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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."

Alice Henneman,
MS, RD, Extension Educator

You have a headache. You're vomiting. You have diarrhea and feel nauseated. Your doctor says it's likely you have a food-borne illness.

You start retracing in your mind all the places you've eaten recently. There was the new restaurant in town. There was the takeout food from the supermarket deli. You ate from a food stand at the athletic event last night. You ate at home.

Your home. Your kitchen. What happens in the home kitchen could be the cause of a food-borne illness or the last line of defense in preventing it.

To start you thinking about home food safety, here are:

- Survey results on food handling at home;
- A quick food quiz on handling food at home.

Surveys of Home Food Safety Practices

It's difficult to document the number of food-borne illnesses related to home food safety practices. A food-related illness could occur any time from about a half hour to a couple of weeks or more after exposure to the contaminated food. Unless a large number of people are affected, many incidences of food-borne illness go unreported.

Though we seem to be improving our home food safety practices, several surveys indicate we still have a ways to go. In recognition of growing concerns about food-borne illness, the new "Dietary Guidelines for Americans, 2000" includes a guideline on consumer food safety: Keep food safe to eat. "Healthy People, 2010," a national health promotion and disease prevention initiative, also contains a food safety component.

Audits International Survey. In late 1997, Audits International, an independent firm that specializes in food safety and food quality evaluations for restaurants, food service facilities and supermarkets, surveyed 106 households in 81 cities throughout the United States and Canada in its initial Home Food Safety Survey. In 1999, another study was conducted and data was collected from 121 households in 82 North American cities.

Performance was evaluated according to standards based on the 1997 FDA Model Food



Wash hands before and after handling food.

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

Over six times as many households (26 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



Thawing foods on the countertop is not recommended.

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 meat decreased from 32 percent in 1993 to 21 percent in 1998.

- Though 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 are.

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

See **FOOD** on page 11

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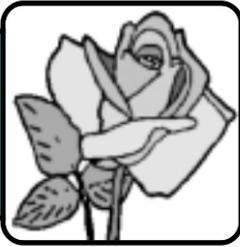


Community Focus
—page 10

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
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Horticulture

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 perennial 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 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 each year. One mature purple loosestrife plant may produce up to 2.5 million seeds each year.

Purple loosestrife was originally from Europe and was introduced into the U.S. and Canada in the early 1800s. It is not a native or naturally-occurring plant in any part of the U.S. and is considered an introduced or exotic species.

Horticultural cultivars of *Lythrum*, such as "Robert", "Morden Gleam" or "Morden Pink" are described as being cultivars of *Lythrum salicaria*, *Lythrum virgatum* L., both from

Eurasia, or the native *Lythrum alatum* Pursh. 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 removed completely. 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)

Controlling Undesirable Perennial Grasses in the Lawn

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 greens 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, yellow-

ing 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.

See GRASSES on page 11

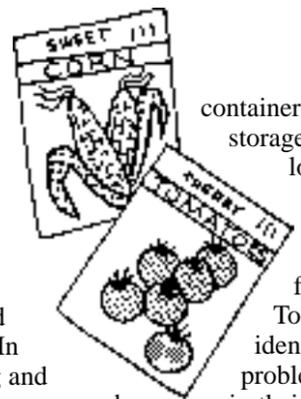
Storing Extra Seeds

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 the seed you purchased or seeds you have gathered from your own plants, with 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 readily absorb water if stored in a damp environment. In a proper planting environment, this would lead to germination and growth. In storage this leads to molding 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 seeds in their original packets or envelopes. Containers may be kept in a refrigerator or in any cool, dark, dry place. (MJM)

Horticulture information center

NUFACTS
24 hours a day, 7 days a week
1-800-832-5441; 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 441-7180 to receive a brochure with all the NUFACTS message topics. (MJM)

- NUFACTS
- 127 Tree Watering
- 134 Yellowing and Dropping Leaves
- 138 Tree stump removal
- 140 Mite Injury
- 164 Drying flowers
- 180 Summer Patch of Turf
- 183 Poison Ivy Control
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- 200 Broadleaf Weed Control
- 241 Fruit storage
- 267 Water Management
- 290 Weed Control in Garden
- 292 Rabbit Control in Garden
- 187 White Grubs in Turf

