provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

“Part-time Farming” video “Part-time Farming” will help develop your country environment and improve your quality of life. Just one hour of “Part-time Farming” provides valuable information for those who want to start a cooperative, sell to restaurants, or through mail order and the Internet. The bulletin describes ways to direct-market meat, process, and add value to farm products. Call 301-504-6422, e-mail aademems@nrd.usda.gov, or print page http://www.sare.org/sare/ market99/index.htm. (DJ)

The NEBRINE Page 5 August 2000
**200 Youth Explore Healthy Snacks**

“I’m going to try not to drink so much pop,” an 11-year-old National Youth Sports Program (NYSP) participant said. Approximately 200 tenth- through 16-year-old limited resource students learned about “healthy snacking” from Nutrition Education Program staff at a day camp sponsored by UNL and the NCAA.

Healthy snack food choices were the focus of the first one hour program. The food guidance presented was focused on choosing foods from the bottom five food groups which were referred to as “everyday” foods, and limiting choices from the tip of the pyramid or fats and sweets groups, which are called “sometimes” foods. Students surveyed before the first lesson and again after lesson two indicated they were likely to be contestants for “Who Wants to be a Healthy Snacker?” designed after the millionaire TV game show. The contestants in the “hot seat” answered a series of easy to difficult questions about nutrition and snack foods. Local businesses and the Nebraska Department of Health provided prizes to the contestants.

The second lesson focused on reducing the amount of pop/ soda in their diets. Students were surprised to learn 12 teaspoons of sugar are in one 12-ounce can. They calculated how much “sugar” was consumed in one year from only one 12-ounce orange soda. The result was shown using actual bags of oranges.

**Freezing Q & A**

**Q: Why does a tomato turn to mush when it’s frozen and then thawed?**

At: When a food is frozen, it’s the water in the food that freezes. As water freezes, it expands and forms ice crystals which cause the cell walls to rupture. This is why textual changes are more noticeable in vegetables and fruits with a high water content. For this reason, celery, lettuce and tomatoes are usually not frozen. If you freeze tomatoes or celery, the resulting product works best in cooked foods, such as soups, where a firm texture is less important. Also, if you serve frozen fruits, they are usually best served before they have completely thawed.

**Q: Is it necessary to blanch vegetables before freezing them?**

At: Blanching is important for nearly all vegetables. Green peppers, pumpkin and sweet potatoes are three exceptions. During blanching, vegetables are heated in boiling water to stop or slow enzyme action. This helps prevent undesirable flavor changes during freezer storage. The amount of time for blanching varies according to the thickness of the vegetable. (See end of article for information on how to obtain more information on times for blanching specific vegetables.) Following the heat treatment, vegetables are plunged into cold water to stop further cooking.

**Q: What causes “freezer burn”?**

At: Moisture loss or ice crystals evaporating from the surface of a food produces freezer burn—a grainy, brownish spot where the tissues are dry and tough. This area is likely to develop off-flavors but won’t cause illness. To avoid freezer burn, package foods in heavy- weight, moisture-resistance, packaging that is intended for freezing.

For more information on freezing fruits and vegetables, including blanching times, send a self-addressed, stamped envelope to: Freezing Fruits and Vegetables (#108-94) c/o Alice Henneman, NU Cooperative Extension in Lancaster County; 444 Cherry Creek Road; Lincoln, NE 68526-1507. Or, visit the Lancaster County Extension FOOD web site (www.lancro.unl.edu/Food), scroll to the “Hot Topics” section in the gray box, and click on the “Home Freezing” link. (AH)
FCE leader training
The FCE leader training lesson, “Is it Alzheimer’s?” is scheduled for Tuesday, September 26, 1 p.m. and will be presented by Lorene Bartos, extension educator. This lesson is designed to educate people about Alzheimer’s disease and provide ideas for being helpful to those affected by this illness.

