Why recycle plastic?

- Saves landfill space.
- Saves resources, like petroleum.

What do recycled plastics become?
- Clear #2 milk and juice jugs become plastic lumber, drainage pipes, and household goods.
- Plastic #1 bottles become carpeting, insulative filler for clothing or sleeping bags, sweaters, and other plastic products.

What plastics can I recycle at the Lincoln recycling drop-off centers?
- #1 PET, found in plastic soft drink, salad dressing and cooking oil bottles.
- Clear #2 HDPE, found in clear plastic milk and juice jugs. Although detergent bottles are also #2 (HDPE) plastic, Lincoln does not accept these.

Why don't the Lincoln recycling drop-off centers accept #2 white or colored plastics?
Lincoln does not have a market for these. If collected, they would reduce the value of our clear #2 plastics because they would be considered contaminants. They have a slightly different melting point, as well as dyes that our market does not want at this time.

The recyclers to whom we sell the plastic are very specific about the type and content.

How should I prepare plastic recyclables?
1. Remove plastic or metal top and neck band. These are contaminants that do not melt at the same temperature that the desired plastic does. The metal may damage equipment for manufacturing plastic.
2. Rinse container. Remember to save on the water!
3. Crush container. This saves space, so we can collect more in the recycling bin. (LB)

A 4-H multifamily affair

Ann Marie Moravec
Extension Assistant

In search of a Nebraska feature story, I found myself driving to Cheney to attend a garage sale. A garage sale, you say? Well, this was no ordinary sale! Huge signs placed at intervals along Highway 2 directed me to a “Multifamily Garage Sale.” A yard full of items greeted me as I arrived at my destination. One of my first thoughts was, “If each of these items could talk—what could they tell me about this special family?”

The three-generation family of Marvin and Darlene Navratil greeted me as I rounded the corner of their home. I hadn’t spent much time with them before I realized this was a family with many exceptional qualities—some of which had been developed through their association with programs of Cooperative Extension. The garage sale was just one manifestation of the ways in which this family worked together in productive activities—giving them a chance to be together and have some fun.

Family is important to the Navratils. 4-H and other Extension activities have helped them develop family traditions over the years. Although Darlene and Marv were not involved in 4-H as youngsters, they’ve certainly had a chance to try many projects through their children and grandchildren. Actually, Darlene was a 4-H club leader for over ten years and has been a member of a Family Community Education Club (formerly Home Extension Club) for 34 years. Nineteen years working as office manager at the Extension office gave Darlene an inside track on Extension activities. She’s also been a long time volunteer at the Lancaster County Fair. “Meeting people and building friendships” are the biggest benefits of being actively involved, according to Darlene. Of course, Marv has always been there to support those 4-H Extension activities throughout the years.

Darlene and Marv have passed on the tradition. I had the chance this hot July day to visit with other family members before the garage sale opened. Through our conversation it was obvious that 4-H has been and continues to be an important part of their lives. Ron and Connie Navratil and their daughters, Tina and Katie, are an active 4-H family. Ron was a 4-H member for ten years and has also been a leader. He felt that “leadership opportunities, the speech contest, and activities with other kids” are the most beneficial to him. Tina and Katie have been involved in 4-H for eight and three years respectively. Tina is involved in many 4-H activities, but finds that “travel experiences are the best.” She attended Citizenship Washington Focus in 1993 and said it was a great “educational, friendly and memorable experience.” Katie gave a simple, yet profound answer to the question about what 4-H means to her. “Decorate Your Dorms would be my favorite because it lets you be creative.”

Darlene and Marv’s daughter, Bonnie, is married to Cal Paschold. Their family had lots of things to tell me about how 4-H has worked in their lives. Cal was a 4-H member for ten years and was part of very successful judging teams coached by Emery Nelson. Bonnie was also a ten-year 4-H member and has served as a project leader, and was an Extension Educator in Seward, Saline and Jefferson Counties for four years. “Family activities” are what Bonnie values the most in 4-H. She said, “In today’s hurry-up and rush world, I see the importance of teaching solid, basic homemaking skills. 4-H projects can be a starting point for teaching these necessary life skills.” Their daughters, Jennifer and Sarah, are both 4-H members. Those bright young ladies told me that two words described 4-H to them: “educational and creative.” Even at a very young age they seem to understand what 4-H is all about. Ericka, their seven-year-old sister is waiting to join this 4-H family tradition.

Ken, another of the Navratil sons is married to Sue, Ken, a ten-year 4-H member employs skills he learned in woodworking and electricity projects in his job as a carpenter and remodeler. He’s shared his skills with others as a 4-H leader.

Alan Navratil, age 8, grandson of Marv and Darlene and the son of Dan and Kim Navratil is in his first year of 4-H and his sister, Jessica, is 5 until waiting she’s old enough to join in the fun. Ericka is a ten-year 4-H member and was most active in agriculture related projects.

I had a great time sitting in the kitchen with this extended family as they talked and laughed about their experiences. Although a few of them had never been 4-H members, it was apparent that they still shared the knowledge. Connie said that although she was never in 4-H, she was able to learn with her 4-H family.

Turn to Multifamily: page 10

The extended family Navratil family. Pictured (top left to right) are Ron, Connie, Dan, Kim, Bonnie and Cal Paschold, Sue and Ken. (Bottom left to right) Sarah and Jennifer Paschold, Jessica, Marv, Erika Paschold, Darlene, Alan, Tina and Katie.
Starting a lawn from seed

The best time to plant grass seed is from late August to early September. Spring and fall provide favorable growing conditions for cool season lawn grasses. Seeding in late summer provides two peak growth seasons before the new lawn must experience a period of hot, dry summer weather. Early spring seedings are not as successful. The grass plants do not have enough time to get well established before hot summer weather.

Grass seed can be spread using fertilizer spreader. Use per 1000 square feet raked over the seed bed. Soil surface. Next, cover seed, using one bale for area.

Watering is critical for several days a day and moist. When the grass is remove half the straw. The decompose naturally.

Mowing can begin when the grass is two and-one-half to three inches tall. The mower blade must be sharp. Dull blades will pull the young plants out of the ground rather than cut the leaves.

Fertilize with a lawn fertilizer when the plants are two inches tall. Water in the fertilizer if the instructions on the bag say to do so. Water to one inch of water per week is applied to the new seed.

Horticulture

This one's a winner!

Kristin McHale exhibited "Best of Show" display at the 4-H Pre-Fair Flower and Vegetable Show. Her exhibit was Barbee's stringless green beans. While the exhibits were being judged, a workshop was held on exhibiting vegetables at the fair, judging vegetables and fruit identification. This workshop will help prepare 4-Hers for the horticulture contest on July 14 and in exhibiting at the Lancaster County Fair in August. (MM)

Strawberries, strawberries

This period of late summer into early fall is a critical time for strawberries, whether in the home garden or commercial planting. Growing conditions during August and September control the yield of the plants in the beds that begin growth now and will form the fruit next spring. Thus, it's easy to understand how favorable growing conditions now can lead to bigger strawberries next spring.

Here are some strawberry suggestions that should lead to bigger berries.

- Take soil tests from the strawberry bed. A modification of the soil acidity may be necessary to make nutrients already present available to the plants. It's getting late to fertilize strawberries now, since fertilizers applied late in the growing season will still be releasing nutrients in the spring, might cause the June crop to be soft.
- Water weekly if the weather is dry. A week without water can stress strawberry plants. A University of Missouri study for large scale strawberry yields in the spring by more than five thousand quarts per acre.
- Eliminate competition from weeds. This is mainly hard work in the home planting. As gardeners have known for generations, weeds are easier to pull when the soil is wet. Take care not to damage the strawberry plants or roots. (DJ)

Helpful hints for proper fruit storage

Proper storage conditions are needed for fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. For fruits such as apples, grapes and pears, store them in cool conditions at 32 to 40 degrees Fahrenheit and moist conditions at 90 to 95 percent relative humidity. Other fruits should be canned or frozen after harvest.

Select containers for storage that have smooth inner surfaces. Baskets, crates or boxes are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage possible. Harvest pears when they are full-sized but still green and hard. Pears ripen quickly at 60 to 65 degrees Fahrenheit.

Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors of other fruits and vegetables. (MJM)

Green beans

Green beans are propagated from seed. They are usually started from seed indoors under greenhouse conditions that are not available for outdoor planting. (DJ)

Backyard composting

Composting Demonstration Sites

Pioneers Park Nature Center

September 10 and October 8

University Place Park

September 3 and October 1

Antelope Park

September 12 and October 15

Lawn and garden open house

Plan to attend the Festival of Color, Saturday, September 10, 1994, from 10 a.m. to 4 p.m. This lawn and garden open house is sponsored by the University of Nebraska Department of Horticulture. A Festival of Color will be held at the John Seaton Anderson Turfgrass and Ornamental Research Facility, located southeast of Mead, Nebraska.

Demonstrations and programs on composting, herb gardening, dividing perennials, turf renovation, water gardening, native plants, rose, selecting lawn grasses and flower arranging. The public is also invited to view demonstration plantings of chrysanthemums, daylilies, turfnass cultivars, annuals, and perennial flowers.