2000 August/September Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Backyard Farmer 7 p.m. NETV	2 Apply grub control	3 Pull weeds	4 Keep garden watered	5
6	7	8 Backyard Farmer 7 p.m. NETV	9 Cut herbs to dry	10 Control bean leaf beetle	11	12
13	14	15 Backyard Farmer 7 p.m. NETV	16 Pick flowers to dry or press	17 Stop fertilizing roses	18 Overseed tall fescue	19
20	21 Control yellow nut sedge	22 Backyard Farmer 7 p.m. NETV	23	24 Divide peonies	25	26
27	28	29 Backyard Farmer 7 p.m. NETV	30 Evaluate garden plants	31 Update garden journal	1	2
3	4	5	6 Power rake or aerify bluegrass lawn	7	8 Overseed Bluegrass	9
10	11 Control perennial broadleaf weeds	12	13	14	15	16 Festival of Color, Mead
17	18	19 Divide lily-of-the-valley	20 Save annual flower seeds, like marigolds and zinnias	21	22 Check outdoor houseplants for insects	23
24	25 Bring outdoor houseplants inside before frost	26	27 Dig tender tubers and corms before frost	28	29	30

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)

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

Date/Time	Location
Saturday, September 16 9 a.m. - 3 p.m.	Pfizer Animal Health, 601 W. Cornhusker Highway
Saturday, October 28 9 a.m. - 3 p.m.	State Fair Park, 4-H Youth Complex



Items that you can bring for disposal:

- Heavy metals: items containing mercury such as thermometers and thermostats.
- 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 poisons. You may also bring EPA banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.
- 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 trash, antifreeze, or batteries. For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040. (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 caulk. 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)

West Nile Virus and Rabbit Calcivirus Disease Alerts

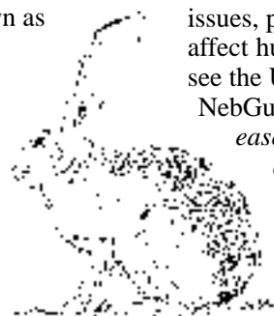
Two interesting articles appeared in a recent issue (4/00) of the Southeastern Wildlife Disease Study newsletter, *SWDS Briefs*.

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 Calcivirus 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 Calcivirus Disease, check out the *SWDS* newsletter at www.scwds.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/health/G1259.htm>. Source: Dallas Virchow, Project Coordinator, Distance Education and Wildlife Damage Management, UNL. (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 crannies). 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.

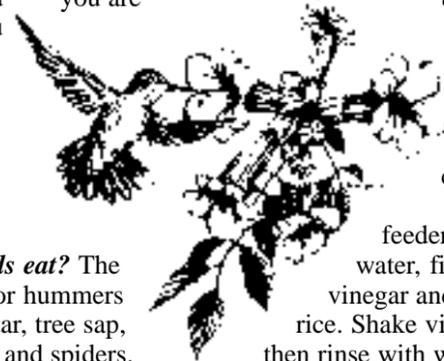
2. Soak the feeder in a solution of two ounces household bleach mixed with one gallon of water.

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 (G97-1331)*. This wonderful *NebGuide* is filled with more feeding tips and a list of plants for your "hummingbird garden." (SC)



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://wildlifedamage.unl.edu>. Source: Dallas Virchow. (BPO)



Farm Views

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 eight 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 poor 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 that occur are 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 NebFact 91-42 [Farm Lease Termination](#) (Revised May, 1997). This can be found on the web at: <http://ianrwww.unl.edu/pubs/farmmgmt/nf42.htm> (TD)

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

Protect Hearing on the Farm

The drone and roar of farm equipment impairs hearing. Although there are federal safe limits for sound levels, ways to measure them precisely, aren't readily available to farmers.

How loud is too loud? If you can hear your irrigation engine from a mile away, you should wear hearing protection when you check the well.

Hearing loss can be temporary and return overnight, but long-term noise can lead to permanent 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 rating (NRR) number. The higher the number, the greater the protection. However, don't assume the device 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 device isn't fitted or worn properly.

Protective ear muffs must fit the individual, so try them on for comfort and effectiveness. They should fit snugly, but not too tight. Brush back hair so the muffs directly contact ears.

Muffs are most protective when the strap is over the top of the head. Test how well the muffs 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. They should fit comfortably in the outer ear canal and not be painful. Some plugs are rolled and inserted so the plug expands in the ear. Others are simply wiggled in. Follow manufacturer directions for proper use.

People who hear a continuous roaring or rumbling 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 muffler on the tractor will reduce engine noise. Loose or missing weather stripping around cab doors and

Be Wary of Nitrate, Prussic Acid Poisoning This Summer

Prussic acid and nitrate poisoning are a very real concern this year due to the drought. These poisonings 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 nitrate, 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 unless cattle are forced to graze very short. Use extra caution when feeding hay or green chop because the nitrate-filled stems are mixed in with the rest of the plant. Green chop is the most risky substance for nitrate 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 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 stubble. 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 nitrate levels 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.

Nitrate poisoning can be quickly fatal. Signs of nitrate poisoning include dark brown blood, labored or noisy breathing, excessive salivation, bloating, tremors, inability to rise, coma, and death. Females may abort offspring because the fetus doesn't get enough oxygen.

Animals poisoned with nitrate can be treated by intravenous injections of methylene blue, if diagnosed in time.