Anyone interested in Alzheimer’s is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

FCE reorganization packets
Family and Community Education (FCE) club reorganization packets will be ready for club presidents to pick up after state convention, August 25, at the extension office. It will include the dues information for club treasurers. Information in the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

September FCE council meeting
The September council meeting is scheduled for Monday, September 25, 7 p.m. The business meeting will follow entertainment by the Lancaster County chorus. All FCE members are invited to attend. Winners of the writing and poster contest will be recognized. (LB)

Do you listen to your children?
“Listen and learn,” we tell children. But how well do you listen to your children? To check your listening skills, think about your answers to the following questions:
1. Do I give my children the impression I’m interested and willing to hear what they have to say?
2. Do I put work aside when listening to my children?
3. Do I look at my children when they talk to me?
4. Does my body language show I’m paying attention?
5. Do my responses show I’ve been listening carefully?
6. Do I give all my children equal attention when they’re talking to me?
7. Do I avoid interrupting my children?

Key: Seven “yes” answers indicate you listen well.
No “yes” answers may indicate some areas for improvement.
Adapted from a self-test developed by the Institute for Educational Research, February 1990. (LJ)

CHARACTER COUNTS! Corner—Trustworthiness
One of the most complicated of the six pillars of character is trustworthiness. Honesty, integrity, reliability, promise-keeping, and loyalty are all behavioral qualities embedded in the pillar.

Honesty—speaking the truth and nothing but the truth. Promise-keeping—doing what you say you will do and returning what you borrow.

Integrity—matching how you live to what you believe.

Loyalty—protecting and helping people who are special to you and keeping private information private.

As a family, discuss the following situations about trustworthiness. What would you do if...
- you found a wallet containing $500?
- you saw someone cheating on a test?
- you lost a school textbook?
- you forgot your homework?
- you saw a friend hide a comic book in his coat in the store?

- you had to choose between finishing a homework project and going camping with your friend?
- you scratched your brother’s new CD when he loaned it to you?
- you promised not to tell anyone your friend is smoking?

As a parent, think about the messages you are sending to your children. Our actions always speak louder than words. Never ask children to lie for you or ask them to lie to save money at a movie or amusement park.

Encourage honesty even when it may cause your child to get into trouble.

Praise children for having the courage to be honest and express approval for acts of dishonesty. (LJ)

Helping Your Child with Fears
As children’s reasoning and mental capabilities increase many fears will disappear naturally. For example, infant fears of unfamiliar people and objects disappear early. Pre-school fears of imaginary creatures tend to give way to concrete, realistic concerns about school, pain, injury, illness, and death. Sometimes even fears intense enough to be labeled as phobias disappear because of developmental growth. You can, however, help your child cope with fears of childhood using the following techniques.

Talk with your child about his or her fears. Communication can be a source of information, comfort, and encouragement. Don’t ridicule a child by saying, “It’s silly to be afraid of the cat.” Instead, encourage the child to talk about feelings and perceptions by saying, “If you feel scared, talk to me about it.” You can also help your child by talking about your own feelings. “Yes, dark rooms sometimes frighten me, too. Here’s what I do to feel less scared.”

In any case, encourage your child to talk about sensitive subjects, in general, with a feeling of safety and trust. Your role is to help, comfort, and encourage your child to talk about fears. (LJ)

- FCE News -

Clarice’s Column
Clarice Steffens
FCE Council Chair

It’s mid-August and the close of summer feels near. Although we still have several more weeks of warm weather, we know that back-to-school and possibly more normal routines are approaching. (As I think about it “normal routine” may not be the proper word; however, a “normal routine” really is at times.)

Thanks to all of you who planned and attended our annual Sizzling Summer Sampler. Approximately 60 FCE members and their guests enjoyed the event and their guests enjoyed Sizzling Summer Sampler.

“A normal routine” really is at the end of school. (As I think about it “normal routine” may not be the proper word; however, a “normal routine” really is at times.)

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2001 Official Lancaster County
4-H Council Ballot
See biographical information on candidates below

Northeast Youth (vote for one)  Southwest Youth (vote for one)
Laura Pedley  

Lincoln/At Large Adult (vote for two)  Southwest Youth (vote for one)
Deb Arends  Bryce Lemke
Geri Ripa  
Gene Veborg  

Southwest Adult (vote for one)
Deb Day  

Vote declaration: I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.
Name _____________________________________________________________
Address ___________________________________________________________________________________________________________
City ____________________________ State A __________ Zip _______________

Return with marked ballot by September 1 to: UNL Cooperative Extension in Lancaster County 444 Cherry Creek Road Lincoln, NE 68528-1507

(Lname will be separated from ballot by election clerk.)

