

Northwest Rural Public Power District

Hay Springs, NE 69347

July 2021

Former South Dakotan Brings Fencing Business to Area

Unlike most farmers and ranchers, Ryan Burkinshaw enjoys fencing. You see, he builds fences for a living. New to Northwest Nebraska, Ryan moved from Hermosa, S.D. to rural Hay Springs with his new bride, Mandy (Carlson), the first of the year. She grew up in this area, but he was raised in Western South Dakota graduating from Wall High School and attended Black Hills State University where he rodeoed for a couple of years.

With the move, he relocated his business, "Burkinshaw Fencing, LLC". He has been in business for seven years and builds an array of fences.

"I earned my Associate's Degree but after I realized I didn't want to sit inside all day and enjoyed working outdoors," said Burkinshaw.

Prior to his fencing business, he was self-employed cutting bark beetle trees during the out break up in the Hills. He used that capital to fund his fencing venture.



Ryan Burkinshaw of rural Hay Springs moved to Hay Springs the first of the year bringing his fencing business with him from Hermosa S.D.



Erecting some woven wire fencing with the aid of a ProFencer and bobcat.

"Growing up on ranches taught me how to fence since it's a regular chore, but fixing a little fence at home is a lot different than building fence for a living," explained Burkinshaw. "I also had the privilege to work for a couple other custom fencers to learn the tricks of the trade. Every body has a little different way of doing things so I got to see what worked and what didn't."

Pasture fence is probably his most requested, but he does all types even commercial and residential. "Most of my customers are farmers and ranchers, good honest people to work for," said Burkinshaw.

There are pros and cons to being self-employed. There may be no set hours, however some times a job may take three days and other times they're a month long. "I can usually do a mile of fence in a couple days if the ground is pretty easy goin'," he explained.

Burkinshaw has done some pretty rugged jobs for South Dakota Game, Fish and Parks and the Bureau of Land Management up around Ft. Meade, S.D. "I'd say the biggest job was for the 777 Bison Ranch, when I did 30 miles of 6 foot high game fence one winter/spring and have been back multiple times since then, I love fencing out there," explained Burkinshaw.

"One of the most complicated jobs would probably be the new working facilities we did at the Fall River Vet clinic last winter," said Burkinshaw.

(Continued on Page 2)

Burkinshaw Fencing--

(Continued from Page 1)

He will consider travelling quite a ways for a job. "It really just depends on the job. If it's a big enough job I've gone three hours or more. Those first couple years I stayed in a camper out on the job sites because some were so remote," said Burkinshaw. "...but got to see some beautiful country!"

Spring and fall are usually the busiest seasons for Burkinshaw Fencing. "Every body needs a little fence done to get cows out to grass and again in the fall when they start thinking about getting them worked," he explained.

Burkinshaw doesn't have a specific supplier, just whatever is handiest for him. "I prefer pipe and keep a

good stockpile of that on hand," he said. "I did just recently start getting Cow Country Equipment out of Rapid City on board to let me sell their products. They make some really good heavy stuff that i enjoy building with," said Burkinshaw.

Burkinshaw enjoys owning his own business. He is now in his seventh year. "It makes a guy feel good to look at a finished fence and take pride in the fact that it was built right and will last years to come.

He and Mandy live southwest of Hay Springs where they also run a few cows. She is a math teacher at the new Lakota Tech High School in Pine Ridge. The couple are expecting their first baby, a son, in August.

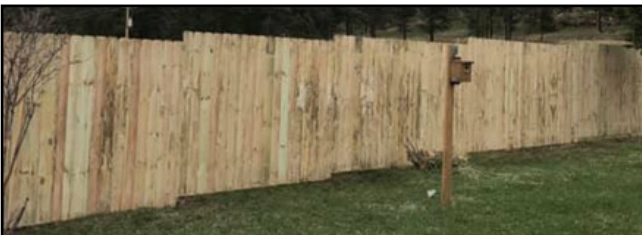
He currently has one employee, John Rotness, who works with him.