Prussic acid can be a

problem in sudan grass and sorghum sudan hybrids. Sudan grass is best grazed after it gets 18 inches tall. Sorghum-sudan crosses are best left until 20-24 inches to avoid prussic acid poisoning.

Signs of prussic acid poisoning can occur within 15 to 20 minutes to a few hours after animals consume potentially toxic forage. Bright cherry-red blood, excitement, rapid pulse rate, and generalized muscle tremors occur initially, followed by rapid and labored breathing, staggering, and collapse. Foaming at the mouth, excessive tearing, and voiding of urine and feces, may occur. Treatment must be administered quickly because death can occur within minutes during severe convulsions.

Prussic acid 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, NU/IANR

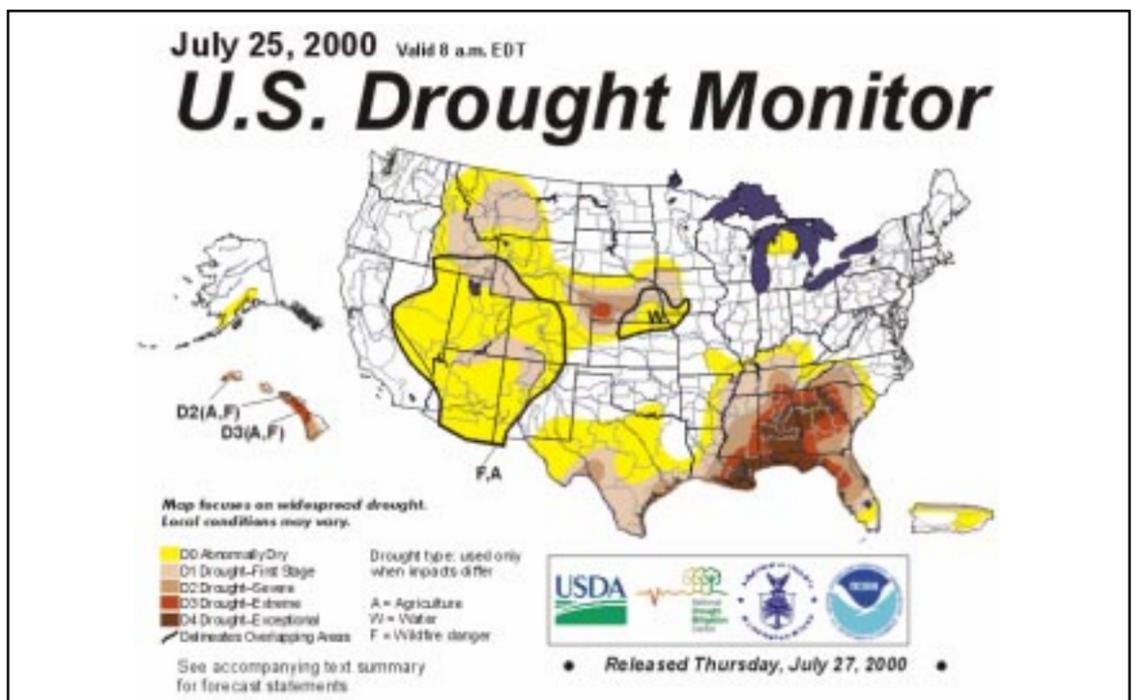
Fuel Price Adds \$10 Per Acre to Irrigation Cost

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 effect will this have on 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.

Given these assumptions, a diesel-powered pumping plant would consume 3100 gallons of diesel for the season. Using the average 1999 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 of diesel, the season-long fuel cost would be \$3,413.00. This is an 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 5,628 gallons of fuel. A system powered by natural gas would have consumed 628 mcf (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)



The Financial Plan

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

Last month, we discussed your business operations. This month, we will look at the financial section of your business plan, keeping in mind that the numbers you generate for this section are directly related to the activities you identified in your operations section.

There is a saying in business—"For those who know, the name of the game is cash flow." The saying is true, but putting together the section of your plan that involves cash flow 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, and study the format of their financial section. This will give you an idea of what 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:

- * Your start-up costs.
- * When you will be able to repay those initial costs.
- * Your payroll costs (including taxes and benefits).
- * Your supplier costs.

Understanding how much cash you are likely to need at every stage of your business life is an essential part of any business plan. It is in this section, you must identify all 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. (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 the disease still are favorable during droughts if maximum and minimum air temperatures are grossly different, because the temperature fluctuation between night and day results in dew. The mois-

ture, combined with the lack of air circulation, produces a suitable environment for the blight to grow.

Trees affected by the disease appear to be thinning from the inside out and from the bottom up. Branches appear bare except for green tips on the ends of the branches. Sometimes black or brown spores can be seen at the base of needle clusters.

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



When establishing new plantings, space trees far enough apart that they will not be crowded when they mature, to prevent this disease.