Laura Pedley
Five year 4-H member. School activities include Drama club, Art club, volleyball, soccer and SADD. Sunday School, church youth group and vacation Bible School assistant. 4-H Club President, Secretary, and caller.

Bryce Lemke
Eight year 4-H member, school activities include drama, speech team, varsity bank, chamber singer. Substitute teacher for Sunday School, helps with music for church, LYS member. 4-H secretary for Shooting Sports Club for two years, Teen Council member, Speech winner.

Deb Day
Eight year 4-H volunteer, 4-H Council member, President one year, Extension Board one year, Cub Scout leader four years, Girls Scout leader four years, President of Middle Creek School District. Zion Lutheran Church member, enjoys camping and outdoor activities.

Geri Ripa
Four year 4-H volunteer, 4-H Alumni, volunteer with Lincoln Public Schools and Medical Alliance, Sunday School teacher. Geri says “Nothing I have done has impacted my life more than 4-H and I use what I learned everyday.” She would like to give back to 4-H through volunteering.

Deb Arends
Eight year 4-H volunteer, 4-H Council, 4-H leader three years, VIPS Committee member, 4-H Fair Superintendent, Extension Board one year. Involved in many church and community activities. Interior designer, earth wellness presenter, Nebraska State Foundation Board, Pound Middle School PTA.

Scholarships Available
Several scholarships are available to 4-H members graduating in 2001. Application forms can be obtained at the extension office. Application deadline is October 30, 2000. For more information, call Lorene at 441-7180. (LB)
4-H & Youth

State Livestock Judging Team Excels at State

The Lancaster County Livestock Judging Team received fourth place honors out of 42 teams at this year's State Livestock Judging Contest. Team members include (l–r) Aaron Naber, Steve Landon, Bryce Lemke, Matt Hollman and Brad Cheney. Receiving individual honors was Aaron Naber. Aaron placed fourth place overall out of 140 individuals and placed first in the sheep division.

If you are interested in participating in next years animal science events, please contact Deanna at 441-7180. (DK)

State Livestock Quiz Bowl Team

Members of the first Lancaster County Livestock quiz bowl team were (l–r) Morgan Snyder, Bryce Lemke, Steve Landon, and Emily Johnson. The youth competed against other teams from across the state to answer questions related to beef, sheep, and swine. Some of the topics included breeding, nutrition, health, and management practices.

The Lancaster team made it to round three out of five. If you are interested in being a part of next years quiz bowl team, please contact Deanna at 441-7180. (DK)

2000 4-H State Horse Show Results

Following is a partial list of results of the 4-H State Horse Show, which was held in Grand Island July 16-20. Complete results for Pole Bending and Barrel Racing were not available. Lancaster County had forty-five exhibitors at the show.

Youth Fillies Halter—Megan Miller, Champion Purple.

2 Year Old Mares Halter—Jenna Duda, Blue; Patrick Smith, Red.

3 Year Old Mares Halter—Emily Plake, Blue.

Junior Showmanship—Jessie Blum, Purple; Rachel Braun, Red; Mindy Leach and Micah Messick, Blue; Laurissa Sabalka, Red; Katie Cruickshank, White.

Senior Showmanship—Sara Messick, Champion Purple; Megan Miller, Ashley Murray, and Emily Plake, Blue; Laurissa Sabalka, Red; Katie Cruickshank, White.

Trail Horse—Rachel Braun, Purple; Jessie Blum, Josh Blum, Katie Cruickshank.

Senior Western Pleasure—Josh Blum, Megan Miller, Kyle Ryan and Laurissa Sabalka, Purple; Kendra Agena, Kevin Hajek, Jacob Messick, Nicole Steinhauer, Blue; Liz Judds and Patrick Smith, White.

Junior Western Pleasure—Sara Messick, Blue; Cari Billeshbach, Red.

Junior English Pleasure—Rachel Braun, Blue.

Senior Western Horsemanship—Josh Blum, Megan Miller, Kyle Ryan and Laurissa Sabalka, Purple; Kendra Agena, Kevin Hajek, Jacob Messick, Nicole Steinhauer, Blue; Liz Judds and Patrick Smith, White.