"I really enjoy living in Western Nebraska so far, the people are friendly and its a little slower pace than around Rapid City. You really notice when I have to go back and nobody waves on the roads, its the little things," laughed Burkinshaw.

Many examples of his work can be found on his website Burkinshawfencing.com, also on his facebook page if you want to keep up with his latest projects. You can also contact Ryan at (605) 430-3912.



Pasture fencing is Burkinshaw's most popular request.



Privacy fence for a customer in Custer, S.D.



A Cow Country calf table that Burkinshaw Fencing purchased for a client. It's believed to be the best on the market and easiest to use.



Some heavy duty corrals.



Post rail project over in Wyoming.



Along The Garden Path

-by Karen Runkle, Master Gardener

July - Hot & Dry

There are several things that you should be doing in your garden in July. We think that if it is planted and growing, what else needs to be done. The trick is to keep things growing and looking healthy.

Let's begin by deadheading - If you haven't done so already, remove the faded blooms from your spring perennial flowers such as peonies, bearded iris, and Asiatic lilies. When you remove the dead flowers, you make plants look better and you prevent them from trying to make seed that can sap the plant's energy. Removing faded perennial flowers encourages the plant to send energy to its roots so it will bloom better next year. Many of these perennials such as salvia and verbascum will also put on another flush of flowers if you deadhead the spring bloom.



Keep the water going - It is a good idea to walk through your garden on a daily basis and check the soil for moisture. We live in a hot, dry land most of the time and frequent watering will prevent your plants from going into stress. It makes a beautiful garden.

Pick the garden daily - Vegetables such as cucumbers, green beans, zucchini, eggplants taste better when harvested young. Strawberries, raspberries, and blueberries also benefit from daily picks; harvest at peak flavor. When vegetables are picked daily, they will increase their production. If you leave the vegetables on the vine, they believe that they are finished for the season and quit producing.

Mulch, Mulch, Mulch - A wise gardener once said: "You can never have enough mulch." Actually I made that up, but the lesson is true. Mulch is the key to a low-maintenance and healthy garden. By adding several inches of mulch over your beds and

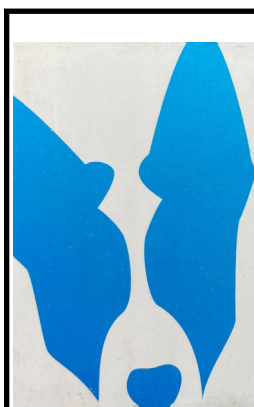
borders, you'll increase soil moisture, reduce weed competition, and improve the quality of fruits and vegetables. Mulches come in two classes: those that decay in one season (such as straw, newspaper, or leaves) and those that take a few years to break down (such as bark chunks, cocoa bean hulls, and shredded bark). Use quick-decaying types in vegetable and annual flowerbeds so that you can till it all under after the season is over. Long-lasting mulches are best used in permanent landscape settings.

Pot Up Succulents and Cacti - Succulents and cacti love hot, dry weather. These easy-care beauties thrive in adverse conditions and won't die if you leave them unattended when you go on vacation. They come in an almost unlimited selection of shapes, sizes, and colors so you can create your own magical miniature landscapes in pots and planters. Cacti and succulents can tolerate almost anything -- except wet soil. Make sure your pots have plenty of drainage holes to allow excess water to escape.

Solarize Soil - If the summer stays as warm as it is now, it would be a good time to solarize your soil to eliminate weeds, diseases, and nematodes before fall planting. Spread a layer of clear plastic over the beds and leave it in place for six weeks. For best results, the soil should be slightly moist before covering it with plastic. The sun raises the soil temperature and kills pathogens and pests. Black plastic does not work as well as clear plastic: It reflects heat instead of allowing it to pass through to the soil. I personally have a new flower bed I want to plant on the south side of my house. I am hoping to solarize it to help me get it ready.