Ask for "Prevention and Control of Cercospora Needle Blight in Junipers and Cedars," NF99-396, available at the cooperative extension office, or at <http://ianrwww.unl.edu/pubs/plantdisease/nf396.htm>. (DJ)

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 this year. Take 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 what the potential 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 water supply tested to ensure it is safe.

Q. Water often looks cloudy when first taken from a 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 quarts 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)

Acreage Insights



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 farmers markets, establish pick-your-own operations and farm stands, begin entertainment farming, open a community supported agriculture farm, join or 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 aadeyemi@nal.usda.gov, or print from <http://www.sare.org/san/market99/index.htm>. (DJ)

Avoid Foliar Diseases on Tomatoes

Foliar diseases that cause leaf drop or pruning the foliage of staked tomato plants, can lead to sun scald. A yellowish-white patch appears on the side of the tomato facing the sun, and gets larger as the fruit ripens. Growing tomato plants in cages helps them develop protective foliage.

During warm, rainy spells, especially if rains or irrigation follow a dry period, tomato fruit expands fast until they crack. These types of cracks can develop on tomato fruits: radial cracks from the stem, concentric cracks around the stem, and cracks caused by bursting. Each is caused by uneven amounts of water or excess water. Radial and concentric cracks often heal over as the fruit continues to grow, but the fruit quality is lessened. Insects and disease organisms may enter the fruit through the cracks causing fruit rot. Mulching plants will help reduce fruit-cracking caused by uneven soil moisture.

Nearly ripe tomatoes may burst if they're overhead-irrigated or rained on. The higher sugar content of the fruit causes them to absorb water

through the skin. It is best to use a soaker hose to reduce the wetting of foliage and fruits to help limit cracking. When tomatoes burst from absorbing too much moisture, they should be picked and used that day, as they will rot quickly.

It's important to protect tomatoes from touching the soil, because they tend to rot. Staking or caging tomato plants reduces rot, since the fruit are off the soil. Plants left to sprawl should be mulched to reduce fruit contact with the soil.

For more information about garden water conservation, see NebGuide G91-1061, "Conserving Water in the Landscape" or NebGuide G95-1257, "Mulches for the Home Landscape." For more information about tomatoes, consult NebGuide G80-496, "Tomatoes in the Home Garden." (DJ)



Learn 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/ianr/dodge/acreage/index.htm> to learn about Extension programs, publications and links to other acreage and small farm information.

"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 tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

This lively, health conscious version of summer's beloved bean salad, provided by the Dairy Council of Nebraska, is super simple to prepare. It may be made up to 24 hours in advance of serving, if you wish.

Black Bean Summer Salad

Makes 8 servings, about 5 cups of salad

- 1 can (16 oz.) black beans, rinsed and drained
- 4 ounces Monterey jack cheese, cut into 1/4 inch cubes
- 1 can (8 ounces) whole kernel corn, drained, or 1 cup fresh, cooked corn
- 3/4 cup sliced green onions with tops
- 3/4 cup thinly sliced celery
- 1 small red bell pepper, diced
- 3/4 cup picante sauce
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 clove garlic, minced

Combine beans, cheese, corn, green onions, celery and red pepper in large bowl. Combine picante sauce, oil, lemon juice, cumin and garlic; mix well. Toss with bean mixture. Chill. Serve with additional picante sauce.

Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: Which provide the most nutrition—raw or cooked vegetables?

A: While it might seem that raw vegetables would provide the most nutrients, this isn't always true. Though heating can lower the amounts of some nutrients, it may also increase the availability to the body of other nutrients.

For example, carotenoids—such as beta carotene in carrots and spinach—are more readily available to the body when these foods are cooked according to a recent study. As reported in *UC Berkeley Wellness Letter*, processing breaks down certain chemical bonds to release the carotenoids in vegetables. People eating cooked forms of these foods had higher blood levels of beta carotene than those eating similar amounts of the raw vegetables. Another

study showed similar results with lycopene, a type of carotenoid found in tomatoes.

Cooking may also help with food safety. Heating vegetables can help destroy bacteria that remain if the vegetable wasn't washed sufficiently. (NOTE: You should still wash vegetables thoroughly even if you do plan to cook them.)

The answer: Variety is probably the key. Eat both raw and cooked forms of vegetables to help assure sufficient levels of carotenoids and other nutrients.

Looking for ways to fix vegetables—both cooked and raw? Visit the NEW "Cook It Quick" section of my web site (www.lanco.unl.edu/food) for tips on preparing healthy foods in a hurry. Access online links to sites that offer thousands of recipe ideas including over 15 pages that feature Nebraska-grown foods. (AH)

Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

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 ten-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 guide pyramid was presented with emphasis 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 group, which are called "sometimes" foods.