Junior Western Horsemanship—Sara Messick, Blue; Cari Billeshbach, Red.

Advanced English Pleasure—Emily Plake, Champion Purple; Kim Zalewski, Blue; Teresa Perrin, Red; Kelly Heather, White.

Senior English Pleasure—Sara Messick, Blue; Cari Billeshbach, Red.

Senior English Horsemanship—Christi Vallak, Blue; Sara Messick, Red.

Junior Barrel Racing—Josh Blum, Champion Purple.

Hunter Hack—Emily Plake, Blue; Rachel Braun, Red.

Senior Barrel Racing—Sara Messick, Champion Purple.

Pole Bending—Chelsea Leatherwood and Kyle O’Donnell, Purple; Trent Schaffer, Sara Zimbelman, Blue; Rachel Braun, Micah Messick, Red.

ORSE BITS

Horse Bits

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Trail Horse—Rachel Braun, Purple; Jessie Blum, Josh Blum, Katie Cruickshank.

Senior Western Pleasure—Amy Ryan and Kyle Ryan, Purple;
The Facts About Debit Cards

Debit cards are more frequently being used by more people than ever before. Just what are they?
A debit card is a plastic card that can be used in Automated Teller Machines (ATM) to get money or at Point of Sale (POS) terminals to buy something. Many businesses allow you to obtain cash when making a purchase. Some businesses add a fee if a debit card is used. Still, debit cards are convenient and some can be used in other countries. Generally, your debit card can be used where you see the logo on your card posted on an ATM, a store’s door, or a cash register. You usually do not have to show other types of identification when using your debit card.

Debit cards are sometimes called check cards because the amount of your purchase is automatically deducted from your checking account. Be careful not to confuse them with your credit card. Some financial institutions charge a monthly fee and/or a per-transaction fee for debit card use. Check with your institution.

Types of debit cards
PIN-based debit cards
Your personal identification number or PIN authorizes the transaction. The amount of the transaction is immediately deducted from your account. Financial institutions generally issue these cards to all account holders requesting them.

Signature-based debit cards
Signature based credit cards offer the same services as PIN-based debit cards including the following features:
Your signature authorizes the transaction. The amount of the transaction is generally deducted from your account within two to three business days after the transaction.

Community Focus

Extension Office Welcomes New Employees

Kendra Schmit, registered dietitian, joined the Nutrition Education Program as an extension assistant in July. Her focus will be with the Early Head Start (EHS) program doing home visits for families with nutritional risks, providing support for pregnant and postpartum women, EHS Child Care Center menu oversight and nutrition education at groups settings. Kendra attended the University of Nebraska-Lincoln and in 1998 received her bachelor’s degrees in Human Resources and Family Science, with dietetics as her major field of study. For two years while attending college, Kendra worked at Lancaster County Extension providing nutritional and food safety information for the public through various settings. Kendra and her husband Michael live in Lincoln and are expecting their first child. (MB)

Andrea Ohrlich has recently joined the Lancaster County Extension office. She began working as an extension assistant for the Nutrition Education Program on July 31. Andrea is a Nebraska native. She graduated from Wayne State College in August of 1999 with a B.S. in Exercise Science/wellness. Most recently spent the fall 1999 semester abroad in England. Andrea enjoys spending time with family and friends, walking her yellow labrador, reading and going to music concerts. She also enjoys staying up-to-date with new exercises and workout ideas. She looks forward to meeting many new people, as well as the opportunity to help others. (MB)

Pollution Prevention Interns Contribute to Bright Lights Program

Dina Bertolini
P3 Intern

The Bright Lights Program is a week long event where children from fifth to seventh grade sign up for class presentations ranging from liberal arts to engineering. The activities are for students who want further educational enrichment. This year is the second year the University of Nebraska’s Program for Pollution Prevention Interns have presented two presentations for the Bright Lights Program. Pollution Prevention Interns, Dina Bertolini (presently at the Lancaster County Extension Office), Elena Khadavi (at the Beatrice County Extension Office), and Robin Matthews (at the Nebraska Department of Environmental Quality) demonstrated the differences of reduce, reuse, and recycling by using practical objects seen everyday such as carpets made from recycled plastics. They also had children pretend they were potato chip companies (giving them names such as Fry Guys) and had them approach practical problems such as how to reduce their disposal costs, worker safety issues, and creating environmentally friendly packaging materials. Overall, the children were very excited and creative. The interns stated they really enjoyed the program and would definitely do it again.