Take a Tour - Summer is a great time to enjoy your neighbor's gardens as well. Take advantage of local garden tours, public gardens, or parks to discover tips and tricks you can use in your own backyard gardens. And, if you take a summer vacation, do some research before you go and find out if there are any public gardens nearby that you can add to your itinerary. Be sure to bring a camera along to document what you see. Take note of interesting garden bed ideas, plant combinations, new introductions, or techniques you see as you tour.

Finally, Drink lots of tea and enjoy the summer. We put a lot of energy in planning and planting these beautiful spaces in our yard. Be sure to enjoy the process.



Katy Hughbanks

Groomer/Owner

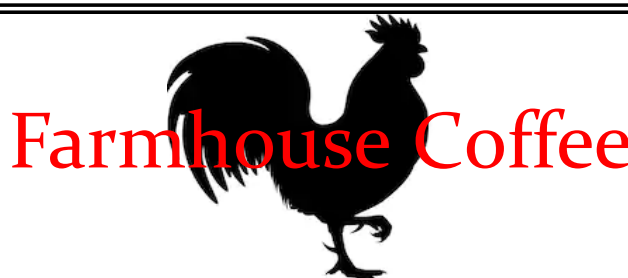
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NRPPD Announces 2021 Scholarship Winners

Northwest Rural Public Power District recently recognized the 2021 scholarship recipients at their May Board Meeting. The scholarship committee selected very worthy students for their scholarships provided through Northwest Rural.

The student applications were selected based on ACT scores, grade point average, motivation and or leadership qualities, goals, character, financial need and care taken in preparing the application. This program is designed to recognize and encourage the achievements of rural students residing within Northwest Rural's service area.

THE FIRST APPLICANT selected for this year's Basin Electric \$1000 scholarship is Hannah Walker, a 2021 Chadron High School senior.

Hannah, daughter of Dusti and Kelly Walker of rural Chadron, plans on attending the South Dakota School of Mines and Technology at Rapid City this fall where she will major in geology and minor in biology and paleontology. She grew up on her family's ranch where she has learned the importance of hard work. She has been active in 4-H and the County Fair since 2012 and is a 4-H Junior Leader. The 4.00 student is a National Honor Society Student. She has been active in Speech and Debate, One Act, Girls' Golf and Shooting Sports. As far as community service, she takes her goats to the nursing home, a Dawes Co. Fairground volunteer, Museum of the Fur Trade volunteer, Bell Ringer for Salvation Army and worked at the Shooting Sports Concession. She served as a lifeguard at Fort Robinson State Park in 2020.

* * * *

One of two \$500 scholarships were awarded to another Chadron High School graduate, Samantha Johns.

The daughter of Shellie and Jeffrey Johns, will enroll at Chadron State this fall to major in pre-veterinary and minor in biology and animal science. "My goal is to obtain a doctorate degree in Veterinary Medicine and one day secure a practice myself," said Johns.

Johns has worked as an assistant at Panhandle Veterinary Clinic since May 2018. She also works a few



NRPPD Board President Gary Fuchser presents 2021 Chadron High graduate, Hannah Walker, the \$1000 Basin Scholarship Award.

hours at week at the Eagle Theater.

As a member of the FFA she has served as an officer as historian and reporter. She has earned various awards over the past four years in vet science, livestock management, nursery landscape and extemporaneous speaking. She has been active in 4-H in which she was served as President and Vice President where she also gained numerous honors. She has taught poultry classes at the college, nursing homes, state park and community events.

* * * *

The second \$500 scholarship was presented to Jaiden Anderson, a 2021 Hay Springs graduate. Anderson will be attending Casper Community College this fall to begin her Health Science/Pre-Radiography studies.

(Continued on Page 5)

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Scholarship Winners--

(Continued from Page 4)

"After being given the opportunity to shadow a radiologic technologist at a local hospital, I knew I wanted my future career to be in this field," said Anderson. After she receives her associates degree in health science, she hopes to specialize in MRI (Magnetic Resonance Imaging, ultrasound and mammography. "Being specialized in multiple areas would allow me to best serve in a rural community," she added.

JAIDEN HAS BEEN employed at Pioneer Nursing Home in Hay Springs for over a year where she is a CNA. The previous year she was a lifeguard at the Hay Springs Pool. She also helps around the family farm and ranch.