Mark your calendar now and join your gardening friends at this fun and educational horticultural festival. (MM)

Garden Gossip Hotline

441-7179

Accessible from any phone

Things to do in August

Black and purple raspberries, and blackberries, are propagated in late August by tip layering. Tips of the current season's canes are cut to two to four inches in the soil, where they develop roots and form new plants before dormancy the same year. They are cut from the original plant before digging, leaving about six inches of the old cane attached to the rooted tip. Irish potatoes will turn green when the skin is exposed to sunlight. Keep potatoes shaded while you are harvesting and store them out of light. Since potatoes keep better in the warm garden soil than the warm basement, pull soil or mulch over any shallow tubers to prevent this sun-greenling and postpone harvesting of storage potatoes until just before frost. Green areas on potatoes must be cut out before using.

Remove annual bedding plants that have finished blooming or look terrible. Replace them with hardy annuals or chrysanthemums. Prune dead branches from landscape trees and shrubs as well as fruit trees. It's easier to tell which parts are dead now by the absence of leaves on those parts while the rest is still leafed out. (DJ)
Satellite wheat conference

The purpose of this two-hour satellite program is to discuss the results from each of the wheat plot trials across the state. Special- ists involved in the planning, care and harvest of the trials will discuss the results and interpret the different conclusions.

Presenters will include Robert Klein, cropping specialist; Steve Banziger, wheat breeder, Louis Nelson, variety testing coordina- tor, and Roger Hammond, Crop Improvement manager. Other university specialists dealing with insects and disease in wheat will also be available to answer questions.

The program will be broadcast live over Spacenet 3 channel 4. Anyone planning their own downlink should note that Spacenet channel 4 is a split, low-power transponder and does not give a good reception for most home satellite receivers. (WS)

Insect management for August

Corn

The corn rootworm adults. Scout for corn rootworm adults throughout August. Current thresholds are about 18,000 beetles per acre (about one per plant) and 10% of the females are gravid, treatment is suggested. Repeated applications to adult corn rootworm management include bait formulations which allow more specific control with lower levels of pesticide. These new bait preparations consist of insecticides at low rates and naturally occurring chemicals found in cucurbits (cucumbers, zucchinis, and gourds). The chemicals found in cucurbits are known to repel corn rootworm beetles to feed, also, they contain insecticidal principles. Producers must rely on field scouting to determine the need for and timing of insecticide application. Since male rootworm beetles emerge first and females must feed for 10 to 14 days between emergence and egg laying, treatments should be made whenever two to three weeks after the first beetles emerge before spraying. This will allow more of the females to emerge and thereby reduce the pool of emerging beetles that contribute to resurgence.

Sorghum

Thrips. In Kansas in late June, there were widespread reports about thrip infestations damaging sorghum fields. According to the Kansas State University letter (June 17), thrips may infest wheat until it matures and sorghum planted close to the time of small grain maturity may experience some degree of thrip infestation. According to the newsletter report, new sorghum plant leaf tissue with emerging roots, small dead leaves and small plants were even dying. The majority of the leaf scarring appeared to be due to thrips, with ranges from sampling to around 2 to as many as 20 per plant. The authors of the article stated that the plants showing this damage were part of an insect breeding that may have had less vigor than in most commercial lines.

To control thrips in sorghum field in Lancaster County, it seemed to be damaged by thrips. This damage again seemed to be confined to a specific genetic variety or line of sorghum. At the time of this writing, it is not clear if this is a widespread problem or an isolated incident. Regardless, a short section on thrips and thrip biology might be useful.

Thrips are extremely small (1/25th), elongated insects that have two pairs of fringed wings. They are so small that they are easily overlooked and identification must be made using a microscope or a hand lens. Some species are pests of horticultural crops. The chemicals found in cucurbits (squash, cucumbers, and gourds). The chemicals found in cucurbits are known to repel corn rootworm beetles to feed, also, they contain insecticidal principles.

Before you use an insecticide, be sure to verify any insect pest infestation that you might have. Bring samples to our office for identification.

Beans

Bean leaf beetles and stinkbugs may be feeding on developing pods in late summer. Treatment may be warranted on farms where damage is noted. Many growers are already using Spacenet 3 channel 4 in the bud stage. Apply 2,4-D at a 1.0 rate to be effective on weeds before pollination and yield potential. (RV)

Control hemp dogbane and other perennial weeds in the bud stage

Hemp dogbane, along with most other perennial weeds, can best be controlled in late August or September when it is in the bud stage. At this time, root buds will have a swollen or enlarged appearance. Apply 2,4-D at a 1.0 rate to be effective on weeds before pollination and yield potential. (RV)

In integrated Resource Management Conference and Grazing Workshop

There will be an Integrated Resource Management (IRM) Conference and Grazing Workshop, August 22-23 at the Ramada Inn in Kearney. The grazing workshop will be 8 a.m. to noon, Monday, Au- gust 22. The workshop is designed for cow-calf producers, RCS per- sonnel, graze landowners and producers with CRP acres. The resource people will be Dr. Jim Gertish from the University of Missouri and Dr. Pat Reece from the University of Nebraska. The IRM Conference will begin at 1 p.m., Monday, August 22 and finish by noon, Tuesday, August 23. The conference is designed for cow-calf producers, IRM local group participants and anyone interested in IRM. (DS)

Abandoned well plugging demo planned

An abandoned well plugging demonstration is scheduled for Monday, August 22, near Hayman's Fertilizer in Holland, beginning at 6:30 p.m. Holland is approximately 30 miles west of the City of Lincoln on Highway 77 and six miles west. The demonstration will show participants firsthand how to successfully plug an abandoned well in accordance with Nebraska state statutes. Information on the procedure and cost-share opportunities through Natural Resource Districts will be available.

Abandoned wells are direct pipelines that can allow contaminants such as sediment, bacteria and chemicals to flow directly into our ground-water supplies. Runoff, that might enter an abandoned well, can contain pesticides, fertilizers, livestock waste and other contaminants. These contaminants can eventually show up in public or private wells used to provide drinking water. Abandoned wells have also proven to be a safety hazard to humans and animals. Chil- dren, pets or livestock can easily fall into large diameter dug wells and irrigation wells.

Proper plugging of abandoned wells costs some time and money. However, it is time and money well spent when you consider the benefits that include protecting the quality of our groundwater supplies and possibly saving a child’s life. Plugging an abandoned well will benefit you and your neighbor now, but it will also be appreciated by future generations. (DV)

Seed alfalfa in August

The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, provided adequate soil moisture is available. At this time, fall seed rates are very advantageous. Many producers prefer to seed in the fall rather than spring because weed problems are usually not as severe in the fall.

A fall seeding avoids the spring weed problems of fentikol, pigweed and other summer annuals that can destroy a new stand. In Lancaster County, it is necessary to consider the weeds that will cause a problem for a fall seeding, if they have a history in that field. The cardinal rule has always been that you should not seed alfalfa into weeds. Pennycress and dawny brome have become very competitive over the years for fall seeded stands such as alfalfa and wheat. Therefore, if either of these two weeds are a problem in that field, don’t seed there.

Farmers sometimes wait until middle or late September to plant alfalfa. This is often too late because the plants do not have a chance to become established before the first killing frost. September 10 is the latest date alfalfa should be seeded in Lancaster County. If it cannot be completed by that time, it is best to wait another season.

For more information contact the Lancaster County Extension Office. (WS)

Recycle those pesticide containers

Pesticide container recycling is continuing in August

Properly rinsed containers remain the property of the person who brings them to the site. Many thanks to those of you who have taken the time to make sure the containers are properly rinsed, dried, residue-free and have the labels removed! We commend you for your environmental stewardship!

For more information, contact University of Nebraska Cooper- ative Extension in Lancaster County, 441-7180. (DV)

Collection Site
Lancaster County Fair
Hayman’s Fertilizer
Emerald Fertilizer Co-op Inc.
Lancaster County Extension
Lancaster County Extension
Lancaster County Extension
Location
Fairgrounds Park
Hayman’s Fertilizer
13201 County Road 44
13201 County Road 44
13201 County Road 44
Date
July 4 (Thursday)
August 12
August 19
September 2
August 26
Date
Tuesday, August 2
August 12
August 19
September 2
August 26
Earth connection

Everything on earth is interconnected. When we consume natural resources faster than they can be replenished, we seriously impact the health of the environment and the populations of plants and animals contained within.

Recycling can help us save resources, habitats, and species. For recycling to work, consumers need to buy products made from recycled materials—this closes the link in the recycling loop.

To see products that are made from materials that would otherwise go to the landfill, attend the Lancaster County EnviroFair! You will see a shoe made from tires, coffee filters, plastic bottles, diapers, and so on. Stationary produced from old money or from the waste elution of the retained solids, marble from soybeans, marigolds from fabrics from plastic bottles, pencils made from old newspapers and cardboard, and other products will be displayed.

EnviroFair is Thursday, August 4, in Ag Hall from 9 a.m. to 7 p.m. (ALH)

Pesticides in groundwater

Groundwater and surface water are interrelated. In fact, they are parts of the same natural "plumbing" system called the hydrologic cycle.

Water that falls on the earth's surface as rain or snow runs off into lakes, streams, and rivers; but some seeps into the soil. The water that enters the soil is taken up by plant roots and some gradually seeps downward, filling spaces and cracks in the underlying layers of gravel and rock. The water in these deep, saturated layers is the groundwater.

