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# Biosolids: A Valuable Resource Benefits Lancaster County Farmers and Taxpayers

Barb Ogg  
Extension Educator

The Biosolids Land Application Program is eight years old. The first truckload of treated municipal wastewater residuals was delivered to crop fields in Lancaster County May 1992. A lot has changed in the last eight years. Eight years ago, we called these treated residuals *sludge*, but now the accepted terminology is *biosolids*. The word *biosolids* has become so commonly used to describe treated wastewater solids, it can be legitimately used when playing Scrabble because it is found in the newest dictionaries.

What hasn't changed is the value of this land application program to the citizens of Lincoln and Lancaster County. We are only beginning to understand the real value of biosolids to the cooperating crop producers that use this material to fertilize and enrich their soils.

The options cities have for disposing of wastewater residuals are limited. If the City of Lincoln did not have a Biosolids Land Application Program, disposal in the Bluff Road Landfill, a licensed facility, would be required. Since the beginning of this program in 1992, more than 208,000 tons (about 26,000 tons/year) have been diverted from the landfill. When farmers use biosolids as a fertilizer, landfill space is saved and can



"Biosolids is being applied to an on-farm experiment conducted by UNL Agronomy Department at Wally Hansson's field in northern Lancaster County, 1996."

be used for other waste. Years can be added to the life of the landfill, which is very expensive to build with today's environmental regulations. At the current tipping fee of \$17 per ton, the land application program has saved Lancaster County taxpayers more than \$3.5 million.

Recent research conducted by the University of Nebraska Agronomy Department and supported by the City of Lincoln, has provided biosolids application recommendations for corn and sorghum. This study has shown biosolids provide a significant amount of nitrogen to several subsequent crops after the initial application. On average, a one-time biosolids application increased yields by 33 percent in the year applied, and by 21 percent, 14 percent, and nine percent, respectively, in the next

three years. About \$55 and \$31 worth of nitrogen fertilizer was required to produce equivalent corn and sorghum yields over the same four year period of this study. This would translate into nearly \$400,000 in nitrogen fertilizer savings for cooperating farmers over the past eight years had they all grown irrigated corn.

In addition to nitrogen, biosolids also contains phosphorus, potassium, copper, zinc, and sulfate, as well as, numerous trace elements. Many Lancaster County soils can be deficient in these nutrients, especially phosphorus and zinc. In fact, many of our cooperating farmers are using biosolids, not so much for the nitrogen, but for the other nutrients that it contains. According to recent fertilizer prices, if farmers were

to buy these nutrients from their local dealer (P, K, Cu, Zn and SO<sub>4</sub>), they would cost \$6.53 per ton (that's a whopping \$196 per acre at the application rate of 30 tons per acre). The phosphorus alone is worth \$5.63 per ton of biosolids.

While the nutrient value alone of biosolids is considerable, it is likely that the organic matter in biosolids is of even greater value. Biosolids is an organic amendment similar to animal manure in its ability to improve soil structure and water permeability of the heavy clay soils commonly found in Lancaster County.

Based on findings from this study, UNL agronomists Achim Doberman and Darren Binder have made suggestions as to biosolids application rates and provided guidelines for the frequency of repeated applications to prevent nitrate accumulation in subsoil. Results of this research have already been used to fine-tune biosolids application rates by cooperating farmers.


The Biosolids Land Application Program is an example of how a beneficial use of a waste material can be used to save the taxpayers' money, improve soil, save farmers' money, and increase the yield of their crops—all at the same time. This is a valuable program.

For more information about how biosolids can improve your soil, contact the Lancaster County Extension Office, 402-441-7180 and visit with Barb Ogg or Dave Smith.

## In this issue...

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Nutrient	lbs/ton (as is)	\$/lb	\$/ton (as is)
Nitrogen	17.5	\$0.16	\$2.80
Phosphorus (P <sub>2</sub> O <sub>5</sub> )	22.5	\$0.25	\$5.63
Potassium (K <sub>2</sub> O)	1.1	\$0.14	\$0.15
Sulfate	1.4	\$0.16	\$0.22
Copper	0.3	\$0.80	\$0.24
Zinc	0.3	\$0.96	\$0.29
Total			\$9.33

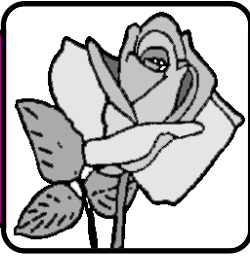


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Visit Lancaster County Extension on the World Wide Web!

www.lanco.unl.edu





Horticulture

Blue Flowers for the Garden

Blue is a cool and calming color. Many gardeners look for plants that have blue flowers to plant with other complementary colors, such as white, violet, grey, pink, and yellow. Here are a few plants that will grow in Southeast Nebraska and have blue flowers.

**Virginia bluebells** (*Mertensia virginica*) This woodland flower blooms in the spring. This perennial has nodding clusters of blue, bell shaped flowers. It grows best in shady areas of the garden. The plants grow from one to two feet tall and spread about a foot. They go dormant in



summer, so I like them near hostas or other perennials that cover the space later. Virginia bluebells are cold hardy in USDA zones 3 to 9.

**Blue corydalis** (*Corydalis flexuosa*) This is a wonderful woodland plant that thrives in shade and moist soil, but also grows in full sun. The flowers bloom in neat clumps mid-to late-spring. The plant has a lovely fernlike foliage. Blue corydalis is a perennial and hardy in USDA zones 5 to 8.

**Heartleaf brunnera** (*Brunnera macrophylla*) This spring bloomer prefers moist,

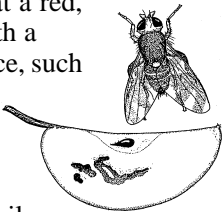
See BLUE FLOWERS on page 11

Think About Apple Maggot Control Now

The adult of the apple maggot is a fly similar to the housefly, but smaller. The larvae feed on the fruit and cause the fruit to rot. They then drop to the soil to pupate during the winter months. The control of the apple maggot must be directed at the adult fly. This control should occur between the time the adults emerge and the time they lay their eggs. Sanitation helps reduce the number of flies. Pick up the fallen apples and dispose of them. Weekly spraying with

insecticides such as Sevin is an effective control. The spray schedule should begin mid to late June and continue through August.

To tell when the flies begin to emerge, coat a red, plastic ball with a sticky substance, such as Tanglefoot. Hang the apple look-a-like in the tree and check it daily. (MJM)



Propagation of Shrubs from Softwood Cuttings

Many ornamental shrubs in the home landscape may be propagated by softwood cuttings. Softwood cuttings are taken in late May through early July from the current season's growth. Cutting material should be flexible but mature enough to snap when sharply bent. Lilac, forsythia, weigela, barberry, potentilla, and viburnum are some of the shrubs that may be propagated from softwood cuttings.

A proper rooting medium is needed to successfully root softwood cuttings. The rooting medium must not only retain moisture, but drain well and provide physical support. Coarse sand, perlite, and vermiculite are good rooting materials.

The container that holds the rooting medium must have holes in the bottom for drainage. If only a few cuttings are taken, a large clay or plastic pot should be adequate. A wooden or plastic flat may be used if larger quantities are rooted. Once the container has been filled, the medium should be watered and allowed to drain before the cuttings are inserted.

When taking cuttings, remove plant material with a sharp knife. Softwood cuttings should be approximately 4 to 6 inches long. Pinch off the leaves on the lower half of the cutting and remove any flowers. Make a fresh cut just below the point where one or two leaves

are attached to the stem (node), then dip the base (cut end) of the cutting in a root-promoting compound. Tap off any surplus material.

Cuttings from some shrubs root easily, but others are more difficult. Root-promoting substances increase the percentage of cuttings that root, shorten the period needed for rooting, and increase the number of roots per cutting. Root-promoting materials are often available in garden centers and mail-order companies. Most products are in powder form.

To avoid brushing off the powder when inserting the cuttings, make holes in the rooting medium with your finger or a pencil. Insert the cuttings approximately two inches deep into the rooting medium. After all the cuttings are inserted, carefully water the medium and let it drain.

Water is critical to the survival of the cuttings. A cutting has no root system to absorb water, yet continues to lose water through its leaves. The cutting will wilt and die if it loses a large quantity of water. Water loss can be reduced by placing a clear plastic bag over the cuttings and container.

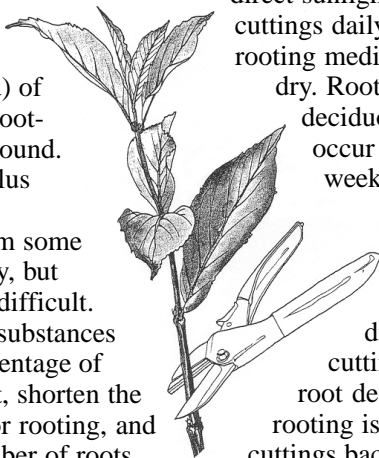
Once covered, place the cuttings in bright light, but not

direct sunlight. Inspect the cuttings daily. Water the rooting medium if it begins to dry. Rooting of most deciduous shrubs should occur in six to eight weeks.

Examine a few cuttings after four or five weeks. Carefully dig up several cuttings to check on root development. If rooting is poor, place the cuttings back in the medium, water them in, then cover again with a plastic bag. When the cuttings have a well-developed root system, they should be hardened off in preparation for transplanting. Remove the covering but don't allow

the cuttings to wilt. Keep the rooting medium moist. After several days, carefully remove the cuttings and transplant them into individual pots with a good potting mix. The young plants can be planted into the ground in a few weeks. Home gardeners may want to grow them in the garden for one or two years before moving the small shrubs to their permanent site in the landscape.