Students surveyed before the first lesson and again after lesson two, indicated they

decreased consumption of "sometimes" or junk food by 30% and consumption of soda decreased from 2.1 cans per day per youth to 1.6 cans per day per youth. Approximately 1/3 of the surveyed youth indicated "YES" when asked if they would decrease the amount of pop they drank.

Students readily volunteered



NYSP students play "Who Wants to be a Healthy Snacker?"

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 weeks' lesson focused on reducing the amount of pop/soda in their diets. During a demonstration on how orange soda is made, students were surprised to learn 12 teaspoons of sugar are in one 12-ounce can. They calculated how much "sugar" would be consumed in one

year from only one 12-ounce orange soda a day. The result was shown using actual bags of

See **YOUTH** on page 11

Freezing Q & A

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

A: 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 textural 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?

A: 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"?

A: 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-resistant 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 Cherrycreek Road; Lincoln, NE 68528-1507. Or, visit the Lancaster County Extension FOOD web site (www.lanco.unl.edu/food), scroll to the "Hot Topics" section in the gray box, and click on the "Home Freezing" link. (AH)



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- 305 Safe Vinegars for Pickling
- 307 Remedies for Jam or Jelly that Doesn't Set
- 313 Canning Tomatoes Safely

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Cook It Quick!

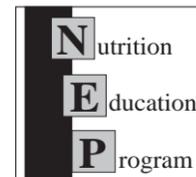
Tips and recipes for cooking healthy foods in a hurry:
www.lanco.unl.edu/food

FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.



Nutrition Education Program

for Limited Resource Families

Karen Wobig
Extension Assistant

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 term as I wonder what 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 being together, shared good food and hopefully were inspired by the presenters of the learnshops. Special thanks go to those who took the time and effort to

present and share their talents in the workshops.

Our next Council meeting will be held on September 25, 7 p.m. at the Lancaster Extension Education Center. The Willing Workers, Home Service, and 49'ers Clubs will be presenting the program. In addition, we will present awards to the winners of the Environmental Poster Contest and the Creative Writing Contest and we will here delegate reports from the State Convention in Ainsworth.

The State Convention will be held September 19-21. All of you should have received information regarding registration, program, etc. Lancaster County delegates will be Joy Kruse, Ann Meier, and Jan Ruliffson.

Thank you to all who helped in preparations and worked at the Health Awareness Day. I hope all of you enjoyed some time at the fair and will have a

safe and relaxing Labor Day weekend.

In closing, I'd like to share something I read recently in a church bulletin. As a collector of Noah's Ark items, this naturally caught my attention.

Noah's Ark

All I really need to know—I learned from Noah

1. Don't miss the boat.
2. Don't forget we're all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the ark.
4. Stay fit. When you're 600 years old, someone might ask you to do something really big.
5. Don't listen to critics, just get on with what has to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Two heads are better than one.

- FCE News -

FCE leader training

The FCE leader training lesson, "Is It Alzheimers?" 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 Alzheimers is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

FCE reorganizational packets

Family and Community Education (FCE) club reorganizational packets will be ready for club presidents to pick up after state convention, about 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)

Family Living



by Lorene Bartos, Extension Educator

Liquid laundry detergents are especially effective on food, greasy, and oily soils. Since they are liquids, they are good for pretreating spots and stains.

Powder laundry detergents are especially effective for lifting out clay and ground-in dirt, thus they are ideal for children's play clothes. They can also be used to pretreat, by making a paste of detergent and water. (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" answers may indicate some areas for improvement.

Adapted from a self-test developed by the Institute for Educational Research, February 1990. (LJ)



Do you expect too much?

A young mother was trying to do some baking while her children took their afternoon naps. But the children woke up right in the middle of the baking project. The mother's reaction? She scolded the children and told them they could have no cookies just because they got up too soon. Apparently, this mother expected her children to sleep as long as it suited her convenience, to know when not to interfere with mother's activities.

Let's examine some of the times when you might expect too much of your children and of yourself.

Have you ever taken into consideration the actual hours you spend each day caring for your children? Most parents plan their days as though their children do not exist. Then, at the end of the day, they are discouraged because they did not accomplish all they planned. Just stop and consider the hours you spend feeding, dressing, and cleaning up after your children. One study reported mothers whose youngest child was one year old or younger spent two hours a day on their children's physical care, and mothers whose youngest child was two to five years old spent one hour a

day.

Note these hours were required for physical care only—they did not include hours spent playing with or reading to children. You must set aside a certain number of hours each day just for your children's physical needs—it will help you plan realistically what you can do in one day.

You must also plan your time at home with plenty of leeway for interruptions. You cannot expect your children to take long naps every day or always be content to play by themselves, so learn to accept interruptions as part of a normal day. (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 gradually 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 the fears of childhood by using the following techniques.