The water seeping down through the soil can carry it with water soluble nutrients, minerals, and other chemicals. Pesticides that enter the soil enter the groundwater; it can take years for the pesticide to travel through the soil. This "leaching" process is similar to what happens when you make drip coffee. Water drips through the coffee leaching caffeine and flavoring compounds into the coffee pot. But unlike making coffee, the leaching of pesticides through the soil is unintentional and often occurs only early in the morning when there is little wind to prevent drift problems. Retention may be necessary. (MM)

Poison ivy

Each year people come in contact with poison ivy and it is usually because they do not recognize the plant. In contact with poison ivy is always the best prevention, but plants themselves can be controlled by either mechanical or chemical methods.

Poison ivy can be pulled out in early spring or late fall. Roots are easily removed when the soil is moist. If the roots are not removed, new plants will break in the ground and sprout new plants. Vines growing up a tree should be severed as close to the vine and the vine removed from the tree, if possible. Do not allow the vines to touch the plants, but do not burn. Smoke can carry the poisonous oils in a dispersion of smoke. Wear long clothing such as gloves and long-sleeved shirts when working around compounds.

Chemical herbicides, such as products containing 2,4-D, can be used to control poison ivy. Mix the herbicide according to label instructions and thoroughly wet the leaves, stems, and branches of the plants.

Time for a septic system tune-up

The most common wastewater treatment systems are the septic tank soil absorption system. The septic tank removes settleable and floatable solids from wastewater, the soil absorption field filters, and treats the wastewater. Properly maintaining and repairing this system is necessary. Remotely located septic tanks are in the septic tank in the soil absorption system. The septic tank protects the soil and permits digestion of a portion of undigested solids and stores the undigested portion.

The septic tank removes solids by holding wastewater long enough so that solids will settle and scum to rise to the top. To accomplish this, the wastewater should be held in the tank at least 24 hours. Up to 50 percent of solids retained in the tank decompose. The remaining solids accumulate in the tank as sludge. Biologically and chemical additives are not needed to aid or accelerate decomposition and may actually slow the process or contaminate the groundwater.

Pesticides can enter the groundwater system and contaminate the soil. Pesticides that leach into the groundwater pose a hazard to human health and endanger the ecological balance of the water. Pesticides can enter the groundwater system and contaminate the soil. Whether pesticides that leach into the groundwater pose a hazard to human health and endanger the ecological balance of the water. Pesticides that leach into the groundwater pose a hazard to human health and endanger the ecological balance of the water.

Kids, bugs and butterflies!

Do you know a young person who loves watching a honey bee buzz from flower to flower stuffing her pollen baskets or wondering how a tiny ant can possibly carry a trunk several times its size? Or, the wonderment of watching a butterfly emerging from a chrysalis? Kids in grades 5-12 can now be part of the fun. The Nebraskaland "beeswax" newsletter especially for youth members, and the colorful quarterly magazine American Entomologist, will be sent to youth members. Membership dues are $10 per year. Membership dues must be signed by a parent or other sponsoring adult. Each will be happy to sponsor any interested young person. Please call 441-7180.

To see more tools from the septic tank, visit the Lancaster County EnviroFair! You will see a shoe made from tires, coffee filters, plastic bottles, diapers, and so on. Stationary produced from old money or from the waste elution of the retained solids, marble from soybeans, marigolds from fabrics from plastic bottles, pencils made from old newspapers and cardboard, and other products will be displayed.

EnviroFair is Thursday, August 4, in Ag Hall from 9 a.m. to 7 p.m. (ALH)

Paper, clothing—even sneakers can be made from recycled materials. See this display "From Trash to Terrific" at the EnviroFair, Ag Hall, Thursday, August 4, Lancaster County Fair. (ALH)
July community profile: Hallam

Our community profile for July is the Village of Hallam, located in a rural township in southwest Lancaster County.

Location
- 20 miles southwest of Lincoln
- 24 miles north of Beatrice
- 15 miles southeast of Crete

Population
1992—309

Transportation
- State Highway Spur 553H
- Lincoln Municipal Airport

Village Utilities
- Electricity: Nebraska Public Power District
- Water: Hallam Water Service—two wells
- Sanitation: Lagoon system
- TV: Douglas Cablevision—10 channels

Municipal Services
- Village board of trustees
- Village zoning ordinance in effect
- County sheriff’s department
- Volunteer fire department
- Private garbage services
- Percent of streets paved: 80%

Recreation Facilities
- Public park and ball park

Retail Business
- Main Street Bar
- Hitchin Post II Restaurant
- Brothers Automotive

Major Employer
- NPPD—Sheldon Station

Organization Contacts
- Village of Hallam
- Golf Club
- Legion Club

Hallam main street features many retail businesses and is an active agricultural community, as well as being home to Nebraska Public Power District's Sheldon Station.

What's your leadership style?

Have you sat in a meeting becoming more and more hostile because you felt the leader did all the talking? Or have you become so frustrated because the leader was so “laid back” no decisions were made? These are two very different leadership styles. Each individual feels comfortable with different styles. Basically, there are three different leadership styles. Knowing which leadership style helps you understand why certain things may be happening when you are in the leadership role.

Autocratic leaders reserve the “right” to do the group’s thinking. They make the plans and decisions. The advantages for decisions and activities. The disadvantages are that the group gains ownership and commitment for decisions and activities. The discussion time is controlled and activities are led. Often the autocratic leader is “laid back” and allows group members to “do their thing” and make decisions. The advantage is that it promotes creativity. The disadvantages are that the leader has no control, morale is usually low and it is highly frustrating to organized members.

Democratic leaders solicit and open discussion on issues by all members. The advantages for decisions and activities. The disadvantages are that the group makes the decision only after receiving appropriate input from all the members. The advantages for discussion are that it takes time and can divide the group.

Democratic leaders solicit and open discussion on issues by all members. The advantages for decisions and activities. The disadvantages are that the group makes the discussion ends on time. Members should come to the meeting prepared to discuss the topic and ask relevant questions. Good discussions ensure future success for a group.

Preparation key to good group discussion

Unstructured conversation between friends, coworkers, business associates, and others is commonplace. These conversations are informal. They occur over lunch, during coffee breaks, or after a meeting, and often result in good ideas, plans, and actions. However, formal group discussion requires a different approach.

A safety message from Fireman Bill

August is a good month for checking your address numerals. There are a lot of homes and businesses both in town and in rural areas who do not have their address numerals posted where they are readily seen. As emergency responders it hinders our ability to find your location in an emergency, causing a needless delay in helping you! I cannot stress enough the need for everyone to post their address numerals prominently on their property! Here are some tips from your friends at Southeast Fire:

- Place reflective numerals at least three inches tall on both sides of your curbside or roadside mailbox.
- Place your numerals prominently on your home and business as well. Use contrasting numbers (for example: black numerals on a white house) and avoid using a white or script or other hard-to-read characters.
- Be sure your numbers are visible at all times from the street. This may require trimming trees or bushes, or lighting up the numbers at night.
- Please feel free to contact us at 466-2911 (Lincoln) if we can help you with fire safety or fire prevention.

-Bill Montz, Jr., Fire Prevention/Public Relations, Southeast Fire Department. (DM)
Help teens look to the future

Graduation is an exciting time for many seniors, their families and friends. But it can be a difficult time for younger adolescents who see others making the transition to life after high school. Teens may begin to think about their own futures, which may be exciting, but also a bit scary.

A study of more than 40,000 Wisconsin teens revealed that getting a good job after high school was one of the most commonly identified worries of teens. The study, conducted by researchers at the University of Wisconsin-Madison, showed that 31 percent of 7th and 8th graders worried a lot about getting a good job after high school. The figure rose to nearly 50 percent for 11th and 12th graders.

Adolescents can play a key role in helping teens look to and plan for future employment. Offering support, encouragement and help when they request it, can make worries about the future less troublesome.

One way to show support is to help teenagers explore career possibilities. Remember that they are exploring, so don’t be alarmed if they want to know about careers in rock music or aerospace engineering.

Helping teens explore careers may involve introducing them to adults who are involved in specific careers. You can help young people find addresses where they can write to professional organizations or unions. Let teens know about schools which train workers for careers that interest them. If your teen requests it, volunteer to arrange for a visit.

Give adolescents an opportunity to talk openly about what careers they are considering. As they learn more about a career, let them share how well they feel it would fit with their skills, interests and values. The key is to help young people develop a sound process of considering career possibilities so they may make decisions that work for them.

Supportive adults can help prevent teen feelings of future bewilderment by welcoming fears about future employment.

Sources: Deb Hall, Ph.D., 4-H Youth Specialist, NUIANR (LB)

Dust mites increase with summer humidity

House dust mites are a part of everyday life and don’t bother most people. Summer’s heat and humidity increase the number of house dust mites, but there are ways to keep their population down.

Mite populations increase and decrease with the seasons due to the rising and falling of both temperature and humidity. Immature mites may be dormant during long periods of low humidity, maturing when conditions are more favorable.

Lowering the relative humidity to less than 50% percent will help reduce mite numbers. A double-filtered ventilation or air conditioner may help, especially during pollen season. Also, vent the clothes dryer to the outdoors.

The head-end sized house dust mites live in carpets, bedding and upholstered furniture. They especially like textured upholstered furniture and long or hole pile carpets. However, small numbers of them can be found in tight-pile carpet, vinyl furniture, wood floors or encased mattresses.

These mites are everywhere — living on skin scales, or dander, regularly shed from humans and animals. The mites don’t bother most people. For about five percent of the population, however, their fecal matter and castoff skin or “dust” can cause sneezing, runny nose or aggravate allergies. Keeping the dust under control may help some people control their allergies.