It takes several years for rooted cuttings to become nice-sized plants. However, many gardeners find root cuttings and growing the small shrubs to be fun and rewarding. (MJM)



2000 June/July Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Power rake zoysiagrass	2	3
4	5 Plug zoysiagrass	6 Backyard Farmer 7 p.m. NETV	7 Watch for cabbage worms	8	9	10
11	12 Control apple maggot	13 Backyard Farmer 7 p.m. NETV	14 Apply fungicide to pines for needle blight	15 Prune spring flowering shrubs	16	17 Check bluegrass for sod webworm
18	19 Control bagworms	20 Backyard Farmer 7 p.m. NETV	21 Watch for bean leaf beetle	22 Check roses for black spot	23 Take softwood cuttings to start plants	24
25	26 Watch for squash vine borer	27 Backyard Farmer 7 p.m. NETV	28	29 Remove faded flowers from annual plants	30	1
2	3 Control bean leaf beetle	4 Backyard Farmer 7 p.m. NETV	5 Check garden plants for spider mites	6 Check tomatoes for blight	7 Plant fall garden	8
9	10 Control squash vine borer	11 Backyard Farmer 7 p.m. NETV	12 Prune suckers on maple tree	13	14 Pull weeds	15
16	17 Keep garden well watered	18 Backyard Farmer 7 p.m. NETV	19 Pick flowers to dry or press	20 Store extra seeds	21	22
23	24	25 Backyard Farmer 7 p.m. NETV	26	27 Divide iris	28	29
30	31					

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)

### 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  
150 Perennials in the Landscape  
237 Strawberries  
263 Herb Gardens  
112 Euonymous Scale  
157 Black Spot On Roses  
195 Turf Watering  
203 Nutsedge in Lawns  
231 Apple Maggot Control  
277 Squash Vine Borer  
278 Vegetable Pest Control  
279 Tomato Problems  
290 Weed Control in Garden  
292 Rabbit Control in Garden

# To DEET or not To DEET

For some reason, ticks are abundant this year . . . perhaps it was the warm winter. Most of the ticks in the Lancaster County area are wood ticks, also called the American dog tick and not really much of a concern. But, if you are spending time in the southeast corner of Nebraska, especially Indian Cave State Park, be aware about 50 percent of the ticks you will encounter are Lone Star Ticks. These ticks have been implicated in the transmission of Lyme disease.

If you spend much time in tick-infested areas, it would be wise to use an insect repellent. The most effective products contain some concentration of the chemical N, N-Diethyl-m-toluamide commonly known as DEET. To determine if the repellent you are considering contains DEET, look at the “active ingredients” on the label. You will either see N, N-Diethyl-m-toluamide, or its abbreviation, DEET.

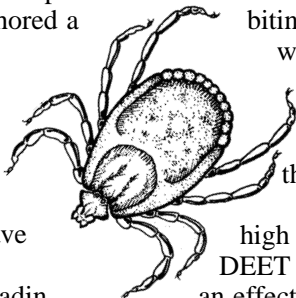
### Why DEET?

“Even after 40 years on the

market, DEET remains the gold standard of insect repellents,” says Mark S. Fradin, M.D., a dermatologist from Chapel Hill, N.C., who authored a clinician’s guide to mosquito repellents published in the June 1998 issue of Annals of Internal Medicine.

“Researchers have searched for other compounds,” Dr. Fradin says. “But no other chemical has been found that beats the broad-spectrum effectiveness and duration of protection of DEET.”

DEET was developed by the U.S. Department of Agriculture and patented in 1946 by the U.S. Army. It has been approved for use by the general public since 1957. The Environmental Protection Agency (EPA) estimates more than 38 percent of the U.S. population uses DEET-based repellents each year and worldwide usage exceeds 200 million people annually.



### How DEET works.

Moisture, warmth, carbon dioxide, and odor produced by humans are all attractants for biting pests. Repellents work by blocking the receptor sites so the tick or mosquito cannot hone in on these attractants.

It doesn’t take a high concentration of a DEET repellent to provide an effective deterrent, according to medical studies over the past 30 years. In fact, products containing as little as ten percent DEET, will generally be effective for most outdoor activities. Pediatricians recommend products containing 10 percent DEET or less for use by children. Many manufacturers make products to meet these guidelines.

Adverse reactions to DEET are rare when the product is applied properly. Most reported adverse reactions have occurred

See DEET on page 11

## Environmental Focus

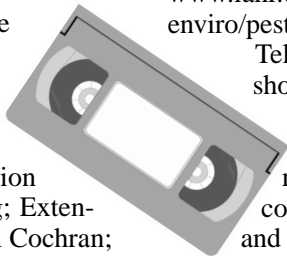


# Extension Head Lice Videotape Wins National Award!

*Removing Head Lice Safely*, a videotape to educate parents about safe, effective, and scientifically based methods of head lice control, has won a 2000 Telly Award. This videotape was developed and produced by Extension Educator, Barb Ogg; Extension Associate, Soni Cochran; and Kent Taylor of Taylor Productions. This videotape is used by area schools and child care facilities, including Lincoln Public Schools, and has been aired on City TV-5, Lincoln’s cable access channel. More than 1000 have been sold since September 1999.

It is currently available on demand on the World Wide Web for folks connected to the internet. Follow the links on

the Lancaster County Extension pest home site to view this videotape: <http://www.ianr.unl.edu/ianr/lanco/enviro/pest/lice.htm>



Telly Awards are given to showcase and give recognition to outstanding, non-network and cable TV commercials, and film and video productions.

According to Telly Awards information, entries do not compete against each other, but are judged against a “high standard of excellence.” This videotape costs \$10, plus \$3 shipping and handling and is available at the Lancaster County Extension Office. For more information about head lice or this videotape, contact Barb Ogg or Soni Cochran (402) 441-7180. (BPO)

# I’ve Got GOPHERS in My Garden!

**gopher** (gō’fər) n. [A Lancaster County, Nebraska definition (see GOFFER): so called from its habit of burrowing] **1.** small brownish animal **2.** any animal that causes damage to plants, landscape, digs holes, piles up mounds, throws dirt, or gets caught in a trap **3.** often applies to 13-lined ground squirrels, voles, moles, shrews, or mice **4. pocket gophers** are found in Lancaster County and tend to be pests in fields and on acreages.

If you call us with a “gopher” problem, you may be



surprised at the detective work it takes in order to figure out if you are really having a problem with a gopher. Most people use the term “gopher” to describe one of several animals that live in this area.

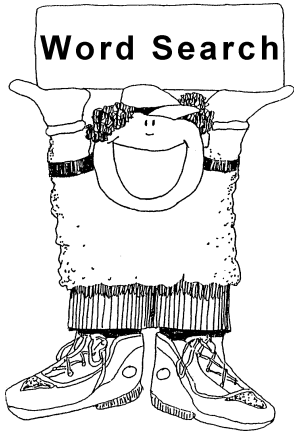
**Does it really matter? I mean who cares if the pest on your property isn’t a “gopher.”** Terminology aside, it really does matter. When you know what animal you have, it is easier to understand the animal’s food and habitat needs. With proper identification, you

can make better and safer decisions on controlling the “gopher” problem.

“But I don’t know what kind of animal it is.” You don’t need to know what your “gopher” is before you call the extension office. However, it is helpful if you can describe the animal and some of the animal “signs” (like mounds, size of holes, paths, damage to plants).

The extension office has excellent information on all animals that may be called “gophers”— even on “gophers” that have long ears and hop. Stop by, check out our website, or give us a call between 8 a.m. and noon, and we’ll help you with your “gopher” questions. (SC)

## Word Search



How many of the following words can you find in this puzzle? Each word may be spelled forwards, backwards, downwards, or diagonally. One word is spelled diagonally backwards.

acid	environment	radon
air	groundwater	rain
asbestos	hazardous	recycle
chemicals	health	residue
corrode	incinerate	risk
decompose	lab	runoff
dioxin	land	smog
discharge	lead	smoke
dispose	litter	standard
dump	ozone	toxic
earth	pesticide	waste
emissions	pollution	water

D E D I S P O S E N D N A L N I S L I L  
Y R A U T L D I N A E M I S S I O N S H  
S I E T A R E N I C N I D N B M F Y H A  
N F F O N U R N A A V H F L E E Q A N O  
R S U O D R A Z A H I H A R O L S K D S  
O P H I A U I E C O R R O D E B I T E L  
L N I A R Y M S P E O A R L S L I C O K  
S O U T D E H P K P N O I T U L L O P S  
E N M A R G S H E R M R I H T L A E H T  
C L X R A V E I T R E T A W B F K R A A  
H W M B L D J O D T N Q V U N I X O I D  
B E I N Q F Z A A U T O X I C G J N P I  
T A L E T S A W S U E S A N H C A R O S  
L Y I A N C D E C O M P O S E H A N D C  
F L T L B N E G E R T E T S M O G T I H  
E R T F U O Y J U S T I N A I N T H O A  
N Y E O Y Z M I C P E S T I C I D E C R  
K E R A D O N Y H O W A R D A D A I V G  
I G D J A N C K D R E C Y C L E D O T E  
J H T R A E E R R Y M A R C S I A K A R



## Household Hazardous Waste Collections for June Hickman and Lincoln Collection Sites



Date	Location	Time
Friday, June 23	Hickman, Second and Main	3 - 6 p.m.
Saturday, June 24	Lincoln-Lancaster County Health Department (LLCHD) 3140 “N” Street, south parking lot	9 a.m. - 3 p.m.

Items 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, pentachlorophe nol, 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 or ammunition, fertilizers, used oil, general household trash, antifreeze, or batteries. For more specific information, call the Lincoln-Lancaster County Health Departmen, 441-8040. (BPO)





## Farm Views

# SNAP Aiming for Late Summer Start Date

The Southeast Nebraska Area Producers (SNAP) continue to make progress toward a late summer start date. Since the last update in the April NEBLINE, the SNAP board of directors has elected a slate of officers with Herschel Staats, Lincoln – Chair; Marlan Johnson, Eagle – Vice-chair; Ken Iverson, Papillion – Secretary; and Burdette Piening, Lincoln – Treasurer.