Talk with your child about his or her fears. Communication can be a source of information, comfort, and encouragement. Do not 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, encouraging your child to talk about sensitive subjects, in general, will

See FEARS on page 11

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 disapproval for acts of dishonesty. (LJ)





4-H & Youth

4-H Bulletin Board

• Teen Council will meet Sunday, September 10, from 3-5 p.m. All teens are welcome to join the fun. (TK)

• National 4-H Week—October 1-7. Plan a special activity to promote 4-H. (LB)

• Make It With Wool Contest information is available at the extension office. (LB)

• 4-H Ambassadors, September 10th, 2 p.m.

Fair's over, now what? Parent and leader meeting

Leaders, parents and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. See you there September 18 at 9:30 a.m. or 7 p.m. (TK/LB)

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)

2001 Official Lancaster County 4-H Council Ballot

See biographical information on candidates below

Northeast Youth (vote for one)

- Laura Pedley
- _____

Southwest Youth (vote for one)

- _____

Lincoln/At Large Adult (vote for two)

- Deb Arends
- Geri Ripa
- Gene Veburg
- _____

Southeast Youth (vote for one)

- Bryce Lemke
- _____

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 _____

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

(Name 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.

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.

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.

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, LYF member. 4-H secretary for Shooting Sports Club for two years, Teen Council member, Speech winner.

Gene Veburg

Seven year 4-H volunteer, 4-H leader, 4-H Council member three years, Fair board member four years, 4-H Fair Superintendent, Clover College instructor. Member St Andrews Church, Lutheran Brotherhood Past President, SIDS Foundation, Habitat for Humanity volunteer. Enjoys shooting sports.

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 Stoke Foundation Board, Pound Middle School PTA.

Deb Day

Eight year 4-H volunteer, 4-H

Geri Ripa

Four year 4-H volunteer, 4-H Alumni, volunteer with Lincoln

4-H Open House

Monday, September 11
6:30-8:00 p.m.

Lancaster Extension
Education Center
444 Cherrycreek Road



Learn more about the 4-H program!

For Adults & Children (5 years and older)

I'm interested in 4-H!

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507. A 4-H representative will contact you. Please call 441-7180 for more information.

Name _____ Female Male Birthdate _____

Address _____ Zip _____

Telephone _____ Grade in school _____ School _____

Daytime Telephone _____

Check project area of interest:

- Dogs
- Rabbits
- Home Environment
- Child Care
- Foods
- Clothing
- Cats
- Other Household Pets
- Woodworking
- Model Rockets
- Flowers/Gardening
- Livestock
- Horses
- Safety
- Shooting Sports
- Photography

Are you interested in becoming a 4-H volunteer? Check your interest:

- Club Leader
- Project Assistant

4-H & Youth



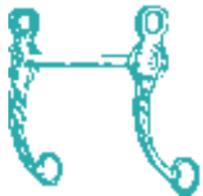
State Livestock Judging Team Excels at State

The Lancaster County Livestock Judging Team received fourth place honors out of 42 teams at this years 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)



HORSE BITS

2000 4-H State Horse Show Results

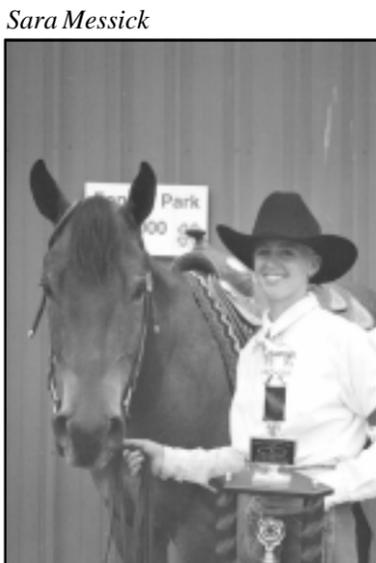
Following is a partial list of results of the 4-H State Horse Show, which was held in Grand Island July 16-20. Complete results for Pole Bending and Barrel Racing were not available. Lancaster County had forty-five exhibitors at the show.

- Yearling 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 Braunsroth, Red; Mindy Leach and Michela Winters, White.*
- Senior Showmanship— *Sara Messick, Champion Purple; Megan Miller, Ashley Murray, and Emily Plake, Blue; Laurissa Sabalka, Red; Katie Cruickshank, White.*
- Trail Horse— *Rachel Braunsroth, Purple; Jessie Blum, Josh Blum, Katie Cruickshank, Kevin Hajek, Sara Messick, and Megan Miller, Blue.*
- Elementary Dressage— *Ashley Murray, Teresa Perrin, and Christi Vidlak, Blue; Rachel Braunsroth, Red.*
- Advanced Western Pleasure— *Kelly Heather, Red*
- Senior Western Pleasure Horse— *Amy Ryan and Kyle Ryan, Purple;*