Do You Have Access to a Computer and the Internet?

Do you have the internet? If so...put it to use by logging on www.lanco.unl.edu to experience how knowledge can work for you! Back issues of the Nebraska, NU Facts information, and a full array of extension information is available. The site is also a source for subject related links and the University of Nebraska. (GB)

www.lanco.unl.edu

Food Safety & Nutrition
www.lanco.unl.edu/food
Agriculture & Acreage
www.lanco.unl.edu/ag
Environmental Issues
www.lanco.unl.edu/enviro
Family
www.lanco.unl.edu/family
4-H & Youth
www.lanco.unl.edu/4h
Horticulture
www.lanco.unl.edu/hort
Past issues if THE NEBLINE
www.lanco.unl.edu/nebline

Amy Countryman Outdoor Arena Nears Completion!

A volunteer work crew assembled on Saturday, June 17 to install the fencing for the Amy Countryman Outdoor Arena. A representative of the commercially purchased arena fencing was on-hand to help provide installation assistance. The work day, organized by Donna Stover was very successful. Lunch was served to all the workers. (GB)

See DEBIT on page 11
FOOD
continued from page 1
during the course of a realistic food preparation. They may fail to correctly address the actual risk, either because of a failure in their technique (e.g., undercooking) or because they are distracted, hurried, or overly confident they are doing the right thing.
The findings of the study reinforce the need for education about the four principles that address the critical points in everyday food handling that will help prevent foodborne illness: wash hands and surfaces; prevent cross-contamination; cool food promptly; and refrigerate promptly.
“Handling Food Safely at Home” Quiz
It does appear that ongoing food safety education is making a difference. Here’s a short quiz to test and reinforce your food safety savvy.

Directions: Answer “Yes” or “No” to the following questions, then check the correct answers that follow.
1. Is it safe to leave foods
   such as meat, poultry, fish, eggs, and
dairy foods at room temperature
   for longer than TWO hours?
   No. Do not leave food
   out of the refrigerator or
   freezer for more than
   TWO hours.
   Note: Foods
   that spoil quickly
   should not be
   left out
   longer than
   one hour.

2. To prevent CROSS-
   CONTAMINATION, should you
   wash cutting boards with
   HOT SOAPY WATER followed by
   HOT RINSE WATER before cutting
   other foods? Or, buy several
cutting boards to use for
different foods? Yes. Use at
least one cutting board for
raw meats, poultry, or
seafood on the kitchen
counter.

3. Should you thaw meat, poultry and seafood on the
   kitchen counter?
   No. Do not do so, even
   if the meat is
   wrapped in
   plastic.

4. Should you divide large
   amounts of leftovers into small,
   shallow containers for quick
   cooling in the refrigerator?
   No. Any container
   should be no
   deeper than
   TWO inches, especially
   for poultry, or
   seafood on the
   kitchen counter.

5. Can you always tell by
   the color of cooked
   meat and
   seafood and cutting other foods?
   No. Do not rely on
   the color of
   cooked food to
   determine it’s
   safe to eat.

6. Does handwashing help
   prevent food-borne illness?
   Yes. Lather with soap and
   wash your hands for
   at least 10 seconds.

   Answers to Questions:
   1. NO. Protein foods—such as
      meat, poultry, fish, eggs, and
dairy foods—should not be
      at room temperature for more than
      TWO hours. Just ONE bacterium can
      grow to 2,097,152 bacteria in seven
      hours!
   2. YES. After cutting meat, poultry, seafood, or
   vegetables, wash cutting board with HOT
   SOAPY WATER followed by HOT
   RINSE WATER before cutting other foods.
   Or, buy several cutting boards to use for
different foods.