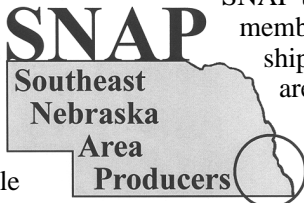
USDA Rural Development, Nebraska Cooperative Development Center, Nebraska Department of Ag, Nebraska Farm Bureau, and others have lent valuable assistance to the group throughout its history. Tom Dorn, extension educator, has served as advisor to the group since July 1999. Most recently, leading the effort to develop a five-year business plan.

SNAP has filed Articles of Incorporation as a non-stock,

non-profit cooperative with the Nebraska Secretary of State. Other papers have been filed with the Nebraska Department of Banking and Finance enabling SNAP to begin accepting memberships. Membership fees, set at \$250, are considered low for a non-stock cooperative. Start-up funds have been secured in the form

of three grants totaling \$33,000. Continuing operating and overhead costs will be covered by assessing a small fee on bushels of grain contracted.

SNAP's immediate goals are to build a membership of over 100 producers by the end of the year and negotiate contracts for production of over 10,000 acres of Identity Preserved grains in 2001. To receive a Member Information Statement, call Tom Dorn, 402-441-7180; e-mail: [tdorn1@unl.edu](mailto:tdorn1@unl.edu) or Herschel Staats, 402-483-5673; e-mail: [hstaats@alltel.net](mailto:hstaats@alltel.net). (TD)

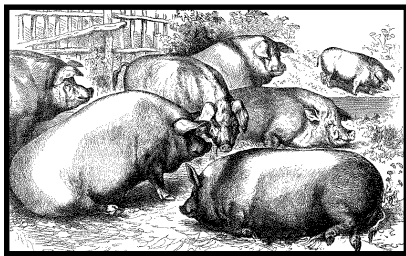


## Hog Prices

One fact about the hog business which has long been evident to producers is hog prices do not go up with inflation. Whereas, the price of many items are constantly moving to new record levels, this is not the case for hogs, or most other farm products. True, the runaway inflation of the 1970's did permanently lift hog prices; but the mild inflation since then has not been able to further raise the price of hogs. Barrows and gilts averaged \$44.61 per hundred weight at the terminal markets in the second half of the 1970's, \$47.17 in the 1980's and \$44.05 in the 1990's. The record high for the annual average price of barrows and gilts at the terminal market is \$55.07 per hundred weight which was set 18 years ago in 1982. The second highest year was 1990 at \$54.55 per hundred weight.

Using the consumer price index to adjust for inflation, the annual average price of barrows and gilts were record low in 1999, breaking the old record low set in 1998, which broke the record set in 1994. Although this year's run-up in prices will forestall any new record, I'm confident there are more years of inflation adjusted record low prices in front of us.

Fortunately for producers, the cost of production has also resisted the forces of inflation. According to the Iowa State University swine records, since 1980 the highest annual average



cost of producing barrows and gilts in Iowa, farrow to finish, operations was \$48.94 per hundred weight in 1996, the second highest was \$48.33 per hundred weight in 1983, and the third highest was \$47.69 in 1981. Adjusted for inflation, the cost of raising hogs was record low in 1999, breaking the old record low set in 1998, which broke the record low set in 1995.

Why hasn't inflation pushed-up the cost of producing hogs? Two reasons: feed and efficiency. The biggest cost item in hog production is feed, a farm product which has remained largely unaffected by inflation. Adjusted for inflation, 1999 corn prices were one-third of 1980.

The production efficiency on America's swine farms improves annually. ISU, farrow to finish, records indicate pounds of feed divided by pounds of gain averaged 3.9 pounds in 1981 and 3.5 pounds in 1999. Feeder to market death loss averaged seven percent in 1981 and 6.2 percent in 1999. Pigs weaned per female per year averaged 13.6 in 1981 and 16.8 in 1999. Hours of labor per hundred weight produced averaged 0.78 in 1981 and 0.49 in 1999. As long as farm productivity outraces inflation, deflated hog prices will continue their downward trend.

Source: Ron Plain, Iowa State University (ISU) Swine Economics Report. (TD)

# Using Summer Annual Forage Grasses to Stretch Pastures in a Dry Year

Summer annual grasses are used for summer pasture, green chop, hay, silage, and winter pasture. Annual grasses most often used for forage in Nebraska are sudan grass, hybrid sudan grass, sorghum-sudan grass hybrids, and forage sorghums. Foxtail millet and pearl millet are used occasionally. Each of these grasses has unique growth characteristics that require proper management for optimum production.

Some of the desirable characteristics of summer annuals are rapid growth (especially in mid-season), excellent drought resistance, and good response to fertilizer and water. Alkali soils can reduce yields considerably, but plants will tolerate a moderate amount of salinity. They are well adapted to most areas of the state and grow rapidly following planting in late May or June. They provide good growth from mid-July through August, and then moderate growth until stopped by fall frost.

Sorghum-sudan grass hybrids produce approximately the same amount of feed as sudan grass when used for pasture. When used for green chopped forage, yields of sorghum-sudan grass hybrids exceed sudan grass or forage sorghum. Forage sorghums are usually best for silage. Making sorghum-sudan grass into hay can be difficult because drying is slow.

### Sudan Grass

True sudan grasses have fine stems, till extensively when conditions permit, and can regrow rapidly. Thus, they are more suited to pasture than other types of sorghum. Piper and Wheeler are popular varieties in Nebraska. Piper has low prussic acid content and is generally regarded as safe to graze. Wheeler has a slightly higher level of prussic acid, but it presents little danger to



grazing livestock.

### Hybrid Sudan Grass

Hybrid sudan grasses are crosses among true sudan grass strains that are available primarily as commercial varieties. They are similar to true sudan grass varieties, but yield slightly more in a three-cut green chop or hay system. Their prussic acid content is generally between the Piper sudan grass and sorghum-sudan grass hybrids.

### Sorghum-Sudan Grass Hybrids

Sorghum-sudan grass hybrids are the most numerous of the various types of summer annual grasses. Most of these are available as commercial hybrids. They are high producing forage grasses, but more than 50 percent of their yield comes from their stems. Their rate of regrowth after repeated clippings or grazing is lower than sudan grass. Thus, sorghum-sudan grass hybrids are best suited for green chop.

Cattle consuming some sorghum-sudan grass hybrids sometimes gain weight or milk less than those consuming other summer annuals, apparently due to a lower energy content. When these hybrids are cut at immature stages, quality is higher, but yields are much lower.

**Sudan grass, sorghum-sudan grass hybrids, and forage sorghum pastures are not recommended for horses because kidney ailments may develop.**

### Forage Sorghum

Forage sorghums are usually tall growing and mature late in the growing season. Often called

“cane,” “sweet sorghum,” or “sorgo” forage sorghums often have sweet and juicy stems, and relatively small grain heads.

Forage sorghums usually yield more silage dry matter per acre than dryland corn and will yield similarly to corn under irrigation. However, yields of TDN (energy) per acre are usually lower from forage sorghums than corn.

Grazing of forage sorghums is not recommended. They usually contain much higher levels of prussic acid than other summer annual grasses and can be dangerous to graze even when plants are completely headed, especially when young shoots are present. Forage sorghums can be cut for hay, although their stems dry very slowly after cutting.

### Foxtail Millet

Foxtail millet has relatively coarse stems and is used primarily as an emergency hay or silage crop, especially in dry years. It is more dependable than other summer annuals on light, sandy soils and will usually produce higher hay yields than other summer annuals following a late planting in the western two-thirds of Nebraska.

Foxtail millet does not root securely into the soil during early growth and is slow to regrow following grazing. Thus, it is not recommended for grazing except in an emergency.

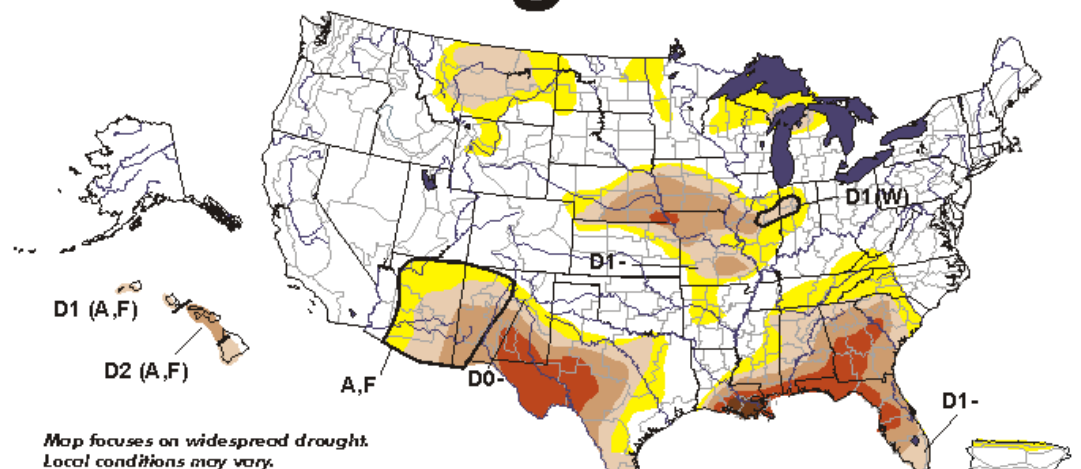
### Pearl Millet

Pearl millet has become increasingly popular for grazing in recent years due to the development of commercial varieties adapted to Nebraska. It is very leafy, regrows well after grazing, yields similar to sudan grass, and does not cause prussic acid poisoning.