At school she was active in Volleyball, Basketball, Track, One Act. She was a member of the National Honor Society, in All State Band and Student Council. She was



NRPPD Board President Gary Fuchser presents Samantha Johns, a 2021 Chadron High School graduate, a \$500 scholarship certificate.

an officer in FFA and was named most valuable member her senior year. She was also selected as a 2020 Girls State Alternate.



NRPPD Board President Gary Fuchser presents Jaiden Anderson, a 2021 Hay Springs High School graduate, a \$500 scholarship certificate.

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Northwest Rural Territory Activities

Sheridan County Fair

SATURDAY, JULY 17

7 a.m. 4-H Horse Show Check In
8 a.m. 4-H Horse Show McGinley Arena

FRIDAY, JULY 23

1-4 p.m. Construction Judging
6:30 p.m. Public Revue/Music/Poetry Contest at
Lister-Sage Building Hay Springs

SATURDAY, JULY 24

7-9 a.m. Payment & Waiver Signing for Jr. Rodeo
10 a.m. Jr. Rodeo Starts at McGinley Arena

SUNDAY, JULY 25

1 p.m. Small Animal Check-In
2 p.m. Beef Weigh-In
3 p.m. Sheep/Goat Weigh-In
3 p.m. Swine Weigh-In
6 p.m. Sign-up/Tough Color Run

MONDAY, JULY 26

9 a.m.-12:30 p.m. Static Judging
9 a.m.-12:30 p.m.- Open Class Check In
1-4 p.m. Rabbit Show, Poultry Show
5 p.m. Family Fun Night

TUESDAY, JULY 27

7:30 a.m. Swine Show
1 p.m. Sheep & Goat Show
5-5:45 p.m. Mutton Bustin' Entries
Mutton Bustin' Contestants must weigh 50 lbs. or less
5:30 p.m. Mutton Bustin' begins at McGinley Arena

6:30 p.m. Colt Starting Challenge Preview & Sale
7 p.m. Ranch Event/Ranch Bronc Riding/Jr. Barebacks,
McGinley Arena \$10 for Adults

WEDNESDAY, JULY 28

6 a.m. Farmer's Coop Breakfast
9:30-1 a.m. Beef Shows
2 p.m. Cake Judging
4-5 p.m. Buyer Bonanza
5-7 p.m. Livestock, Cake, Cookie Jar Auction

THURSDAY, JULY 29

6:30 a.m. Security First Bank Doughnuts
7 a.m. Beef Check-In
9 a.m. PRCA Rodeo Slack
9 a.m. Breeding Beef, Stockers, Dairy, Showmanship
1 p.m. Cat Show
2 p.m. Dog Show
7 p.m. PRCA Rodeo
8-11:30 p.m. Teen Dance

FRIDAY, JULY 30

9 a.m. Rodeo Slack
10 a.m. Small Animal Round Robin
11:30 a.m. Clover Bud Parade
1 p.m. Large Animal Round Robin
3:30 p.m. Packer Load Out
7 p.m. PRCA Rodeo at McGinley Arena
9 p.m. Rodeo Concert with Twin River Band at
McGinley Arena

SATURDAY, JULY 31

7 a.m. Cowboy Breakfast- Gordon Park
9 a.m.-4p.m. Quilt Show-Next to Daylight Donuts
10 a.m. Parade on Main St. "The Tradition Lives On"

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NORTHWEST RURAL ACTIVITIES

10:30 a.m. Family Project Pick Up
 1 p.m. Rancher Olympics at McKinley Arena
 7 p.m. PRCA Rodeo at McGinley Arena
 9 p.m. Rodeo Concert with Brad Morgan Band at McGinley Arena

DAWES COUNTY FAIR

135th Annual Fair - July 29-Aug. 7
"Get Out of Your Shell at the Fair"

Open Class Halls Open 9 a.m.-8 p.m. (unless otherwise stated)
4-H Static Building Open 9 a.m.-8 p.m. Tuesday-Friday
Event Start Times may vary due to 4-H Events

Thursday, July 29

8:30 a.m. 4-H Clothing Check-in, 4-H Bldg.
 9 a.m.-1 p.m. 4-H Clothing Judging, 4-H Bldg.
 10-11 a.m. 4-H FCS Life Challenge Contest, 4-H Bldg.
 4:30 p.m. 4-H Presentation Contest, 4-H Bldg.
 7 p.m. 4-H Fashion Show - Public Welcome, 4-H Bldg.