Regular thorough vacuuming — twice weekly, for example — of carpets, draperies and furniture may help keep populations low. Vacuum wall-to-wall carpets more often — especially if the premises are damp. Choose window treatments such as washable curtains and roller shades to also help keep dust mites under control. Turn and vacuum mattresses every few months and/or use a plastic covering. Wash other bedding frequently.

For people with allergies to house mite dust, specialty vacuum cleaners with High Efficiency Particulate Air (HEPA) type filters may help. Micro Filter bags help keep in the very small particles that may otherwise become suspended. These filters capture minute particles better than traditional disposable vacuum cleaner bags. A central vacuum system also may alleviate allergy suffering because the pipes carry and store the dirt away from the living quarters.

People with extreme cases of dust mite allergies should seek medical attention. Chemicals may be suggested, as might the removal of textiles from the sleeping area. (LB)

Cleaning a Microwave Oven

We often think a microwave oven needs a special cleaning, but if the oven is not clean, then food odor can develop. This odor is caused by food particles becoming encrusted. Also, food residue can accumulate around the frame or on the door and interfere with the microwave energy. Avoid these problems by wiping the oven after each use with a sponge and a liquid dishwashing detergent/warm water solution. Rinse with a clean sponge.

To soften cooked-on soil, boil a cup of water in a 2-cup measuring cup on the oven for 3 to 4 minutes. Remove unpleasant odors by placing a solution of 1 cup water in a large measuring cup in the oven to boil for 2 to 3 minutes. (LB)

For a calorie-conscious snacker

Almost no calories per serving

celery sticks
lettuce
green peppers
mushrooms
cauliflower
broccoli

35-40 calories

1 medium peach
1 medium nectarine
1/2 grapefruit
2 cups skim milk
1/4 cup plain yogurt
3 saltine crackers
2 small banana

25-30 calories

1 small tangerine
1/2 cup watermelon
1/4 cantaloupe
1 small tomato
1 medium carrot
1 cup popcorn
12 pretzel sticks

50-60 calories

1 small apple
1 small orange
1 banana
12 cherries
1 cup strawberries
1/4 cup cottage cheese
4 small shrimp

Source: FDA Consumer (LA)

What do youth think about the future?

2,092 of America’s brightest high school students recently responded to a survey conducted by “Who’s Who Among American High School Students.” The following percentages reflect these student’s biggest concerns or fears:

• 41% reported incidents of violence in their schools.
• 45% reported they knew someone who had brought a gun to school.
• 45% reported pressured to have sex.
• 26% described themselves as being sexually active.
• 78% were more concerned about getting AIDS than they were a year ago.
• 54% expect to have more difficulty starting a career than did their parents.
• 58% expect more difficulty buying a house.
• 69% expect more difficulty affording an education.
• 33% of the students have considered suicide.

Sources: Kids Are Our Business: A 4-H Youth Trends and Research Newsletter Georgia Extension Service (LB)
Food safety for temporary food service establishments

Food stands, bake sales, fairs, school picnics, community suppers and other food sales provide good opportunities for organizations to raise money, but the food you prepare and offer for sale must be safe for the public.

When customers buy food, they have the right to expect that it will be safe and wholesome. If customers are unhappy with the products they purchase from you, they will not be back. Word-of-mouth advertisement from a bad experience may hurt future business. Contaminated food samples are responsible for the safety of the food products they purchase from you. Use appropriate packaging and covers on food. If possible, provide dust/sneeze guards to protect food from dust, and throughout the food preparation and eating of food, we need to think about food safety for temporary food service events.

- Keep foods that are served cold at 40°F.
- Keep foods that are served hot at an internal temperature of 140°F.
- Maintain refrigerator at 40°F and freezer at 0°F.

Foodborne microorganisms grow best at temperatures between 40°F and 140°F. Food left at room temperature for more than two hours provides the ideal conditions for microorganisms to multiply rapidly.

1. Improper cooling a. Leaving cooked foods at room temperature.
   b. Storing foods in large containers in refrigerators.

Foodborne microorganisms grow best at temperatures between 40°F and 140°F. Food left at room temperature for more than two hours provides the ideal conditions for microorganisms to multiply rapidly.

2. Lapse of 12 or more hours between preparation and eating.

Microorganisms need time to multiply. Reducing the amount of time between preparation and eating of food, we reduce the chances of any microorganisms present from growing to large numbers.

3. Colonized or infected persons handling foods.

Staphylococcus bacteria is found naturally on our bodies. If we have sores or pimples, these people have higher numbers of this bacterium. People who are ill also have higher numbers of microorganisms that cause illness. Food handlers should practice a high degree of personal hygiene and cleanliness.

- Wash hands often when handling raw foods such as poultry and meats; after coughing or blowing your nose; after handling raw vegetables and other "finger" foods.

- Protect foods from dust, sneezes, and handling by customers. Use appropriate packaging and covers on food. If possible, provide dust/sneeze guards.

Make sure your families are happy with the service, and the mood of the food is enjoyable. Reduce meal time a special occasion for the family by reviewing these principles as they visit family.

Meal time with children

C-operative Extension's Expanded Food and Nutrition Education Program: "We FBP advisors encourage families to make meal time a special occasion for the family by reviewing these principles as they visit family.….. Make meal time a same place all the time. Eating at the table is a good idea for meals and snacks. Try to avoid eating on the run or in front of the television. Plan to have meals and snacks at regular times. Let everyone know ahead of time if these times change.

Give children smaller forks, spoons, plates, and cups. Let your child have the opportunity to choose what they want to eat.

Make meal time pleasant. Meal time is a good time to talk about what everyone did during the day. Try not to get angry over spills. Let children learn to help pick up or clean up when these things happen. Let children choose what they want to put on their plates. Work on having them take only as much food as they can eat. Don’t force cleaning of plates because it encourages overeating.

When you are trying to serve your children new and different foods, your enthusiasm is important. Your children will watch you and see how you like these foods. If you eat vegetable and fruit snacks it will be easy to get your children to do the same.

Another way to encourage your children to try new foods is to let your children help you plan and prepare new meals. Give each child a responsibility for a part of the meal. Make sure each meal has at least one food you like to eat. Be enthusiastic!

Children like mild flavors so it is not necessary to add salt and sugar to the foods. Your children may not like certain flavors. Don’t give up. If they won’t eat a food the first time it is offered, wait a week and offer the food in a different form. For example, if your child doesn’t like broccoli, boil it, try it the next time finely chopped and cooked in a casserole. Children like lukewarm foods. If you serve food too hot you may need to wait for the food to cool before you will eat it.

Getting children to try lots of different foods is easier if the food is tasty. Children like their food to look good. Sometimes adding fruit or vegetable garnishes to their plates makes food more attractive. These garnishes can also be eaten.

Source: EFNEP, Iowa State University and Kansas State University (MB).

Healthy snack ideas

Snacking seems more common in the summer, especially if you have children home from school. The best low-calorie snacks are low in fat and sugar and provide nutrients such as vitamins, minerals, fiber, and protein. Snacks should be a planned part of the total day’s intake and not left to chance. Here are some healthy snack ideas:

Low-Calorie Coolers & Shakes
• Enjoy soda water on-the-rocks with a twist of lime or lemon.
• Combine 1/2 cup each of soda water and your favorite fruit juice on-the-rocks.

Vegetables
• Combine in a blender and whirl until smooth: 1 cup cottage cheese, 2 to 4 tablespoons milk, and dill weed or chives to taste (start with 1/2 teaspoon). Enjoy this dip with an assortment of raw vegetables.
• Marinate leftover cooked vegetables with low-calorie Italian dressing.

Fruit
• Combine 1 cup plain yogurt, 3 tablespoons low-calorie strawberry jam, 1/4 teaspoon cinnamon, and 1 tablespoon lemon juice. Chill. Serve this dip with fresh fruit chips.
• Make frozen banana treats by wrapping peeled bananas in foil and plastic and freezing until firm.

Protein
• Combine and mix well: 1/3 cup water-packed tuna (drained), 2 tablespoons plain yogurt, chopped onion, celery, diced cucumber, a dash of pepper and dry mustard, and a dash of lemon juice or vinegar.
• Enjoy this on Melba toast, in salads, or on crackers.

Grains
• Mini-pizzas: Place tomato slice or sauce on bagel chips, Scandinavian crisp breads, English muffin half, pita bread round, or Melba toast. Sprinkle with Italian seasonings. Top with a thin slice of part-skim mozzarella cheese or shake on grated Parmesan cheese. Place in a warm oven or under broilerbriefly to melt cheese.
• Pocket salad: Place lettuce, tomato, cucumber, and diet dressing in a pita pocket bread.

Sweet Treats
• Instant ice cream: Combine 2 cups frozen fruit, 1 cup skim or low-fat milk, and 2 to 4 tablespoons sugar (optional) in a blender and whirl until smooth. Serve immediately as soft ice cream or pour into plastic cups and freeze for 1 hour.
• Cornstarch pudding: Combine 2 tablespoons cornstarch with 1/3 cup sugar in saucepan. Add 2 cups skim milk and slowly bring to a boil, stirring constantly. Boil 2 minutes. Add 1 teaspoon of extract such as vanilla, lemon or almond. Top with fruit, raisins, peanuts, or a chocolate curl. Makes four, half-cup servings.