For more information, refer to NebGuide G74-171 “Summer Annual Forage Grasses.” This can be accessed on the web at: <http://ianrwww.unl.edu/pubs/range/g171.htm>. (TD)

May 30, 2000 Valid 7 a.m. EST

## U.S. Drought Monitor



Map focuses on widespread drought. Local conditions may vary.

D0 Abnormally Dry  
D1 Drought-First Stage  
D2 Drought-Severe  
D3 Drought-Extreme  
D4 Drought-Exceptional  
Delineates Overlapping Areas

Drought type: used only when impacts differ  
A = Agriculture  
W = Water  
F = Wildfire danger

Plus (+) = Forecast to intensify next two weeks  
Minus (-) = Forecast to diminish next two weeks  
No sign = No change in drought classification forecast



Released Thursday, June 1, 2000



# The Marketing Plan

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

Last month, we discussed the products or services your business offers or will offer. This month, we will look at how to present your business and its products and services to your customers.

Marketing is more than just selling. It is everything that goes into your “offering” to your customers —your products or services, as well as the distribution channels to get from you to your customers.

The first step in developing a marketing plan is to gather good intelligence. Another term for this is “market research.” Specifically, you should:

- Identify your competition.
- Determine the number and size of businesses that offer what you are offering.
- Quantify the demand. How much is being sold right now?
- Determine the characteristics of your competition and your industry. Specifically, what is the typical cost structure? Revenue structure? Profit margin? Then you must decide if your business will follow this trend.
- Find out how your competitors deliver to their customers.
- Identify how your competitors compete with one another.

• Check external factors. Is your industry one with steady growth? Are there other factors such as interest rates, government funding, and whether they impact the demand for your product or service?

You will think of other avenues of inquiry as you go through this process. After you have described the environment in which you will operate, you need to place yourself and your

business in that environment. Why? To see how you will function in this complicated marketplace.

Some questions you should answer include:

- How are you going to compete?
- What do you bring to the market that no one else has?
- How are you going to get your offering to the customer?
- How will your competition react?

Once you complete your initial market research, you must look in greater detail at how you will market your business. Specifically, you should focus on four areas.

**PRODUCT**  
We discussed your product or service in a previous article. In this section of your plan, you will describe what makes your offering better than the competition’s, and why the customer will buy.

**PLACEMENT**  
What we mean by placement is describing how you are going to get your offering to your customer— specifically, your distribution channel. Are you going to be on the shelf at Home Depot, or are you catering to individuals or specific demographic groups? You need to answer the following questions:

- How does your competition get their offering to the customer?
- Is your customer the same as theirs?
- Is your distribution channel the same? If not, what are the advantages and disadvantages of your channel?
- How many “middlemen” are in your channel and how much does each expect to be paid?

**PRICE**  
It seems simple, but you need to decide how much to charge very carefully. How does your price compare to your competition? Are you competing on price or some other factor (quality, convenience, etc.)? How will your competition react? How are your pricing decisions going to impact your profit margin?

**PROMOTION**  
How are you going to let your customers know about your business and its offerings? There are all manner of choices—radio and TV ads, trade shows, magazines, newspapers, and word-of-mouth. How much are you going to spend on promotion? What image are you going to convey? High quality? Low price? Convenience? Notice how price and promotion are related.

There are so many things that should be included in this section of your plan. You need to discuss any packaging issues, warranties, and after-sales service. In addition, you should identify other touches that set your business apart, like 800-phone lines or same-day shipping. You also need to

know what these will cost and the impact they will have on your bottom line.

Lastly, in preparation for the financial section of your plan, your marketing plan should include sales projections and expense projections. Note the use of the plural here. You should develop several scenarios, from worst case to best case. These projections should be general in this section. The details of your financial projections will be discussed in an upcoming article. (DJ)

## Acreage Insights



# Control Weeds and Woody Plants

Since the growing season is a little ahead of schedule this year, pasture and grazing land weeds should reach the correct stage for treatment by mid-June. These weeds, usually treated in the later part of June, include vervain, goldenrod, snow-on-the-mountain, and western ragweed.

Many of us tend to treat on the late side rather than too early. A good guideline for treating most perennials is to mow or apply herbicide when the weeds reach the early flower bud stage. However, biennial thistles should be treated in the

rosette stage.

June is also the best time for foliage applications of most herbicides for woody plant control. Woody plants are now in full leaf and the foliage is tender. Later in the summer, dry conditions stress the plants and herbicide effects are lessened. Thorough coverage of the foliage now provides the best control. (DJ)



# Farmers’ Markets on the Rise in Lincoln

More and more farmers’ markets are starting up across the state. These markets have expanded from the basic ‘sell your extra produce’ to commercial food vendors, selling just about everything you could find in a small grocery store. People often ask what can and can’t be sold at a farmers’ market. Here are some answers to these questions.

*What foods can be sold without a permit?*

Fresh fruits and vegetables, especially home grown items, certain baked goods, and prepackaged commercially prepared snack items, such as canned pop, candy bars, and potato chips.

What items cannot be sold at a farmers’ market?

Home-canned low acid foods.

What foods require a permit and inspection of the preparation area?

The requirement states: No person shall operate a food establishment without a valid

permit which sets forth the type of operation occurring in the establishment.

A ‘food establishment’ is an operation that stores, prepares, packages, serves, sells, vends, or otherwise provides food for human consumption. Although, many vendors at the farmers’ markets fall into the ‘food establishment’ definition, there is an exemption for the sale of fresh fruits and vegetables. Market sponsors want the markets to be a success and have as many participants as possible without them being taken over by commercial businesses.

*How is a permit obtained?*

Persons needing a food establishment permit should contact the Nebraska Department of Agriculture’s Food Division at (402) 471-2536. The sanitarian will meet with you to discuss your operation, inspect the preparation area for your product, if necessary, and offer you the permit application. (DJ)

# Pine Wilt Disease Deadly to Pines

A deadly killer of exotic pines is becoming more prevalent in southeast Nebraska. Pine wilt, a disease caused by a nematode moved by the pine sawyer beetle, is causing some large pine trees to brown out and die with the needles still attached. The disease is most fatal to scotch pines and has affected some Austrian and white pines, but not the Nebraska native Ponderosa pine.

The disease was first discovered in Missouri around 1978. Within the last year, Nebraska has seen more of it. Pine wilt has mainly affected the southeast corner of the state, including Lincoln to Omaha and even one case near Fremont. It is unsure how wide spread the disease will become.

Another symptom of the disease is the association of the blue stain fungus in the dead or stressed tree. The fungus, which is a food source for the nematode, leaves a blue stain on the trunk interior.

At this point, no insecticides

are available to stop the disease or the beetle, so sanitation is a must to control the disease. Affected trees must be removed before the beetles emerge from the wood and carry the nematode to non-infested trees. The beetle is used as a taxi service for the nematode. If trees exhibited these symptoms last fall, usually from August to October, they must be diagnosed and removed.

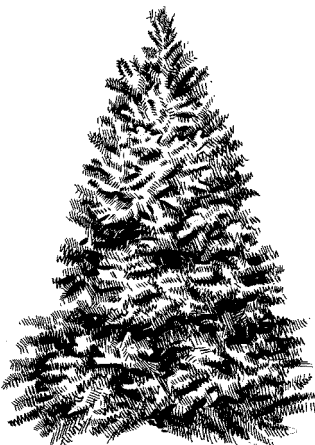
To confirm a tree has pine wilt disease, send in a wedge from the trunk or a one to two inch wedge of a two inch or larger diameter branch near the trunk, to the University of Nebraska Cooperative Extension Plant and Pest Diagnostic Clinic, 448 Plant Science Hall, Lincoln, Nebraska 68583, or call (402)472-2559.

Timely removal of the infested pines is important. Don’t hold the wood for firewood. The trees must be destroyed by chipping, burying or burning. Many people are recommending not to plant

scotch pine in the Midwest or southeast Nebraska because of this recent problem.

The beetles usually feed on stressed trees and with a drought this year, the desire to feed may increase.

For more information, a new publication, EC00-1878, “Pine Wilt: A Fatal Disease of Exotic Pines in the Midwest,” is available at a local cooperative extension office. SOURCE: Loren Giesler, plant pathologist, Ph.D., NU/IANR. (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



*Enjoy Nebraska Foods!*

Alice Henneman, RD, LMNT, Extension Educator

In research conducted at Harvard University, the DASH diet (Dietary Approaches to Stop Hypertension) tested nutrients as they occur together in foods. DASH results showed a plan similar to what Americans eat but high in fruits and vegetables (combined total of eight or more servings daily) reduced blood pressure. However, when they also increased dairy servings to three fat free or low-fat dairy foods daily, the drop in blood pressure was even greater, equaling or exceeding the effects of many types of medication. You can find a copy of the DASH diet at <http://dash.bwh.harvard.edu>

So, to dash up your diet in a heart healthy way, include plenty of low fat dairy, fruits, and vegetables. Here's a recipe provided by the American Dairy Association/Dairy Council of Nebraska.

### Berry Dairy Dream

Makes 2 servings

This recipe makes a great cool summer drink, fun treat for kids, or delicious dessert. Plus, it gives you the benefits of milk and fruit!

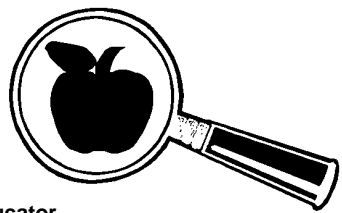
Combine 1 1/2 cups of milk, 1 cup frozen strawberries or raspberries, 2 tablespoons honey, and a splash of ginger ale or 7-UP in a blender until smooth. For an extra creamy dream add 1/2-cup strawberry ice cream or low-fat raspberry frozen yogurt.