- Laurissa Sabalka, Blue; Josh Blum, Liz Judds and Jacob Messick, Red; Nicole Steinhauser, White.*
- Junior Western Pleasure Horse— *Terra Steinhauser, Purple; Jessie Blum, Mindy Leach, and Micah Messick, Blue; Martina Dye and Michela Winters, Red.*
- Advanced English Pleasure— *Kim Zalewski, Champion Purple; Teresa Perrin and Emily Plake, White.*
- Senior English Pleasure— *Sara Messick, Blue; Cari Billesbach, Red.*
- Junior English Pleasure— *Rachel Braunsroth, Blue*
- Senior Western Horsemanship— *Josh Blum, Megan Miller, Kyle Ryan and Laurissa Sabalka, Purple; Kendra Agena, Kevin Hajek, Jacob Messick, Nicole Steinhauser, Blue; Liz Judds and Patrick Smith, White.*
- Junior Western Horsemanship— *Rachel Braunsroth and Micah Messick, Blue; Mindy Leach, Terra Steinhauser and Michela Winters, White.*
- Advanced English Horsemanship— *Emily Plake, Champion Purple; Kim Zalewski, Blue; Teresa Perrin, Red; Kelly Heather, White*
- Senior English Horsemanship— *Sara Messick, Blue; Cari Billesbach, Red; Katie Cruickshank, Red.*
- Junior English Horsemanship— *Christi Vidlak, Blue; Sara Messick, Red*
- Senior Barrel Racing— *Josh Blum, Champion Purple*
- Hunter Hack- *Emily Plake, Blue; Rachel Braunsroth, Kelly Heather, Teresa Perrin and Jessica Suhr, Red; Kendra Agena, White.*
- 3 Year Old Snaffle Bit— *Sara Messick, Champion Purple; Emily Plake, Reserve Champion Purple.*
- Pole Bending— *Chelsea Leatherwood and Kyle O'Donnell, Purple; Trent Schaffer, Sara Zimbelman, Blue; Rachel Braunsroth, Micah Messick, Red.*



Josh Blum



Sara Messick



Emily Plake



Kim Zalewski



Community Focus

Extension Office Welcomes New Employees



Left: Kendra Schmit, Right: Andrea Ohlrich.

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 bachelors degree 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 Ohlrich 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)

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.

See DEBIT on page 11

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 NEBLINE, 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

Shortcuts:

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/neblines

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 Snover was very successful. Lunch was served to all the workers. (GB)



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 food-borne illness: wash hands and surfaces often; prevent cross-contamination; cook foods to proper temperatures; 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/or 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?

2. To prevent CROSS-CONTAMINATION, should you wash cutting boards with HOT SOAPY WATER followed by HOT RINSE WATER between cutting raw meat, poultry or seafood and cutting other foods?

3. Should you thaw meat, poultry and seafood on the kitchen counter?

4. Should you divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator?

5. Can you always tell by the color of cooked meat and poultry whether it's safe to eat?

6. Does handwashing help prevent food-borne illness?

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 or seafood, wash the 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 and then wash them all in the dishwasher and dry on heat-dry rather than air-dry.

3. NO. DO NOT thaw meat, poultry, or seafood on the kitchen counter. Thaw them overnight in the refrigerator. Place package on a plate on a lower refrigerator shelf. This stops any juices from dripping on other foods and spreading bacteria. If you thaw food in the microwave, cook it right away. Unlike food thawed in a refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth.

4. YES. Put leftovers in shallow pans so they cool faster. Limit depth of food to about TWO inches, especially for thicker foods such as stews, hot puddings and layers of meat slices. For greatest safety and quality, eat leftovers in one or two days. Freeze foods for longer storage.

Put leftovers in the refrigerator or freezer promptly after eating. If food is left at room temperature for over TWO hours, bacteria can grow to harmful levels and the food may no longer be safe. Loosely cover leftovers to allow heat to escape and to protect from accidental

contamination during cooling. If you stir refrigerated food to help it cool, use a clean spoon each time. Cover tightly when cooled.

Your refrigerator should be set at no higher than 40 degrees F and your freezer no higher than 0 degrees F.

5. NO. Using a food thermometer helps assure meat and poultry are cooked long enough to be safe AND helps avoid overcooking that can cause dryness and loss of flavor.

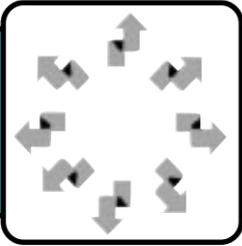
6. YES. Handwashing is considered the single most effective way to help prevent the spread of diseases and can definitely help protect against food-borne illness. Wash your hands with warm soapy water for about 20 seconds before and after handling food and after playing with pets, using the bathroom, changing diapers and smoking.