Source: FDA Consumer (AH)
County Fair Highlights

**Wednesday, August 3**
- Exhibits open to public
- 4-H Household Pets Show
- Carnival
- 4-H Poultry Show
- 4-H Dog Show
- 4-H Style Review
- 4-H Sheep Show
- LaCrosse & River Rock Family Show

**Thursday, August 4**
- 4-H Rabbit Show
- 4-H/FFA Swine Show
- Health Awareness Day
- EnviroFair
- Carnival
- 4-H Dog Agility Show
- Kiddy Tractor Pull
- 4-H Horse Game Show
- Watermelon Feed

**Friday, August 5**
- 4-H Goat Show
- 4-H Beef Show

**Saturday, August 6 (Kids Day)**
- Volkswalk
- 4-H Demonstrations
- 4-H Short Hair Cat Show
- Bicycle Safety Rodeo
- 4-H Dairy Cattle Show
- Big Wheel Race
- Carnival
- 4-H Long Hair Cat Show
- 4-H Bucket Calves
- Sweetwater Family Entertainment
- Mini-Tractor Pull
- Rodeo Pull

**Table Setting Contest**
- 9 a.m.
- Carnival
- 12-10 p.m.
- Pork Barbecue
- 5 p.m.
- Ice Cream Social
- 6:00-8:30 p.m.
- Rabbit Specialty Classes
- 6 p.m.
- Farm Family Award
- 7 p.m.
- Hay Hauling Contest
- 7 p.m.
- Rodeo
- 7:30 p.m.
- Rodeo Dance
- High Caliber
- 9 p.m.-12:30 a.m.
HEALTH AWARENESS DAY
AUGUST 4
(Held during the Lancaster County Fair)
9 A.M. - 5 P.M.
STATE FAIR PARK—AG HALL
Sponsored by the Lancaster County Association for Family and Community Education

Everyone is welcome! Invite your friends and neighbors! No admission fee!

EXHIBITORS & AGENCIES
- POISON PREVENTION
- STROKE—IT CAN BE PREVENTED
- PYRAMID POWER
- RESPIRATORY CARE
- SAFETY FOR THE OVER-50 DRIVER
- ALCOHOL & DRUG ABUSE PREVENTION EDUCATION
- AG INJURY PREVENTION
- PUBLIC HEALTH NURSING
- BICYCLE/TRAFFIC SAFETY
- CANCER PREVENTION & EARLY DETECTION
- LINCOLN INFORMATION FOR THE ELDERLY
- AMERICAN RED CROSS
- OPERATION LIFESAVER
- CELIAC SPRUE
- D.A.R.E. AND SAFETY AWARENESS
- 55 PLUS PROGRAM
- ARTHRITIS FOUNDATION
- VISUALLY IMPAIRED PEER SUPPORT
- COMMUNITY BLOOD BANK
- AMERICAN HEART ASSOCIATION
- BICYCLE SAFETY JAMBOREE
- LEARNING IS CHILD'S PLAY
- ON YOUR OWN IN RURAL AMERICA
- FARMER'S LUNG TESTING—U OF N MEDICAL CENTER
- AND MANY MORE . . .

4-H Style Review

Watermelon Feed
FREE!
Thursday • August 4 • 6:30 p.m.

4-H Household Pets Show

Wednesday
August 3 • 11 a.m.
Demo Complex A & B

While at the fair...
Support 4-H
Purchase your concessions at these food spots
4-H Rock Cafe
Snack Shack
Feed Bag
Lancaster County Fair Carnival

12 noon til 10 p.m.

Wednesday thru Saturday

Pork Barbecue
Begins at 5 p.m.
(Held at the Beef Pit)

Ice Cream Social
Begins at 6 p.m.
(Held at the Beef Pit and the Demo Mall)

Friday • August 5

LANCASTER COUNTY FAIR MAP
STATE FAIR PARK
LINCOLN, NE

PARKING
1 Exhibitor parking (no trailers)
2 Staff parking
3 General parking
4 Campers & RV's
5 Horse & livestock trailers
6 Working horse trailers

EXHIBITION AREAS
ABCD Demonstration Rooms
E 4-H Youth Office
F 4-H Rock Cafe
G Rabbits, Poultry & Pigeons
H Carniel
I Open Class Office
J Dairy Cattle
K Beef
L Sheep
M Goats
N Livestock Office
P Snack Shack
Q Home Ec/Engineering (2nd floor)
R Feed Bag Cafe
S Fairland Building
T Grandstand
U Open Class Exhibits
V Restrooms
W Coliseum
X Horse Barns
Y Agricultural Hall
Z Dempster Building

LANCASTER COUNTY FAIR 1994
AG HALL, STATE FAIR PARK
August 4 9 a.m.-7 p.m.

Pesticide Container Recycling—Collection
From Trash to Terrific
4-H Horticulture & Youth Gardening
Worms Eat Your Garbage
Abandoned Well Plugging
Recycling/Precycling
S.W.A.P. (Storm Water Awareness Program)—Clean Community
Local Flora & Fauna—Pioneers Park Nature Center
Invaders!—Lancaster County Noxious Weed Control
Paper Pizazz
Living with Wildlife—USDA-APHIS Animal Damage Control
Biosolids—Lincoln Wastewater System
Animal Control Display
H_0 Show
Nitrate Management
Project Wild & Aquatic Education—Nebraska Game & Parks
& MUCH, MUCH, MORE

1994 EnviroFair

August 4 9 a.m.-7 p.m.
Ag Hall, State Fair Park
**1994 Lancaster County Fair Schedule**

**Saturday, July 23**
- 4-H Shooting Sports BB/Pellet Rifle Contest (Lancaster Buildings) 9 a.m.
- 4-H Shooting Sports Smallbore Rifle Contest (Lancaster Buildings) 9 a.m.
- 4-H Horse Club Leaders briefing at 9 a.m.

**Wednesday, July 27**
- Style Review Judging at 4 p.m.
- 4-H Horse Club Leaders briefing at 9 a.m.
- 4-H Shooting Sports Smallbore Rifle Contest (Lancaster Buildings) 9 a.m.
- 4-H Shooting Sports Trapshooting Contest (Lincoln Trap & Skeet Club Range) 1 p.m.

**Thursday, July 28**
- Music Contest (Kimbali Hall) 7 p.m.

**Saturday, July 30**
- Open Class Horse Show (East Arena) 8 a.m.
- 4-H Shooting Sports Pellet Pistol Contest (Lancaster Extension Conference Center) 8 a.m.
- 4-H Shooting Sports Smallbore Rifle Contest (Lancaster Buildings) 9 a.m.
- 4-H Shooting Sports Trapshooting Contest (Lincoln Trap & Skeet Club Range) 1 p.m.

**Sunday, July 31**
- Open Class Horse Show (East Arena) 8 a.m.

**Monday, August 1**
- 4-H Horse Check-In (Coliseum Office) 8 a.m.-6 p.m.
- 4-H Horse Show - Dressage Classes (Coliseum) 8 a.m.
- 4-H Horse Judging Contest (Coliseum) 7 p.m.
- Entrance tickets for all stationary exhibits (East Buildings) 9 a.m.-6 p.m.
- Entrance tickets for horticulture exhibits (Farmyard Buildings) 9 a.m.-6 p.m.

**Tuesday, August 2**
- Judging of exhibits 8 a.m.
- English Horse Show (Coliseum) 8 a.m.
- Animal check-in (sheep, swine, rabbits, & poultry must be entered at this time) 9 a.m.-6 p.m.
- Sheep Check-In (North Barn) 9 a.m.-6 p.m.
- Special Interest Horse Activities 7 p.m.

**Wednesday, August 3**
- All animals must be in place 8-11 a.m.
- 4-H Western Horse Showmanship Contest (Coliseum) 8 a.m.
- 4-H Household Pets Check-In (Demo Complex A & B) 9-10:30 a.m.
- Open Class Pigeon Judging (Lancaster Buildings) 9-30 a.m.
- 4-H Pigeon Judging (Lancaster Buildings) 9-30 a.m.
- Open Class Poultry Judging (Lancaster Buildings) 10 a.m.
- 4-H Horse Halter Classes (Coliseum) 10 a.m.
- AVIATION/SPANISH BEGINS 11 a.m.
- Exhibits open to public 11 a.m.
- 4-H Household Pets Show (Demo Complex A & B) 11 a.m.

**Wednesday, August 3**
- VIP Luncheon (Beef Pit) 12 p.m.
- Beef Weigh-In (North Barn) 12 p.m.
- 4-H Dairy Cattle Judging Contest (North Arena) 12 p.m.
- Carnival 12-10 p.m.
- 4-H Performance Swim Weigh-In (North Barn) 1 p.m.
- 4-H Swine Weigh-In (North Barn) 2:30 p.m.
- 4-H Sheep Weigh-In (North Arena) 5 p.m.
- Horse Trail Show (Coliseum) 9 p.m.
- Dog Check-In (4-H Building Arena) 3-4 p.m.
- 4-H Poultry Show (Lancaster Building) 4 p.m.
- 4-H Dog Show (4-H Building Arena) 4 p.m.
- 4-H Show Weigh-In (North Arena) 5 p.m.
- Household Pets Released 5-6 p.m.
- 4-H Rabbit Quiz Bowl (Demo Complex C) 6 p.m.
- 4-H Cat Quiz Bowl (Demo Complex D) 6 p.m.
- 4-H Rabbit Judging (Demo Complex C) 7 p.m.
- 4-H Rabbit Judging (Demo Complex D) 7 p.m.
- Western Horse Riding Classes (Coliseum) 7 p.m.
- 4-H Style Review (Bob Duvaney) 7:30-9:30 p.m.
- LaCroise & River Rock Family Entertainment (East Arena) 7:30-9:30 p.m.
- Exhibits close to public 9 p.m.