Per Serving: 130 calories, 0 g fat, 25% Daily Value for calcium

Recipe courtesy of Milk Processor Education Program (AH)

## Focus on Food

Alice Henneman, RD, LMNT, Extension Educator



### Q: What should you do to handle meat safely when grilling?

**A:** Here are some basic food safety checkpoints for grilling that Joyce Jensen, Lincoln-Lancaster County Health Department and I have put together:

- ✓ When shopping, choose meat and poultry last, and don't put them in the trunk. The temperature there is too hot and bacteria will grow rapidly. Don't let meat set out for longer than one hour during warm weather. If meat sets out too long, bacteria can produce toxins that can cause illness and stay active even during cooking.

- ✓ Refrigerate meat and poultry immediately upon arriving home.

- ✓ Purchase ground meat or poultry no more than a day or two before you plan to grill it. Otherwise, freeze them. Grill larger cuts of meat, such as steaks, within four days of purchase or freeze them.

- ✓ Completely thaw meat and poultry in the refrigerator or just prior to cooking in a microwave. Frozen foods do not grill evenly and may be unsafe. Never defrost on the counter— bacteria will begin to grow. It takes about 24 hours to thaw five pounds of meat in the refrigerator.

- ✓ Clean up juice spills immediately so a raw product does not get on a cooked product. Juice spills should be cleaned with a paper towel. If using a dishcloth to wipe up raw meat or poultry juices, wash it in hot soapy water before using it again.

- ✓ Marinate meat and poultry in the refrigerator. Sauce can be brushed on these foods while cooking, but never use the same sauce after cooking that has touched the raw product.

- ✓ Make ground meat patties about 1/2 inch thick. This helps assure they cook thoroughly and evenly.

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

- ✓ Transport meat and poultry to a picnic site in a cooler kept cold with ice or frozen gel packs. Pack food and cooler immedi-

## Soyfoods - A Serving a Day.....

You have heard about the benefits of soy in your diet including less chance of heart disease, less chance of getting many types of cancer, helping to control diabetes, kidney disease and helping to reduce osteoporosis. Don't clean out your refrigerator and replace with only soy products, but do start thinking of ways you can easily incorporate some soy in your everyday eating plan.

Soy products have changed greatly in the last few years, so you will want to really see what is available even in the major grocery stores. You might be pleasantly surprised at the variety now available. Plus, new products are in the development stage. Soy has the added advantage of having a mild flavor. It tends to take on the flavor of the food with which it is combined. Here are some simple ideas for incorporating more soy into your diet.

- Substitute about 1/4 soy flour in place of wheat flour in most bread recipes. This can be done for pancakes, muffins, or biscuits. It increases the protein content, makes a lighter product, and helps keep breads from going stale. Soy flour is very fine, so it also works well to thicken sauces and gravies.

- To boost protein and fiber, try a snack such as Honey Nuggets.

- Enjoy a refreshing glass of soy milk as a snack.

- Silken tofu is a great addition to a shake or dip, or even a gravy or stew. Tofu acts as a thickener or emulsifier and can be added to many foods. For a great snack, add instant pudding mix to silken tofu.

Here is a SMOOTHIE recipe that you will love. It is a great summer drink for the family:

### Fruit Smoothie

(makes 1 serving of about 1 1/4 cups)

1 cup soy milk (plain or vanilla)

1/2 medium banana (may be frozen)

2 tablespoons frozen fruit juice concentrate, undiluted

1/4 cup frozen fruit such as strawberries, raspberries, blueberries, or combination

Puree all the ingredients in a blender until smooth. Pour into a glass and serve at once.

Sources: Soy Foods, a Healthy Profile—Nebraska Soybean Board; United Soybean Board Website [www.talksoy.com](http://www.talksoy.com) (MM)

## What Ignaz Semelweis Did for You!

Remember Ignaz Semmelweis? Of course you don't. But you're in his debt nonetheless, because it was Dr. Semmelweis who first demonstrated over a hundred years ago that routine handwashing can prevent the spread of disease. (It was another 50 years before the importance of handwashing was widely accepted!)

"Dr. Semmelweis worked in a hospital in Vienna whose maternity patients were dying at such an alarming rate they begged to be sent home," said Julie Gerberding, M.D., director of The Centers for Disease Control (CDC) Hospital Infections Program. "Most of those dying had been treated by student physicians who worked on cadavers during an anatomy class before beginning their rounds in the maternity ward."

Because the students didn't

wash their hands between touching the dead and the living—handwashing was an unrecognized hygienic practice at the time—pathogenic bacteria from the cadavers regularly were transmitted to the mothers via the students' hands.

"The result was a death rate five times higher for mothers who delivered in the hospital than for mothers who delivered at home" said Dr. Gerberding.

In an experiment considered quaint at best by his colleagues, Dr. Semmelweis insisted his students wash their hands before treating the mothers—and deaths on the maternity ward fell fivefold.

"This was the beginning of infection control," Dr. Gerberding said. "It was really a landmark achievement, not just in healthcare settings, but in public health in general because

today the value of handwashing in preventing disease is recognized in the community, in schools, in child care settings, and in eating establishments."

Healthcare specialists generally cite handwashing as the single most effective way to prevent the transmission of disease. The basic rule in the home is to wash your hands "... before preparing food, after changing diapers, and after using the bathroom."

CDC cites five common household scenarios in which disease-causing germs can be transmitted by contaminated hands.

HANDS TO FOOD: germs are transmitted from unclean hands to food, usually by an infected food preparer who didn't handwash after using the

See **IGNAZ** on page 11



**YOUR**  
**information**  
**center...**  
**around the**  
**clock**

### NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. 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.

**300 Newer Canning Recommendations**  
**312 Freezing Corn on the Cob**  
**316 Quickly Remove Tomato Skins**

and many more...



### Cook It Quick!

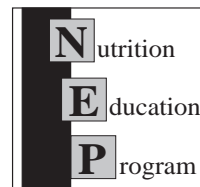
Tips and recipes for cooking healthy foods in a hurry:  
**[www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)**

### FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)

### Diabetes Study Course

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



### Nutrition Education Program

for Limited Resource Families

**Mardel Meinke**  
Extension Assistant

See **FOCUS** on page 12

# Clarice's Column

Clarice Steffens  
FCE Council Chair



With a summer packed with activities upon us, I hope many of you will reserve some time to attend and enjoy the FCE activities planned for you. Our June 26 Council meeting should be fun as we share gardening joys and tribulations with our guest, Bob Gilmour, master gardener. Bob will discuss topics of current interest and we will allow time for all your questions. The

program will be followed by the business meeting. Among other things, delegates to the State Convention in Ainsworth will be elected. Also plan to take part in the Sizzling Summer Sampler (SSS) on July 13. It seems there are many members who have never attended this activity. Maybe you should try it—you might like it! The learnshops cover a variety of subjects and you have the opportunity to attend all three. Reservations for you and your guests are necessary for planning the light supper. The Council meeting and the SSS will be held at the Lancaster County Education Center.

In August, FCE clubs participate in Health Awareness Day at the County Fair. Ann Meier, chair of this committee, has done this for several years and will certainly appreciate your volunteering to help with the event. This year Health Awareness Day is Friday, August 4. If you have not already done so, you might enjoy seeing the progress that is being made at the site of the Lancaster Event Center on North 84 Street. Things are beginning to take shape. Have a fun, as well as safe, summer.

## FCE News

### June FCE Council Meeting

The June FCE Council meeting is scheduled for Monday, June 26, 7 p.m. at the Lancaster Extension Education Center. Bob Gilmore, master gardener, will present a program on gardening. Delegates to the State Convention in September will be elected. Plan now to attend. (LB)

### Health Awareness Day

Health Awareness Day will be held Friday, August 4, 9 a.m. to 4 p.m. at the Lancaster County Fair. This event is sponsored by the FCE Council and Lancaster County Ag Society. Your help is needed for check-in and other activities throughout the day. If you can help please contact Ann Meier, 488-6219, to sign up for a two hour time slot. This is a fun event and great way to meet new people. (LB)

# Summer Chores

School is out. What are your expectations for summer chores? Unless a routine is established early in the summer, things can deteriorate quickly and children can develop the attitude that the summer is one long play time. Kids often complain that assignment of chores is unfair. Here are some simple suggestions for assigning chores. Each child chooses one big job and one small job to do for a month. Give younger children a chance to choose first. Rotate regularly. Create a chore wheel. Younger kids can spin it each week to see what their jobs are. Give children complete

responsibility for maintaining a different common family room each week. List chores that need to be done on slips of paper and spread them out on the floor. Each child selects three slips. Allow for a two-minute barter period to give kids a chance to negotiate if they want to change jobs. It's your night to cook. You may have to work your way around baseball or soccer practice but it's worth teaching children how to put together a simple summer meal for the family. Some children feel they should be paid for doing chores. Experts agree this is not a good

strategy. But chores can be used as a source of additional money. For example, parents might keep two lists: The A list has chores the child owes the family; they are his/her responsibility as a family member. The B list, however, includes chores the child may elect to do in return for money. Some parents find other ways to reward their children such as a "fun box" where kids throw in suggestions for week-end activities. If all the chores have been completed, the parents pick one activity to do with the family. Adapted from Work and Family Life, January 1997. (LJ)

# Agree about the Kids

Moms and dads need to agree with each other on what the rules are for the kids and on what should be done if one of the kids is naughty. If they don't agree, lots of problems can happen: The kids might play one of you against the other to get their way. Worst of all, they might get

confused about what is right or wrong. If they do this, they can have a very hard life. Talk about rules ahead of time, not in the middle of an argument. You can't settle things when you are mad. Talk about what should happen if a child breaks a rule, then both of you should follow through.