For More Information:

For more information on preparing food safely at home, send a self-addressed, stamped envelope to: Handling Food Safely at Home; c/o Alice Henneman; NU Lancaster County Extension; 444 Cherrycreek Road; Lincoln, NE 68528-1507. **Everyone sending for information will be entered in a drawing for a home safety kit consisting of a cutting board, food thermometer and a refrigerator thermometer.**

Note: A special “thank you” to Mindy Brashears, Ph.D., Food Safety Extension Specialist, University of Nebraska Department of Food Science and Technology, for reviewing the food safety quiz.

Miscellaneous



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 seeding or sodding. If you plan to sow 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 the

soil surface. After seeding, work the grass seed into the soil by lightly raking the areas. The best time to sow grass seed is mid-August through mid-September. After seeding, keep the soil moist with frequent, light applications of water. If you plan to lay sod, remove the dead debris before sodding. Late summer and fall are excellent times to lay sod.

Destroying undesirable, perennial grasses in the lawn is difficult. However, if done properly, your efforts should produce an attractive lawn free of weeds. (MJM)



YOUTH

continued from page 6

sugar (19.5 four-pound bags of sugar in one year). Major concepts were reviewed through a game of “snack bingo” which enticed the youth to think of their own snacking habits and ways to improve their food choices.

A camp counselor said “the kids really liked the information and especially loved 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 members Sandy Phillips, Mardel Meinke, 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-producing explanations to get 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 about fears to read with your child. Books about children's fears can provide honest information and clarify misinformation your child may 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 rehearse 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, “What do you think would

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 who realize 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 parents, 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 distinguish real from imaginary dangers. Also, we can help them become increasingly independent and confident about handling frightening situations. (LJ)



HEARING

continued from page 4

windows can cause noise leaks. Hoods and panels on newer equipment reduce noise and should always be replaced after maintenance. Small engines on transfer pumps, augers, and

elevators should be equipped with adequate mufflers. (TD)

SOURCES: Dave Morgan, safety engineer, NU/IANR; North Dakota State University.

4-H Award Nominations

Nominations are needed for the following awards by October 30. Application forms are available at the extension office.

4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—presented to junior or senior 4-H members who have demonstrated personal integrity, lead well-rounded lives and possess a willingness to assume responsibility. They do not need to hold leadership positions currently, but should be recognized by their peers and adults who work with them as emerging leaders. Two 4-H members will be selected from Lancaster County. (LB)

DEBIT

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You may have to meet financial institution requirements to receive cards with this feature.

Debit card safety tips

Record your debit card transactions in your checkbook register.

Keep your debit card in a safe spot. Do not share your PIN with anyone.

Keep your account number, card expiration date and the telephone number of your institution handy 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 and follow up with a letter. The longer you wait the more money you may lose. If you report your card missing before it is used, you will not 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 learn of the loss or theft of your card—you can be

held responsible for no more than \$50 in unauthorized withdrawals.

After two business days, but within 60 days after the institution sends you a statement showing an unauthorized withdrawal—you could lose up to \$500.

After 60 days—you could lose all the money that was taken from your account after the end of the 60 days and before you report your card missing.

Adapted from the Financial Services Education Coalition. (LJ)

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

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



Gary C. Bergman, Extension Educator—Unit Leader

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

- Lorene Bartos, Extension Educator
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Linda Detsauer, Nutrition Advisor
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Associate
- Arlene Hanna, Extension Associate
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Ellen Kraft, Extension Assistant
- Tracy Kulm, Extension Assistant
- Deanna Karmazin, Extension Assistant
- Mary Kolar, Publication & Resource Assistant
- Mary Jane McReynolds, Extension Associate
- Mardel Meinke, Extension Assistant
- Barb Ogg, Extension Educator
- Andrea Ohlrich, Extension Assistant
- Sondra Phillips, Nutrition Advisor
- Kendra Schmit, Extension Assistant
- David Smith, Extension Technologist
- Jim Wies, Extension Assistant
- Karen Wobig, Extension Assistant



Phone numbers & addresses:

- Office (leave message after hours) 441-7180
 - After hours 441-7170
 - FAX 441-7148
 - COMPOSTING HOTLINE 441-7139
 - NUFACTS INFORMATION CENTER 441-7188
 - EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
 - WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday**



Nebline Feedback

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

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Name _____

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Comments _____

Story Idea(s) _____

Return to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A, Lincoln, Nebraska 68528-1507

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, *Otte 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.
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.
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 swine, sheep, goat barn
- Friday, September 1**
10 a.m. Beef, Sheep, Swine, dairy stalls available
5 p.m. Weigh Market Lambs until 7 p.m.
6:30 p.m. Check breeding beef/weigh & tag market beef until 10 p.m.
- Saturday, September 2**
7:30 a.m. Check breeding beef-weigh & 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, swine 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. (TK & 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 Snack Shack running. Thanks again! (LB)