   3. NO. Do not do so, even
      if the meat is
      wrapped in
      plastic.

   4. NO. Do not rely on
      the color of
      cooked food to
      determine it’s
      safe to eat.

   5. NO. A food thermometer
      assures meat and
      poultry are cooked
      long enough to be safe.

   6. YES. Handwashing is
critically important.

   For More Information:
   For more information on
   preparing food safely at home,
send a self-addressed, stamped
evelope to: Handling Food
Safety at Home. Alice
Henneman, NU Lancaster
County Extension; 444
Cherrycreek Road; Lincoln,
NE 68526-1907.

DEBIT
continued from page 10
You may have to meet financial institution requirements to receive new cards with this feature.
Debit card safety tips
Record your debit card transactions in your checkbook register.
Keep your debit card in a safe place—no hiding it in your wallet with anyone.
Keep your account number, card expiration date, and telephone number of your institution handy in your car or wallet in case your card is lost or stolen.

What do I do if my debit

card is lost or stolen?
Call your institution right away or follow up as quickly as possible.
The longer you wait the more money you may lose. If you report your card missing before it is used, you will be held responsible for any unauthorized use.
If you report your card missing after it is used, the amount you can be held responsible for depends on how quickly you report the loss.
Within two business days after you report the loss or theft of your card—you can be held responsible for no more than $50 in unauthorized use.

After two business days,
but within 60 days after
the institution sends you a
statement, you will be
held responsible for
$500.

Two business days after
you learn of the loss or
theft of your card—you can be
helped if you act quickly or use a cash spoon
each time you use your card.

Adapted from the Financial
Services Education Coalition. (LJ)

GRASSES
continued from page 2
Spray the weedy patches and a few inches beyond these areas to
ensure their complete destruction. If the treated areas are not dead in
two to four weeks, a second application is necessary. Treated areas can be
seeded or sodded seven days after the application.

After the treated areas have been completely destroyed, re-
establish the lawn by seed or sodding. If you plan to sod seed,
it’s not necessary to dig up the destroyed areas. Small areas can
be raked vigorously with a garden rake to remove some of the dead debris and to break

YOUTH
continued from page 6
sugar (19.5 four-pound bags of
sugar in one year). Major
consultants were recruited through a
game of "snack bingo" which
enticed the youth to think of
their own stacking habits and
to choose what they especially
liked the "Who Wants to Be a
Healthy Snacker?" game.” Another commented “the
students asked lots of good
questions.” Fred Richardson,
NYSP activity director, said “the
students really responded to the
age appropriate activities and
games. They were disappointed the
program only lasted two weeks.”

Fourteen one-hour lessons were
presented by NEP staff
teachers, Mardel Meink, Karen
Wobig, and Lancaster County 4-H Extension
Assistant Deanna Karmazin.

FEARS
continued from page 7
provide an atmosphere which is
conducive to talking about
fears. Give your child accurate
information about fears. Do not
use confusing or fear-
provoking explanations to
tell your child to be obedient. If
you explain death as a long, long
sleep, your child may be terrified
of going to bed at night.

Select good children’s
books with stories to read with
your child. Books about
children’s fears can provide
honest information and
clarify misinformation your child
could have heard. They can assure your child that he or she is not
the only one experiencing fear. Your
child has the opportunity to see
others handling fear and to
overcome different solutions to
the problem.

BROADEN your child’s range
of skills for coping with fears.
Help your child identify his
potential strengths. Ask your child,
“Do you think what you would do
help you when you are afraid of
the dark?” Knowing there are
options available will help your
child feel more powerful and in
control over fearful situations.
Play the game, “What if?”
With your child. “What if you
got lost?” “What if it started to
storm?” Children learn that they
are resourceful and can do
something about frightening
situations are better able to
overcome their fears.

All of us have experienced
fears. As sensitive, caring
caregivers, we want to protect
our children from fearful situations.
But we cannot always protect
our children, nor can we keep
them from being afraid. We can,
however, reduce our children’s
fearfulness by helping them
express their fears and distin-
guish real from imaginary
dangers. Also, we can help them
become increasingly independent and
confident about handling
frightening situations. (LJ)
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Name _______________________________________________

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After hours 441-7170
FAX 441-7148

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August 2000

The Nebline

Extension Calendar

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

August 14
4-H Superintendents Dinner ........................................ 7 p.m.