For example, if one of you says the child has to go to his room, then the other one should not say he doesn't have to go to his room. Both of you need to work together to make rules for your kids. If you don't, your children will not learn to follow rules and they will have problems not only at home but with other people. (LJ)

# Grandparents and Discipline

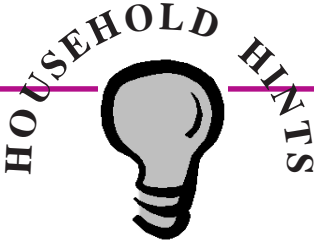
Discipline is a difficult issue for many grandparents. "What do I do if I think my son is being to harsh with his child?" "What do I do if my daughter lets her children run wild in my house?" These are common questions. Grandparents who are free of the primary responsibility of rearing a child

may find these suggestions helpful. 1. Make sure the child's parents know the rules for your home. Have rules that are reasonable and clearly related to you and your home. 2. Allow parents to explain your rules to their children. Show confidence in the parent as

the person in charge. 3. If the child's misbehavior is unexpected, take the parents aside and clearly describe what you want. Make a personal appeal to the parent and let them deal with their children. 4. Allow parents to enforce

See DISCIPLINE on page 11

## Family Living



by Lorene Bartos, Extension Educator

**Patio Furniture**  
Getting patio furniture ready for the first summer barbecue? Many all-purpose cleaners can cut through dirt and grease on vinyl furniture. On large vertical surfaces, work from the bottom to the top to avoid streaks. (LB)

## Sizzling Summer Sampler

Thursday, July 13  
6 to 9 p.m.

Lancaster Extension Education Center  
444 Cherrycreek Road

sponsored by  
Lancaster County Association for  
Family and Community Education

**Learnshops:**  
"The 'Joy' of Paper Piecing (quilting)" by Joy Kruse  
"Violets with Anna Marie" by Anna Marie Bretthorst  
"Flower Weaving with Nancy" by Nancy Sutton

Light supper at 6 p.m.

Plan to attend and invite a friend!

Cost \$8.00. Make checks payable to FCE Council.

Send reservations by July 7<sup>th</sup> to:  
Joy Kruse, 850 Adams, Lincoln, NE 68521

Mark your calendar today!  
Join the fun and fellowship.

## Character Counts! Corner

### The "Six Pillars of Character"

What are the six pillars?  
Trustworthiness—integrity, honesty, promise-keeping, loyalty  
Respect—courtesy, autonomy, dignity, diversity, Golden Rule  
Responsibility—duty, accountability, pursuit of excellence  
Fairness—openness, consistency, impartiality  
Caring—kindness, compassion, empathy  
Citizenship—lawfulness and common good  
What do the six pillars represent?  
The six pillars result from a search for enduring moral truths that allow us to distinguish right from wrong and define the essence of ethics and good character.  
Are the six pillars universal in acceptance?  
The core ethical values embodied in the "Six Pillars of Character" express shared secular and religious values that bridge the gap between liberals and conservatives.  
Adapted from Josephson Institute Materials (LJ)





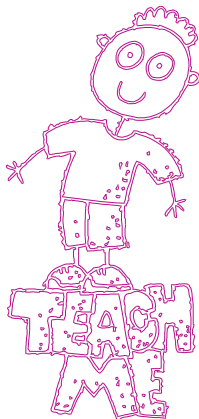


## 4-H & Youth

# 4-H Bulletin Board

- 4-H animal fair entries are due to the extension office by 4:30 p.m., Friday, July 7. (DK)
- **No late animal entries will be accepted** for the 2000 Lancaster County Fair. *Register by July 7!* Registration forms for county fair are available at the extension office. (DK)
- Remember to sign up to help at the fair if you are 12 years old or older. We need help on entry day from 4-8 p.m. and on judging day, all day. Call the extension office to sign up! (LB)
- Teen Council is Sunday, July 9 at the Schepers' home. Watch your mail for more information. (TK)
- Lancaster County Fair is August 2-6. (LB)
- Fair books have been mailed. Make sure you have yours and that you refer to it for information about the fair. (LB)
- A handout on "How to Exhibit at the Fair" is available at the extension office. (TK)
- There is still time to register for 4-H camp at the Eastern Nebraska 4-H Center. Call the extension office for more information. (TK)

## Attention: All FUN-seekers!



Do you like to have FUN with kids? Are you interested in helping with the 2000 Lancaster County Fair? We have just the thing for you. We need volunteers to help with FAIR FUN DAY, to be held on Friday, August 4. Volunteers will take school-age children through different FUN activities around the fairgrounds. Please call Kris at 441-7180 for more details. (KG)

## Food booth training

**What:** A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.

**Where:** State Fair Park, 4-H Demo Rooms, just south of the 4-H Rock Café in the 4-H Youth Complex. (Check fair book map.)

**When:** Thursday, July 27, 6-7:30 p.m.

**Workshops:** Customer Service  
Making Change and Taking Orders  
Food Safety  
Your Responsibilities as a Volunteer

**Visit:** Food Booths

**Bonus:** Certificate of Completion and lots of fun. (LB)

## We Need You...At the 2000 Lancaster County Fair!

Volunteer helpers (ages 12 and over) are needed to help in the information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day and make the fair the best it can be!

Call 441-7180 to sign up.

Thanks, in advance, for all your help! (LB)

## County Fair Contests and Interview Judging

### Family & Consumer Science Judging Contest

Wednesday, July 19, 1 p.m., registration at 12:45 p.m. 4-H members will use their decision making skills in the junior division (8-12 years old) or senior division (12 years old and older as of January 1, 2000). See related article for topics and resources.

### Demonstrations

The Demonstration Contest is one of the best ways to share your expertise and ideas with others. Demonstrations can be done as an individual or as a team. There will be two demonstration contests; Friday, July 21, 1:00 p.m. at the Lancaster Extension Education Center and Saturday, August 5, at the county fair. See page 9 of the fair book for categories.

### Table Setting

Thursday, August 3, 8:30 a.m. in Ag Hall at State Fair Park. This contest gives you a chance to choose a theme category, (holiday, formal, picnic, birthday, or casual) plan a menu, centerpiece, and place setting to coordinate with your

theme. Each 4-H member will have a five minute interview with the judge. A table setting contest booklet and information sheet is available from the office.

### Style Revue

Style Revue Judging Wednesday, July 26, First Lutheran Church, 1551 S 70 Street. Style Revue forms are available from the office.

Public show, Wednesday, August 2, 7 p.m. at the 4-H Building Arena, State Fair Park. The public is invited to the style revue to see the 4-H members show off their outfits.

### Bicycle Safety

Saturday, August 5, 9 a.m. at the county fair. 4-H members do not need to be enrolled in the bicycle project to enter this contest. Check the fair book for contest rules.

### Interview Judging

Wednesday, August 2, refer to pages 5-6 of the fair book for project areas that will have interview judging. Sign up for a five-minute time slot by calling the extension office. If you have more than one item in a project

area, sign up for five minutes per item. Talk to the judge about your fair exhibits by sharing the trials and lessons of your exhibits. Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills.

### Shooting Sports

Must be enrolled in a shooting sports project under direction of a certified 4-H shooting sports instructor to participate. See pages 13-15 of the fair book for categories and rules.

### Horticulture

The 4-H Horticulture Contest is Wednesday, July 19, 10 a.m. Study material for the contest is available at the extension office.

Registration forms for demonstration contests are available at the extension office. Call the office at 441-7180 by July 7, to register for the contests. No preregistration is needed for the Family & Consumer Science Judging Contest. (TK/LB)



## Needed: 4-H Ambassadors



4-H members who will be in grades 9-12 in the fall are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.

4-H Ambassadors:

- Promote 4-H through PSA's and displays
- Serve as master/mistress of ceremonies at events
- Develop marketing skills through selling ads for the fair flyer
- Provide leadership for 4-H activities

To apply, send a letter on why you would like to be an ambassador and resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

## Family & Consumer Science Contest and Demonstration Contest Dates

Come to the Family & Consumer Science Contest Workshop Wednesday, June 21 from 1-2:30 p.m. Learn judging techniques and decision-making skills for July 19 Family & Consumer Science Contest. The demonstration workshop is Wednesday, June 21 at 2:30 p.m. 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Preregistration is not necessary. (TK)

## Livestock Judging Clinic

4-H and FFA youth are invited to attend a livestock judging clinic on Tuesday, June 20 from 10 to noon in the sheep barn at State Fair Park. Youth will have a chance to work with members of the UNL Collegiate Judging team. They will learn selection techniques and how to give oral reasons. For further information, please contact Deanna at 441-7180.

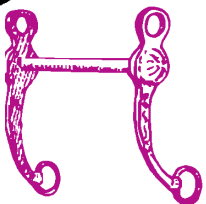
Please call 441-7180 to register by June 16. (DK)

## Goat Showmanship Workshop

If you are interested in improving your showmanship skills, you and your goat are invited to attend a workshop on Thursday, June 22, 9-11 at State Fair Park. During the day we will learn proper showing and fitting techniques. For information, contact Deanna at 441-7180. (DK)

## Hoof Trimming Clinic

Please attend a hoof trimming clinic for beef on Tuesday, July 18, 6-7 p.m. at the Gordon Chapelle residence. For directions or for detailed information contact Deanna at 441-7180. (DK)



# HORSE BITS

## Misprint in New Horse Show Judging Guide

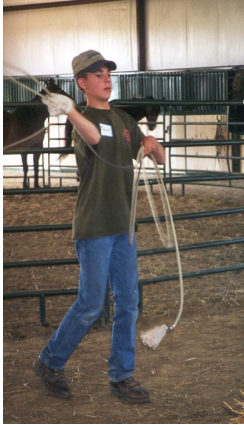
For anyone who has already purchased the new 4-H Horse Show and Judging Guide, please make a note of a misprint on page 66 which indicates an incorrect lead.

Under ADVANCED WESTERN OR ENGLISH EQUITATION, number two should read: “Drop stirrups or irons (may cross), walk 10 yards, trot 20 yards (English-rising), lope or canter on right lead, stop and pick up stirrups.”