**Thursday, August 4**
- Livestock exhibitors' breakfast (Demo Mall) 6:30-8 a.m.
- 4-H Rabbit Show (Lancaster Buildings) 8 a.m.
- Fair Fun Day 8 a.m.
- Exhibits open to public 9 a.m.
- 4-HFFA Swim Show (North Barn) 9 a.m.
- Western Horse Show (Coliseum) 9 a.m.
- Health Awareness Day (Ag Hall) 9 a.m.-5 p.m.
- Envirofair (Ag Hall) 9 a.m.-3 p.m.
- Carnival 12-10 p.m.
- 4-H Rabbit Showmanship (Lancaster Buildings) 1 p.m.
- 4-H Dog Agility Show (East Arena) 2 p.m.
- 4-H Goat Quiz Bowl (Demo Complex C) 3 p.m.
- 4-H Livestock Judging (North Arena) 3 p.m.
- Kiddy Tractor Pull (parking lot) 4 p.m.
- Open Class Dog Agility Show (immediately following 4-H show) 4 p.m.
- 4-H Horse Game Show (Coliseum) 4 p.m.
- 4-H Rabbit Pet Class (Lancaster Buildings) 5 p.m.
- Watermelon Feed (Demo Mall) 6:30 p.m.
- 4-H Rabbit Breeder's Choice (Lancaster Buildings) 6:30 p.m.
- Exhibits close to public 9 p.m.

**Friday, August 5**
- Friday, August 5 4 a.m.
- Feeder Cakes in place 7 a.m.
- 4-H Goat Show (4-H Arena) 8 a.m.
- 4-H Beef Show (East Arena) 8 a.m.
- Exhibits open to public 9 a.m.
- Table Setting Contest (Ag Hall) 9 a.m.
- Carnival 12-10 p.m.
- Open Beef Show (East Arena following 4-HFFA show) 2 p.m.
- 4-H Dairy Goat Judging Contest (North Arena) 3:30 p.m.
- Dog Quiz Bowl (Demo Complex C) 5 p.m.
- Pork Barbecue (Beef Pit) 6 p.m.
- Rabbit Specialty Classes - Dress-Up 7 p.m.
- Best Fair, Per-Wine, Showmanship & Awards (Lancaster Building) 6 p.m.
- Relase Rabbits 8 a.m.
- Ice Cream Social (Demo Mall) 6:30 p.m.
- Farm Family Award (East Arena) 7 p.m.
- Hay Hauling Contest (East Arena) 7 p.m.
- Rodco (Coliseum) 7:30 p.m.
- Exhibits close to public 9 p.m.
- Rodco Dance-High Caliber (Grandstand) 9 p.m.-12:30 a.m.

**Saturday, August 6 (Kids Day)**
- Open Rabbit Entries (Lancaster Building) 6-8 a.m.
- Volkswalk 7 a.m.
- 4-H Short Hair Cat Entries (Demo Complex A & B) 7:30-8:15 a.m.
- Open Class Dairy Goat Show (4-H Arena) 8 a.m.
- Open Class Angora Goat Check-In (North Barn) 8 a.m.
- 4-H Demonstrations (Demo Complex C & D) 9:30 a.m.
- 4-H Short Hair Cat Show (Demo Complex A & B) 8:30 a.m.
- Bicycle Safety Rodeo (parking lot) 9 a.m.
- Open Class Rabbit Show (Lancaster Building) 9 a.m.
- Exhibits open to public 9 a.m.
- Open Class Sheep Check-In (North Barn) 9 a.m.
- Open Class Angora Goat Show (North Arena) 10 a.m.
- 4-H Buckle Class Interviews (Livestock Office) 11 a.m.
- Big Wheel Race (parking lot) 11 a.m.
- Open Class Sheep Show (North Arena) 12 p.m.
- Carnival 12-10 p.m.
- 4-H Long Hair Cat Show Entries (Demo Complex A & B) 12:30-1:15 p.m.
- Open Class Dairy Cattle Show (East Arena) 1 p.m.
- Cloverbud Show & Tell (Demo Complex C) 1 p.m.
- 4-H Bucket Cakes (East Arena) 1:45 p.m.
- 4-H Long Hair Cat Show (Demo Complex A&B) 3:30 p.m.
- Sweetwater Family Entertainment (Youth Complex Mall) 3 p.m.
- Livestock, Dairy Cattle & Goat Judging Contest Results 3 p.m.
- Exhibits close to public 5 p.m.
- Mini-Tractor Pull (Shapemaker Building) 5 p.m.
- Herdsmanship ends & awards 7 p.m.
- 4-H entries released 8:45 p.m.
- Garden Tractor Pull (East Arena) 7 p.m.
- Rodco (Coliseum) 7:30 p.m.

**Sunday, August 7**
- Trail Horse Check-In (Bar Snatch Oak Lake) 8 a.m.
- Competitive Trail Ride (Bar Snatch Oak Lake) 10 a.m.
The NEBLINE
August 1994

4-H & Youth

4-H Bulletin Board

Scholarship Information — The Farmer’s Foundation is a national foundation which gives $1,000 stipend to farmers’ children entering their freshman year of college. To be eligible for this scholarship you must have a cumulative grade point average of 3.0 or above, your parents/guardians must derive 2/3 of their gross income from a farming source; and you must demonstrate a financial need. To receive an application, send a self-addressed, stamped envelope to: The Farmer’s Foundation, PO Box 695, Alliance, NE 69301-0695.

Ambassadors — Meeting on Thursday, August 11, 7 p.m. See you there!

Remember the Nebraska State Fair runs from August 26 through September 5. Join the fun and see what 4-H members across our great state can do!

Discounts, Discounts, Discounts! House of Fabrics is offering a 10% discount to 4-H members and a 20% discount to 4-H leaders. Just go in and tell them this is your 4-H project and they’ll give you a discount! Thanks House of Fabrics for supporting the 4-H program! (AMM)

Farmer’s Co-op of Waverly supports 4-H livestock exhibitors

During the four days of the fair, 4-H members exhibiting large animals stay pretty close to their animals, as they groom them, watch over them and take care of herdmanship duties. In recognition of their efforts, the Farmer’s Co-op of Waverly sponsors an exhibitor breakfast one morning of the fair. 4-H members gather at the 4-H Rock Cafe for a meal of pancakes, eggs, sausage, juice and milk—a welcome change from their usual fare.

Several years ago, John Tvrdy, former fairboard member, initiated the event. Currently, Cal Ward, fairboard member, coordinates the event with the Co-op. We congratulate Harold Hummel, manager, and the board and members of the Farmer’s Co-op of Waverly for their support of 4-H and for brightening the day of the livestock exhibitors at the fair. (LJ)

County fair: Olympians for dogs?

A new event at this year’s 4-H dog show is the dog agility class. Racing against the clock, 4-H members’ dogs climb a ramp to a 4 1/2 foot high catwalk, climb down, and then climb a 6 foot high A-frame (no jumping allowed), walk to the top of a teeter-totter and ride it down.

Mistakes don’t bother anyone, they are anticipated with glee as the crowd rolls in laughter at the clownish antics of the dogs and their handlers. There are up to 16 obstacles including tunnels, a pole weaving and pause table, tire jump, and a variety of hurdles.

There will also be obedience and showmanship classes.

Come watch the youth and their dogs Thursday, August 4, 4 p.m., Youth Complex at State Fair Park.

An open class dog agility show will be held Thursday, August 4, following the 4-H show, east arena, for participants 10 years old or younger. (DS)

Lancaster County fair: “The journey”

County fair is not just another activity or show. It is a youth development experience, a time for youth to show the results of their efforts and a time for families to come together in celebration. For some youth, the Lancaster County fair is a destination toward which they have been traveling for a long time. They have a lot at stake—a lot of time, sweat, and dreams.

Every youth would like to be first, to win a purple ribbon. What goes through their minds as they prepare for the fair? Some know that they could have done more, could have worked harder, started sooner, been more particular. Most believe they have done their best. Often both youth and parents have unrealistic expectations. Some think they should have been winners when they weren’t. Why doesn’t everyone win? They do! The journey to come, the “learning by doing,” the team work with family and friends, the satisfaction of accomplishment are all what 4-H and county fairs are about. When any judging takes place, it is only one person’s opinion, one person’s perception. If any lot or class were placed by 10 different judges, there could be 10 different placements. Parents, grandparents, brothers, sisters, and friends can reassure each 4-H member and let them know that they did a good job and they are a winner.

What can be done differently next year? County fair is an opportunity to look at other 4-H members’ projects and come up with ideas for new projects.

County fair is sometimes viewed as the end of the journey. However, it can be viewed as the beginning of 1995’s journey. County fair is an opportunity for families to take time out from their busy individual schedules and work together towards common goals and come home a stronger family. County fair is a time to build family memories and to make friends and build relationships. Long after the fair is over, just driving through the empty State Fair Park will bring back fond memories of fairs gone by.