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

August 21
Livestock VIPS Fair Review ........................................ 7 p.m.

August 23
State Fair Entry Day (static exhibits) ......................... 7:30 - 10 a.m.

August 25
Pesticide Container Recycling, Otto Oil - Wahoo .................. 9 a.m. - 3 p.m.

August 25- Sept 4
Nebraska State Fair - State Fair Park

August 28
Pet Pals 4-H Club Meeting ........................................ 7 p.m.

September 8
Extension Board Meeting ........................................ 8 a.m.

September 10
4-H Ambassador Meeting ......................................... 2 p.m.

September 10
4-H Teen Council Meeting ........................................ 3 - 5 p.m.

September 11
4-H Council Meeting ................................................ 6 p.m.

September 12
4-H Open House ....................................................... 6:30 - 8 p.m.

September 12
Livestock Booster Club Meeting ................................. 7:30 p.m.

September 13
Horse VIPS Meeting ................................................ 7 p.m.

September 14
4-H Cat Club Meeting ................................................ 7 p.m.

September 14
4-H Rabbits VIPS Meeting ......................................... 7 p.m.

September 16
Household Hazardous Collection, Pfizer Animal Health 601 W. Cornhusker ....... 9 a.m.- 3 p.m.

2000 State Fair 4-H Livestock Schedule

Saturday, August 26
9:30 a.m. Dog Judging Contest—Pershing Auditorium
10 a.m. Dog Show—Pershing Auditorium
1 p.m. Dairy goat check-in until 2 p.m.

Sunday, August 27
8 a.m. Dairy Goat Show—Showmanship first, open class

Friday, September 1
10 a.m. Beef, Sheep, Swine, dairy stalls available
5 p.m. Weight Market Lambs until 7 p.m.
6:30 p.m. Check breeding beef/weight & tag market beef until 10 p.m.

Saturday, September 2
7:30 a.m. Check breeding beef/weight & tag market beef
8 a.m. Weigh market lambs by counties, order to be announced by superintendent
8 a.m. Deadline for arrival of Market Lambs and Breeding Sheep
8 a.m. Check-in breeding sheep until 9 a.m.
10 a.m. No sheep will be weighed or checked in after this time
10 a.m. Beef and swine exhibits must be in place
10:30 a.m. No beef cattle will be checked, weighed, or tagged after this time
11 a.m. Dairy cattle must be in place
1 p.m. Check-in of dairy cattle
5 p.m. Breeding sheep show, followed by Sheep Showmanship, Exhibit Hall Arena

Sunday, September 3
8 a.m. Judging all 4-H Market Steers and Market Heifers
8 a.m. Judging Market Lambs and Sheep Showmanship, Youth Complex Area
8 a.m. Weight and tattoo Market Hogs

Monday, September 4
8 a.m. 4-H Dairy Show judging in Open Class Beef Arena
8 a.m. Judging Breeding Heifers as time permits before the selection of Grand Champion Market animal, new arena
8 a.m. Judging Market Gilts—followed by Market Burrows and Showmanship, arena arena
2 p.m. All dairy cattle will be released
5 p.m. All Beef and Sheep from Southeast District not consigned for slaughter will be released

Tuesday, September 5
6 a.m. Ship Market Beef for slaughter
7 a.m. Deadline for removal of Sheep and Beef not sent to slaughter
11 a.m. Exhibits not released until 3 p.m. (DK)

Ak-Sar-Ben
The 2000 Ak-Sar-Ben 4-H Youth Livestock Exposition will be September 18-25. For more information, call Deanna at 441-7180 (DK)

4-H Awards
4-H awards books are due in the extension office October 30. The awards competition will remain as it has in the past for county and district competition. All 4-H members 12 years old and older are eligible to submit books for county awards. If you have questions, call 441-7180. (TR & DK)

County Fair Was a Success!
Thanks to all the fair volunteers, parents, 4-H leaders, 4-H members, 4-H Ambassadors and Teen Council members for a job well done. We couldn’t have a fair without you. A special thanks goes to the Fair Board and 4-H Council members for their support of the 4-H program. Also thanks to Gerri Ault and crew for keeping the Rock Café and Snap Shack running. Thanks again! (LB)