## Roping Clinic Held

The Roping Clinic was held at the Frink family arena on April 29. There were 22 youth in attendance for the afternoon clinic presented by Monte Stauffer. Monte covered many topics which included types of ropes, throwing techniques and horsemanship maneuvers involved in roping.

Many thanks to Monte for providing this clinic. Also thanks to Brad and Susan Frink for offering their arena for our use; Larry Essink and The Fort for providing free hats and patches for each youth; and all of the other adults who came out and helped individually instruct each exhibitor.



Just a few the many very talented ropers at the Roping Clinic.

## AkSarBen Premier Exhibitor Award

When you’re picking up your AkSarBen entries at the extension office, don’t forget to ask for your AkSarBen Premier Exhibitor Award entry. The purpose of this award is to provide an opportunity for 4-H exhibitors to demonstrate their project production and management knowledge; strengthen decision making and communication skills; and recognize excellence in the demonstration of project knowledge.

Candidates are evaluated 35 percent on a pre-scheduled interview, 35 percent on a four activity “Skillathon Station,” 20 percent on a production and management quiz, and 10 percent on live placing. Winners will be announced during the division shows, when possible. Plaques, stipends, and ribbons will be awarded to the top 30 percent in each division. The OVERALL winner from each division will be eligible, during the following year, to compete for an \$800 educational scholarship.

# Science at its Best! 4-H School Enrichment

Has your student hatched baby chicks in school—or tasted space food? What about making recycled paper or composting with worms? Is your youngster asking you to turn off the water when you brush your teeth? If so, chances are they have participated in 4-H School Enrichment.

4-H School Enrichment is science at its best! Through hands-on/minds-on activities, youth developed skills in problem solving and decision making. They applied scientific and technical principles to their daily lives...AND they had fun! This year, school enrichment educated over 12,000 students in grades second through fifth, in

approximately 65 schools in Lancaster County.

Garbology, Vermicomposting, Embryology, Blue Sky Below My Feet, and 4-H Water Riches are school enrichment programs.

Following are examples of the impact these programs have on our students.

“I stomp our pop cans before we take them to be recycled,” said a Sheridan student.

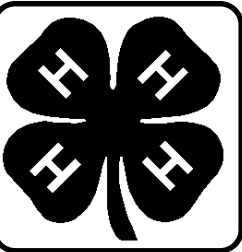
“Embryology teaches responsibility, patience and expectation. Youth develop a healthy sense of awe, respect, and tenderness toward living things,” commented a Lincoln Public Schools teacher.

“It’s fun to think about other planets and what might be on them. I want to be an astronaut—I think the space station is cool,” a Humann student remarked.

“The things I learned are about non-point and point source pollution. Non-point pollution is when pollution gets out and nobody knows where it comes from. Point source pollution is when pollution gets out and you know where it’s coming from,” expressed a Trinity Lutheran youngster.

Yes, the 4-H School Enrichment year has ended! But watch for next year’s programs and how your student will be involved. It’s an educational experience for the family and science at its best! (ALH)

## 4-H & Youth



## Fair Reminder

No straw bedding is allowed in the livestock barns. Woodchips will be available for sale at the fair or exhibitors may bring their own. (DK)

**Livestock fair entries must be post-marked or into the extension office by 4:30, July 7. Entry forms are available at the extension office. Early entries will be accepted with a smile! (DK)**

# Family & Consumer Science Judging Contest

Wednesday, July 19, 1 p.m.  
(12:45 p.m. registration)  
The contest will be divided into two divisions, the junior division and the senior division. 4-H members under 12 years of age as of January 1, 2000, will judge in the junior division. 4-H members 12 years old and older as of January 1, 2000, will judge in the senior division. Topics and resources for the contest are:

Topic	Publication
Senior Level	
<b>Foods &amp; Nutrition</b> <ul style="list-style-type: none"><li>• Fad Diets</li><li>• Evaluating Nutrition Information</li><li>• Understanding Eating &amp; Emotions</li></ul>	<b>You’re the Chef (4H793)</b>
<b>Home Environment</b> <ul style="list-style-type: none"><li>• Color</li><li>• Room Arrangement/Floor Plans</li></ul>	<b>Design Decisions (4H440)</b>
<b>Entrepreneurship</b> <ul style="list-style-type: none"><li>• Researching Customer Needs</li><li>• Making a Business Plan</li></ul>	<b>Business Sense (4H457)</b>
<b>Child Development</b> <ul style="list-style-type: none"><li>• Effects of television on Children</li><li>• Developmental Characteristics for Youth</li></ul>	<b>Growing Up in Communities (4HCCS BU-7141)</b>
<b>Clothing &amp; Textiles</b> <ul style="list-style-type: none"><li>• Fabric Selection–Weave</li></ul>	<b>Clothing Level 2 (4H224)</b>
Junior Level	
<b>Foods &amp; Nutrition</b> <ul style="list-style-type: none"><li>• Smart Food Purchasing</li><li>• Understanding Ads</li></ul>	<b>Six Easy Bites (4H791), pages 11-16</b>
<b>Home Environment</b> <ul style="list-style-type: none"><li>• Color</li><li>• Room Arrangement</li></ul>	<b>Home Building Blocks (4H195, pp. 5-7: 4H196, pp. 4-6; 4H197, pp. 4-5)</b>
<b>Child Development</b> <ul style="list-style-type: none"><li>• How Youth Grow</li><li>• Making Learning Fun</li></ul>	<b>Growing Up on My Own (4HCCS BU-7139, pp. pp. 4, 5, 7, 9, 14, 20)</b>
<b>Clothing &amp; Textiles</b> <ul style="list-style-type: none"><li>• Use &amp; Care of the Sewing Machine</li><li>• Selecting Fabric</li></ul>	<b>Sewing For Fun (4H167, pp. 7-9, 13-16)</b>

Individuals will answer five written questions for each of the four situations, totaling 20 written questions. Also, senior 4-H members will choose two of eight oral questions to answer for a judge. Juniors will choose one of five oral questions to answer for a judge. (TK)

**Attention!**  
**See Page 11 for more 4-H Information!!**





Community Focus

Work Party Scheduled for June 17

Construction of the arena fencing for the *Amy Countryman Outdoor Arena* is scheduled for Saturday morning, June 17 at the Lancaster Event Center building site. Volunteers are needed to help with installation of the commercially purchased fence posts and panels. An arena site has been prepared with proper grading and application of a fly ash base for sealing and good drainage. Visitors to the arena site will be impressed with the excellent results.

Ten to 12 volunteers are needed for two work times scheduled 8 to 10 a.m. and 10 a.m. to 12:00 noon. Lunch will be provided for all volunteers. The work party is being organized by Donna Snover. If interested in volunteering, Donna can be reached at 782-2976. (GB)



"Fun is in the Air  
at the Lancaster County Fair"

August 2-6

State Fair Park • Lincoln, Nebraska

Lancaster County Extension Welcomes Karen Evasco



Karen Evasco is the new staff replacement for Kathy French who recently resigned to move to Texas. Karen has a long time career as a Lancaster County employee. Her duties will be primarily the 4-H program and ewf. Karen lists time spent with her family as one of her most enjoyable activities.

A Potpourri of Herbal Ideas from Pioneers Park Nature Center



- Bridal Events with an Herbal Twist**  
Saturday, June 17, 10 a.m. to 12 noon, Prairie Building, \$10 per person. Add a dash of herbs to a bridal event or other special occasion. We'll explore ways of using herbs and flowers for your gifts and table decorations. Each participant will make an example to take home. Preparation of an herbal hors d'oeuvre and cake will be demonstrated and tasted.
- Preserving Herbs and Flowers**  
Saturday, July 15, 10 a.m. to 12 noon, Prairie Building, \$10 per person. We'll discuss preserving herbs and flowers for both craft and culinary use. Each participant will have the opportunity to make a greeting card with dried flowers. We'll explore ideas for the use of edible flowers in a variety of foods, with tastes provided.



- An Herbal Tea Party**  
Saturday, August 19, 10 a.m. to 12 noon, Prairie Building, \$10 per person. We'll discuss how to utilize a variety of herbs for delicious teas. Each participant will make a small herbal centerpiece to take home. A demonstration of the preparation of foods for an herbal tea party will be followed by the party itself!

For more information or to register, call 441-7895.

Lancaster Event Center Progress Report



- Construction of the new Lancaster Event Center remains ahead of schedule and continues to move further toward completion. The size and shape of the buildings are becoming easier to identify with installation of the exterior wall materials.
- Two cupolas and an entrance canopy have been added to the multi-purpose building. These additions enhance the structure's attractiveness and add to the overall distinction of the building.
- The exterior of Pavilion I and II are nearing completion and attention has been directed to the interior construction. Construction of the four animal wash areas, the public restrooms, and installation of the fire sprinkler system have been the most recent priorities.
- The Amy Countryman Arena should be completed and ready for use (pending building contractor approval) by August. (GB)



Photos courtesy of Joel Armstrong



## DEET

*continued from page 3*

in people who incorrectly used the repellent, according to Dr. Fradin.

Here are some guidelines for choosing an appropriate concentration of DEET in a repellent:

Children should generally use products containing 10 percent DEET or less. Be careful not to apply a repellent on a child's hands or close to a child's mouth or eyes. It's best to avoid applying DEET products to infants.

Adults participating in short-term outdoor activities during warm weather may want to choose a product with a ten percent to 30 percent concentration of DEET. Adults who are outside for longer periods of time in areas with a high density of ticks or mosquitoes, may require a stronger DEET product. A 40 percent to 50 percent DEET concentration should be sufficient. In general, you should use the lowest effective concentration of DEET to minimize the risk of side

effects. Higher concentrations of DEET generally last longer on the skin, but concentrations of more than 50 percent DEET are rarely necessary.