Don’t put too much emphasis on the purple ribbon or on winning this year. Instead, try to help kids develop honesty and integrity, good sportsmanship, and good work ethics. Work together as a family team, have fun, and make some good family memories. Enjoy the county fair! (DS)

Rock Creek Ranchers celebrate 40th year as a 4-H Club

It was the year 1954 when the Rock Creek Ranchers 4-H Club was organized. Joining the 4-H Club was and is a special experience that the Rock Creek Ranchers have enjoyed over the years. The experience continues this year as the club celebrates its 40th year.

The Rock Creek Ranchers is an open club for any age, male or female, projects involving large animals, as well as, projects diverse as photography, model airplanes, baking, gardening, woodworking and the diversity of involvement of parents and older 4-H members form the other component. A tradition of excellence and a knowledge that 4-H can and does make a difference in the lives of the youth involved make for a winning combination. Congratulations Rock Creek Ranchers! (LJ)

“The Judging Contest”

Once the dust had settled and all the classes were finally done, the judging team stood waiting to see which of them had won.

Their confidence was evident ’til they saw they blew a class, and they felt they had to leave the official judge harassed.

It was fun to watch contestants and the looks of their surprise, when the youngest entrant walked off with the first prize.

But everyone was happy when they left for home that night, the losers smart to know the judge was wrong and they were right.

—Nancy Swarts

Former leaders of the Rock Creek Ranchers 4-H club. Left to right, Cheryl Landon, Dale Johnson, Wayne Nielsen, Vernon Larsen, Ed Tvrdy and Jim Fessler.

Rock Creek Ranchers celebrate their 40th year as a 4-H Club.

“Stipend to 10-year olds”

County fair is a destination toward which they have been traveling for a long time. They have a lot at stake—a lot of time, sweat, and dreams.

Every youth would like to be first, to win a purple ribbon. What goes through their minds as they prepare for the fair? Some know that they could have done more, could have worked harder, started sooner, been more particular. Most believe they have done their best. Often both youth and parents have unrealistic expectations. Some think they should have been winners when they weren’t. Why doesn’t everyone win? They do! The journey to come, the “learning by doing,” the team work with family and friends, the satisfaction of accomplishment are all what 4-H and county fairs are about. When any judging takes place, it is only one person’s opinion, one person’s perception. If any lot or class were placed by 10 different judges, there could be 10 different placements. Parents, grandparents, brothers, sisters, and friends can reassure each 4-H member and let them know that they did a good job and they are a winner.

What can be done differently next year? County fair is an opportunity to look at other 4-H members’ projects and come up with ideas for new projects.

County fair is sometimes viewed as the end of the journey. However, it can be viewed as the beginning of 1995’s journey. County fair is an opportunity for families to take time out from their busy individual schedules and work together towards common goals and come home a stronger family. County fair is a time to build family memories and to make friends and build relationships. Long after the fair is over, just driving through the empty State Fair Park will bring back fond memories of fairs gone by.

Don’t put too much emphasis on the purple ribbon or on winning this year. Instead, try to help kids develop honesty and integrity, good sportsmanship, and good work ethics. Work together as a family team, have fun, and make some good family memories. Enjoy the county fair! (DS)

NEBLINE RBBS
(402) 441-7149
300-2400 baud 24 hours a day

Free access to Extension information!
Top ten tidbits to remember about the county fair!

As you know, the fair is right under our nose. To help you not forget anything and to keep you informed, we’ve got it right here for you.

1. Remember, entry day for all static exhibits in Monday, August 1, 4-8 p.m., in the Youth Complex, upstairs.
2. Many exhibitors need supporting information cards, recipes, etc. These must accompany your exhibit when you bring it to the fair. Remember to read the fair book and find out what is needed.
3. Make sure all entry tags are completely filled out with all the correct information. Write in pen and make sure that what you write goes through all copies.

1. The fair does not officially open to the public until Wednesday, August 3, noon. You will not be able to find out what ribbon you received until then.
2. Style Revue Participants—your clothing exhibits will not be put on display until after the public style revue. The judge inspects the cage, tank, or appropriate environment. The judge inspects the cage, tank, or appropriate environment.
3. Support the 4-H food booths during the county fair! The Feed Bag in the coliseum, The Rock Castle in the demonstration mall, and The Snack Shack in the Youth Complex would appreciate your patronage! They need your help too! Contact any 4-H Council member about helping out. THANKS!
4. Make an effort as a family to visit one new exhibit, display, or context this year. You may find something interesting and appealing. Go on, check it out!
5. All static exhibits will be released Saturday, August 6, 4-6 p.m. If you know you cannot come at this time, have a friend, leader, or neighbor pick your exhibit up for you. All items left at the fair will be brought back to the office. If they are not picked up by September 1, they will be donated to charity! (AMM)

Small animal show is no small affair

What is a cavy? How can you gain self-confidence. The judge inspects the cage, tank, or appropriate environment. Of course, the environment must be safe, both for the animals and the exhibitors.

In the showmanship category, exhibitors answer questions about their animals and the care of their pets. The judge may ask about nutrition and diet, vaccinations, grooming information (if appropriate), health, and other general knowledge and experience questions. Through this mini-presentation, exhibitors improve their communication skills and gain self-confidence.

So, come on down and visit the household pet show Wednesday, August 3, at 11 a.m. The short hair cut show begins at 8:30 a.m., Saturday, August 6, and the long hair cut show begins at 1:30 p.m. See you there! (ALH)

Pygmies at the fair

Pygmies, Angoras, Nubians, Oberhaslis, Recorded Grades, Saanens, Alpines, LaManchas, and Toggenburgs. Come to the Lancaster County Fair and see if you can identify these breeds of goats.

The goat judging contest will be Wednesday, August 3, in the afternoon and the goat show will be Thursday. This show includes a dress-up class that promises to be lots of fun. Come join the fun when the goats show their stuff August 4 at the Lancaster County Fair. (DS)

Are you an animal lover?

If you like farm animals, why not participate in one, or all, of the county fair judging contests? You don’t have to be enrolled in the 4-H projects to try your hand at judging animals like dairy cattle, swine, sheep, beef cattle, goats, rabbits, or horses at the county fair. These contests are designed to be learning experiences and participation can be lots of fun, even if you are not enrolled in 4-H come and judge for the fun of it and see what you can learn! For more information, call 441-7180.

1995 Youth Garden Grants are available!

The National Gardening Association is pleased to announce the applications for the 12th annual Youth Garden Grants are available. NGA, a member-supported non-profit organization based in Burlington, Vermont, will award 300 grants nationwide consisting of tools, seeds, plants, and garden products to winning applicants, for use during the 1995 growing season.

Programs involving at least 15 children between the ages of 3-18 years are eligible, with consideration given to educational, social, or environmental programming; environmental; community support; strong leadership; need, and innovation. In 1994, 200 schools, youth groups and community organizations from across the United States each received more than $500 worth of materials and products contributed by participating companies from the lawn and garden industry.

“Gardening serves as a vehicle for learning about environmental stewardship, food production, problem solving and teamwork, while also developing pride, self-esteem and delight in feeding and beautifying the community. Besides, it can be fun!”, says David Young, NGA’s director of youth Garden Grants.

To receive an application, write: Garden Grants Dept. PS, National Gardening Association, 180 Flynn Ave., Burlington, VT 05401. Please include the following information name, 4-H club, address, and phone number. Deadline for completed applications is November 15, 1994. FAX: 802/863-5962. (LJ)
Prepare grain bins to prevent insect infestations

Now is the time to think about cleaning and inspecting grain bins before newly harvested grain is stored. It is costly to treat insect infestations in stored grain because the expense to produce the grain has already been incurred, and significant price penalties may occur when damages grain goes to market. Insect infestations in stored grain may not be noticed unless the bins are inspected regularly.

There is a seasonal aspect to insect infestations in stored grain. Because insects are active at warmer temperatures, infestations can explode in the warmer months. Insignificant amounts of grain, especially joints, seams, cracks, and dust that accumulates under a perforated floor or resin strips (one strip per 1000 bushels) can explode in the warmer months. Infestations of insects can live in the grain debris or residue. Combines should be especially careful when harvesting and handling grain from stressed crops because the grain is more easily damaged.

After the grain has been cleaned, apply the spray to the point of runoff to as many surfaces as possible, especially joints, seams, cracks, ledges, and corners, including the inside of the bin at the foundation and around doors, ducts and fans. Malathion, methoxychlor, Tempo or Reldan may be used for this purpose. Only apply malathion when sorghum will be stored. Do not apply Tempo or methoxychlor directly to grain. Read and follow label directions carefully. Because insects can live in the grain debris and dust that accumulates under a perforated floor, the grain in the void under a perforated floor should be removed and the area should be treated. Spilled grain outside the bin should be cleaned up to eliminate another contamination source.

Before grain is harvested, clean all grain handling equipment including augers, combines, trucks and wagons, and remove old grain residue. Combines should be cleaned to minimize grain damage and maximize removal of fines and other foreign material. Many common grain insects feed only on broken or cracked kernels and other materials, not sound kernels. Be especially careful when harvesting and handling grain from stressed crops because the grain is more easily damaged.

When the grain has been stored, place odor traps with diethyl or malathion above the grain store, and then use a treatment to eliminate the grain mass. Insect infestations will occur in areas within the grain mass.