DEET can damage plastics, synthetic fabrics, leather, and painted or varnished materials, so be careful not to get it on such things as eyeglass frames, watch crystals, walls, or furniture. DEET does not damage natural fibers, such as cotton or wool, and has no effect on nylon.

DEET is safe to use when you choose the appropriate concentration and use it with common sense. Source: Mayo Clinic: <http://mayohealth.org/mayo0014/htm/mosquito.htm>

### The EPA offers these recommendations for safe use of insect repellents:

-Verify the repellent is EPA-approved. It should say on the label.

-Use just enough repellent to lightly cover the skin. Do not saturate the skin.

-Repellents should be applied

only to exposed skin, clothing, or both. Do not apply repellents underneath clothing.

-To apply a repellent to the face, dispense it into your palms, rub your hands together, and apply a thin layer to the face.

-Avoid contact with eyes and mouth. Do not apply a repellent to children's hands because they are likely to put them in their mouths.

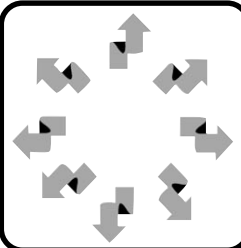
-After applying, wipe or wash the repellent from the palms to prevent inadvertent contact with eyes, mouth, or genitals.

-Never use repellents over cuts, wounds, inflamed, irritated, or skin affected by eczema.

-Do not inhale aerosol formulations. Be careful to not let the spray drift into your eyes.

-Once inside, wash treated areas with soap and water. (BPO)

## Miscellaneous



## BLUE FLOWERS

*continued from page 2*

shady areas. The leaves are heart shaped and the flowers are light blue. It will grow from 12 to 15 inches high with a 15 inch spread. Brunnera is cold hardy in USDA zones 3 to 8.

### Crested iris (*Iris cristata*)

This little iris is native to North America. It prefers part shade and well drained soil. Clumps of crested iris grow three to six inches tall. Crested iris is cold hardy in USDA zones 3 to 8.

### Balloon flower

(*Platycodon grandiflorus*) This

reliable perennial emerges in late spring and blooms all summer. Bell shaped flowers open from balloon shaped buds. It grows best in moist, well drained soil. Plants reach a mature height of about two feet.

Other blue flowering plants include monkshood (*Aconitum napellus*), bugloss (*Anchusa azurea*), blue false indigo (*Baptisia australis*), bellflower (*Campanula* spp.), delphinium (*Delphinium elatum*), gentian (*Gentiana* spp.), Stokes' aster (*Stokesia laevis*) and Veronica (*Veronica* spp.). (MJM)



## IGNAZ

*continued from page 6*

toilet. The germs are then passed to those who eat the food.

**INFECTED INFANT TO HANDS TO OTHER CHILDREN:** during diaper changing, germs are passed from an infant with diarrhea to the hands of the caregiver; if the caregiver doesn't immediately wash his or her hands before handling another child, the germs that cause diarrhea are passed to the second child

**FOOD TO HANDS TO FOOD:** germs are transmitted from raw, uncooked foods, such as chicken, to hands; the germs are then transferred to other foods, such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.

**NOSE, MOUTH, OR EYES TO HANDS TO OTHERS:** germs that cause colds, eye

infections, and other illnesses can spread to the hands by sneezing, coughing, or rubbing the eyes and then can be transferred to others.

**FOOD TO HANDS TO INFANTS:** germs from uncooked foods are transferred to hands and then to infants. If a person handling raw chicken, for example, doesn't wash his or her hands before tending to an infant, they could transfer germs such as salmonella from the food to the infant.

Handwashing can prevent the transfer of germs in all five of these scenarios. CDC recommends vigorous scrubbing with warm, soapy water for at least 15 seconds.

Source: Adapted from information provided by the Centers for Disease Control 3/6/2000. (AH)



## DISCIPLINE

*continued from page 7*

the rules. If they are present when their children misbehave, let them respond. Do not take away their authority by controlling the situation. If you disagree with the parents discipline choice, talk later with them about what happened. If the parents know what you expect, yet take no action, you may have to directly respond to the child's behavior.

5. If parents are not present and the child misbehaves, you can be more directly involved. Make sure your grandchildren

know what you expect. Focus primarily on prevention and guidance tools. Avoid introducing unpleasant consequences. Punishment undermines the delicate and precious relationship that can exist between grandparents and their grandchildren.

Discipline means teaching and grandparents can be important teachers for their grandchildren. By working together, parents and grandparents can make a real difference in the lives of children. (LJ)

## Trapshooting Members Receive Awards



Nebraska State High School National Cornhusker Trapshooting Meet held at Doniphan, NE on May 5 & 6. Lancaster County 4-H Shooting Sport Team won first place in the 4-H division. Winning five member team, photo from left to right. Nate Buhrman, Zach Marshall, Eric Timperley, Jasen Hardnock (holding trophy) and David Staley.



Members received the Eastern Conference Academic Trapshooting Awards. Pictured from left to right: Nate Buhrman, Jasen Hardnock, Laura Johnson, Zack Marshall, and Eric Timperley. As a senior Laura Johnson was named to the five member All-State Academic Trapshooting Team.

## A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: [www.lanco.unl.edu](http://www.lanco.unl.edu)

### Some shortcuts:

[www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

[www.lanco.unl.edu/ag](http://www.lanco.unl.edu/ag)

[www.lanco.unl.edu/enviro](http://www.lanco.unl.edu/enviro)

[www.lanco.unl.edu/neblines](http://www.lanco.unl.edu/neblines)

[www.lanco.unl.edu/hort](http://www.lanco.unl.edu/hort)

[www.lanco.unl.edu/family](http://www.lanco.unl.edu/family)

[www.lanco.unl.edu/4h](http://www.lanco.unl.edu/4h)

[www.lanco.unl.edu/contact](http://www.lanco.unl.edu/contact)



The NEBLINE

Nebraska Cooperative Extension  
Newsletter  
Lancaster County

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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.

- Mary Abbott, Extension Assistant
- 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
- Sondra Phillips, Nutrition Advisor
- 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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2. Submit general comments and/or story ideas

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- ☐ Order subscription (free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)
- ☐ Change of Address

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.

- June 13**  
4-H Council Meeting ..... 7 p.m.
- June 14**  
Horse VIPS Committee ..... 7 p.m.
- June 15**  
Fairboard Meeting ..... 7:30 p.m.  
Animal ID’s Due
- June 17**  
Amy Countryman Outdoor Arena Work Party, *Lancaster Event Center* ..... 8-12 noon  
Bridal Events with an Herbal Twist, *Pioneers Park Nature Center* ..... 10 a.m.-12 noon
- June 19-22**  
District Horse Show
- June 20**  
4-H/FFA Livestock Judging Clinic, *State Fair Park* ..... 1-3 p.m.
- June 21**  
Consumer & Family Science Contest Workshop ..... 1 p.m.  
Practice Demonstration Workshop ..... 2:30 p.m.
- June 22**  
Great Showmanship Workshop, *State Fair Park* ..... 9-11 a.m.
- June 26**  
Pet Pals 4-H Meeting ..... 7 p.m.  
FCE Council Meeting ..... 7 p.m.
- June 26-29**  
District Horse Show
- June 27**  
4-H Tree Workshop ..... 2 p.m.
- July 7**  
All Animal & Contest County Fair Entries Due
- July 9**  
4-H Ambassador Meeting ..... 2 p.m.  
4-H Teen Council Meeting ..... 3-5 p.m.
- July 10**  
Livestock Booster Club Meeting ..... 7:30 p.m.
- July 11**  
4-H Horticulture Contest Workshop ..... 2 p.m.  
4-H Council Meeting ..... 7 p.m.
- July 12**  
4-H Horse VIPS Meeting ..... 7 p.m.
- July 13**  
Sizzling Summer Sampler ..... 6-9 p.m.
- July 14**  
Extension Board Meeting
- July 15**  
Preparing Herbs and Flowers, *Pioneers Park Nature Center* ..... 10 a.m.-12 noon
- July 18**  
Beef Hoof Trimming Clinic, *Gordon Chapelle Residence* ..... 6 p.m.
- July 16-20**  
4-H State Horse Expo, Grand Island



FOCUS

continued from page 6

ately before leaving home. Avoid frequently opening the cooler. Pack beverages in one cooler and perishables in another. Keep cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter at the picnic site. Remove at one time only the amount of food that will fit on the grill. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits and vegetables.

✓ Cooking is key to meat and poultry safety. If needed, scrape the grill before grilling. Heat the grill to kill microorganisms before placing meat or poultry on it.

✓ When meat and poultry are done cooking, juices will run clear when you cut into the meat. Cook ground beef patties until brown in the middle and

juices are clearish with no pink in them (160 degrees F). When testing doneness, don’t reuse the same knife or utensil to recheck for doneness.

While ground meats should be heated to 160 degrees F to kill microorganisms, temperatures for steaks can be 145 degrees F for medium rare, 160 degrees F for medium and 170 degrees F for well done. Whole poultry should be cooked to 180 degrees F in the thigh. Breast meat should be cooked to 170 degrees F.

Use tongs or spatula to turn meat rather than a fork which punctures the meat and introduces bacteria into the interior of the meat.

✓ Adding sauces or spices to meat may make it look brown before it is done. Brush or sprinkle sauces/spices on the surface of cooked burgers.

✓ Cook meat and poultry completely at the picnic site. Partial cooking of foods ahead of time allows bacteria to survive and multiply to the point that subsequent cooking may not destroy them.

✓ Use a separate clean tongs or spatula for removing meat or poultry from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.

Discard any food left out for more than two hours or one hour if the temperature is above 90 degrees F. When in doubt, throw it out!

For more information about summer food safety from NU Lancaster County Extension and Lincoln-Lancaster Health Department, check on the Internet under the “Hot Topics” section at: [www.lanco.unl.edu/food](http://www.lanco.unl.edu/food) (AH)