To prevent this problem, aeration systems should be used in the fall and spring to gradually cool or warm the grain throughout the bin to eliminate temperature gradients. The aeration system should be initiated as soon as outside air temperature differs from 10 to 15 degrees Fahrenheit from the grain temperature. Once the fan has been turned on, it must be operated continuously until the temperature has moved entirely through the grain mass.

If grain is still in storage when temperatures are above 50 degrees Fahrenheit, grain should be treated. Many insect infestations in stored grain can be traced to poor moisture adjustment. Insect infestations are present when the grain is cold or warm the grain throughout the storage field.

The last of these considerations is to have the presence of other substances out of groundwater in the first place. The only sure way to avoid contaminating groundwater with pesticides is not to use them, but farmers should always look at alternatives to some of these substances. On the other hand, application of water should not be viewed as the only possible solution to a pest problem. Pest control practices should be selected to achieve effective, practical, economical, and environmentally sound control.

A list of these considerations is as important as the first three, and they are of prime importance because they are an important part of environmentally sound pest management.

For your kid’s sake... and yours—practice riding lawn mower safety

Homeowners generally use walk-behind power lawn mowers to cut small plots of grass. Many suburban and country residents rely on riding mowers, lawn tractors and garden tractors to maintain the landscape. Although many have driven riding mowers and tractors without injury others have not been so fortunate. The U.S. Consumer Product Safety Commission (CPSC) estimates 25,300 injuries and 75 people are killed each year from riding lawn mowers, lawn tractors and garden tractors.

One out of five lawn mower deaths involves a young child. These deaths occur when a child falls off the mower and is run over or underneath the mower’s path. Machine tipovers or flying debris are other cases of death.

Deaths and injuries can be reduced with a few simple precautions.

- “No seat, no rider!” Refuse to let children ride on lawn machines. Keep children supervised and away from the area where riding mowers are being used.
- Never allow a child to operate riding mower equipment, even when supervised.
- Clear the area to be mowed of objects like toys, chains and rocks before mowing. The mowing blade may pick up and throw these objects.
- Be alert for children at corners, by shrubs and trees, along walks, etc.
- Be prepared to stop your engine when children enter the mowing area.

Other success hints for riding lawn machine operators:
- Read your manual before operating riding lawn machines. Ninety percent of injuries occur to “first-time” operators.
- Watch for holes and hidden hazards. Wear your seatbelt if one is provided.
- Do not mow in reverse unless absolutely necessary. If you do, look both ways first.
- To avoid overturning, mow up and down slopes, not across. Turn slowly and gradually downhill on slopes.

Control broadleaf weeds to aid with harvest

Late season broadleaf weed control in corn is possible with 2,4-D. Such a treatment could make harvest easier and reduce weed seed production. Treatments should be made no later than flowering stage of weeds for control of seed production. Corn can suffer yield reductions from 2,4-D applied during the flowering period. Generally, 2,4-D use on corn can be resumed after the silk turns brown. These late 2,4-D treatments will not cause lodging or stalk brittleness in the crop.

Harvest aids for grain sorghum include Chlorox 3 or Leafex-3. Both products are sodium chlorate with a fire retardant. Good coverage is required for satisfactory performance. Applications at 1.5 to 2 gallons/acre are recommended. Some sorghum growers use 2,4-D at the rate of 1.5 pounds/acre. 2,4-D is not labeled for this use on sorghum, but it can be used as a post-emergence weed control on corn. Chlorox 3 can also be used to control 2,4-D resistant weeds.

Rural Sense News continued

Environmental Focus News continued

Groundwater

It is not easy to purify groundwater that has become contaminated. Treatment of groundwater with filters on domestic taps, for example, can be expensive and is not always entirely successful. The best policy is to avoid using unfiltered tap water.

Pesticides

When pesticides are used, the potential for groundwater contamination can be minimized if label directions are followed meticulously and irrigation schedules are well-planned and followed. The pesticide label is the first line of defense to the protection of drinking water. It is important that the label be followed.

Bacteria pose health hazard

Septic tank systems and sewage treatment facilities. Human and domestic animal wastes are primary sources of bacteria in drinking water.

The bacterial safety of drinking water can be assessed by examining a sample for the following:

- Total coliform bacteria, which are commonly associated with human and livestock waste. By observing the reduction in coliforms and decrease of other disease-causing bacteria also can be estimated.
- coli form bacteria may not necessarily produce disease, but can indicate the presence of other bacteria, which may cause infections, hepatitis, typhoid fever and other illnesses. (DD)
Bucket calves August 6

Calves born January 1-June 1, 1994, raised by 4-H members ages 8-13, hand fed milk or milk replacer from a bottle or bucket are the stars of the 4-H bucket calf show. You can watch these 4-H members show their calves at 1 p.m., August 6, east arena, State Fair Park.

Immediately following the show is the pewee bucket calf class which is open to any youth that can borrow a calf from one of the 4-H members in the previous class. Everyone in the pewee class receives a red, white, and blue participation ribbon. (DS)

Food Safety

guards on serving lines.

4. Inadequate reheating
Cooked foods may become contaminated after heating. If these foods are not reheated to at least 165°F, microorganisms may not be destroyed.
- Precooked foods purchased for reheating should be heated to at least 165°F.
- Leftovers should not be used in temporary food service establishments.
- Leftover food prepared for serving should be discarded.

5. Improper hot holding
Hot foods held below 140°F encourage the rapid growth of microorganisms. Foods on a buffet table should be covered.
- Use warming plates to keep food at or above 140°F.
- Use a thermometer to measure the temperature of the hot food.
- Do not mix a fresh hot batch of a food item to an existing item.
- Prepare several small batches rather than one large batch to replenish food.
- Do not leave hot food set at room temperature for more than two hours.

6. Contaminated raw food or ingredients

Food which come into contact with dirt and manure (eggs and produce grown with manure as a fertilizer) will contain a large number of microorganisms. Cracked eggs are also considered contaminated.

Wash foods with water to remove dirt and manure.
- Do not use cracked eggs.
- Prevent rodents, insects, birds, animals, etc. from having contact with food.
- Store chemicals (cleaning solutions) away from food. Avoid using chemical insecticides to control insects.

7. Foods from unsafe resources
Illnesses have been reported from eating fish or seafood obtained from sources with unsafe water.
- Obtain foods from reliable sources.
- Thoroughly cook fish and other foods that may contain a large number of microorganisms.

8. Improper cleaning of equipment and utensils
Food left on equipment and utensils help microorganisms survive for a period of time. When the equipment or utensil is used microorganisms will be transferred to the food.

Use clean dishes and utensils for food preparation.

- Wash with hot soapy water and sanitize equipment after use, if equipment has been stored for a long period of time, wash and sanitize before use.
- Wash equipment with hot soapy water after each food use when using the same piece of equipment for preparing several foods.
- Wash and sanitize contact surfaces; for example: counters, tables, refrigerators, etc.

9. Cross contamination from raw to cooked foods
Bacteria from raw meat and poultry which come in contact with cooked food may contaminate the cooked foods with microorganisms. Raw fruits and vegetables also can contaminate cooked foods if these foods are not properly cleaned.
- Keep cooked and raw foods separated in food storage areas.
- Thaw raw meats and poultry in the refrigerator in a way so juices do not drip on other foods.
- Use utensils to handle and serve food rather than hands.
- Do not reuse disposable items such as plastic bags, plastic spoons, etc.

10. Inadequate cooking
Eating undercooked meats has resulted in foodborne illness outbreaks. The most serious cases of inadequate cooking results from not properly processing canned low acid foods may contain the deadly toxin that is produced when spores grow into bacteria and multiply.

- Cook ground meats, poultry, fish, and eggs thoroughly.
- Cook poultry to an internal temperature 160°F; pork to 160°F; ground beef to 160°F.
- Home canned foods should not be used for temporary food service events.

Transporting Food

Occasionally food is prepared at one location and transported to a serving site. Safe food handling practices are critical, not only during preparation, but also when transporting food. Cold foods must be kept cold (40°F) and hot foods must be kept hot (140°F or above). Use insulated carrying containers that maintain the food at the appropriate temperature. All vehicles used for transporting food should be kept in good sanitary condition.

Do not transport food in vehicles that have been used to carry pets, trash, chemicals, fertilizers, or pesticides without thoroughly cleaning the compartment or vehicle. Foods and animals should not be transported together.

When food is delivered to the intended location, immediately store food to maintain the proper temperature and to prevent contamination.

Sanitizers

Good housekeeping is important. Many types of cleaning and sanitizing solutions are available. Below are solutions made with chlorine bleach if washing dishes by hand and when cleaning food related surfaces. Store chemicals away from food.

**Washing dishes by hand**

1/2 tablespoon chlorine/gallon of rinse water.

- Change rinse water often.

**Air dry**

**Washing tabletops, counters, etc.**

1 tablespoon chlorine/gallon of water.

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Grants or low interest loans are available to low and moderate income rural Lancaster County residents to make repairs to owner occupied homes. Repairs are restricted to addressing hazards to health and safety. For example: furnace, duct work, roofs, foundations, wells, bathrooms, etc.

Requirements: One year residency prior to date of application. Meet income guidelines. Land contracts must be registered.

This program is provided by the Lancaster County Board of Commissioners and administered by a Lincoln Action Program.

Crisis Home Repairs

for Lancaster County homeowners

For more information, contact Judy Adams, Lancaster County Rural Coordinator, Lincoln Action Program (LAP), 2202 South 11th Street, Lincoln, NE 68510, or call 471-4515.