Friday, July 30

9 a.m.-1 p.m. Open Class Check-In, Judging a 2 p.m.,
 Dixie Eaton/Henkens Roberts
 8 a.m. 4-H Cat Show, check in 8 a.m., show
 8:30 a.m., Vetter Bldg.
 12:30 p.m. 4-H Dog Show, check-in 12:30, show 1 p.m.,
 Vetter Bldg.

Saturday, July 31

7 a.m. Breakfast, Security First Bank Chadron, Arena
 (Horse show participants, families & spectators
 only)
 7:30 a.m. 4-H Working Ranch & Performance Horse

Show, check-in; Show at 8 a.m.), Arena
 8 a.m.-1 p.m. 4-H Hippology Challenge Contest, Stage Area
 5 p.m. Dawes Co. Fair Board Hog Wrestling &
 Pig Wrangler Auction
 2 p.m. Dawes Co. Hall of Fame, Grandstand
 3 p.m. Tractor Weigh-in, Grandstand
 4 p.m. Antique Tractor Pull, Grandstand
 Hall of Fame Awards Reception, 4-H Dining Hall
 3 p.m. Lawn Mower Association Races, North 40 Track

Monday, Aug. 2

8:30 a.m. Doors Open for 4-H Exhibit Check-in, 4-H Bldg.
 9 a.m.-1 p.m. 4-H Static Exhibit Interview Judging, 4-H Bldg.
 2-4 p.m. 4-H Decorated Cakes Judged, 4-H Bldg.
 2:30-4 p.m. Stick Horse Races (Ages 6 & Under),
 No Fee, Arena & Grand Stand
 5 p.m. Youth Rodeo (Gymkhana) Ages: 7-10, 11-13, 14-18,
 Arena (pre-register & pay by July 26 605-454-1034)
 5-7 p.m. 4-H Creative Chefs Silent Auction, 4-H Bldg.
 5:30 p.m. 4-H Live Cake & Pie Auction, Grandstand
 5:30 p.m. Free Popsicles, Farmers State Bank, Grandstand
 5:30 p.m. 3-D Archery Shoot, open to any age, East End Race
 Track


7 p.m. 4-H Static Exhibits Open, 4-H Bldg.
 7 p.m. 4-H Static Exhibits Silent Auction Open, 4-H Bldg.
 Tuesday, Aug. 3
 8-9 a.m. 4-H Companion, Exotic & Rabbit Check-in, Vetter Bldg.
 9:30 a.m. 4-H Companion Animal Show, Vetter Bldg.
 Followed by: 4-H Exotic Animal Show, Vetter Bldg.
 Followed by: 4-H Rabbit Show, Vetter Bldg.
 12 p.m. 4-H Poultry Check-in, Vetter Bldg.
 Lunch break immediately following Rabbit Show

(Continued on Page 8)



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NRPPD AREA ACTIVITIES

(Continued from Page 7)

Followed by: 4-H Poultry Show, Vetter Bldg.
 4:30 p.m. 4-H Static Award Photos, Champions/State Fair, 4-H Bldg.
 5 p.m. Ranch Rodeo Contestant check-in, State
 5:30-6:30 p.m. Small Animal Education Hour Show Barn
 5:30 p.m. Free Snow Cones, Chadron Federal Credit Union, Grandstand
 6:30 p.m. Ranch Rodeo Cowboy Auction, Grandstand
 6:30 p.m. FFA Hay Auction, Grandstand
 7 p.m. Ranch Rodeo & Bronc Match, Grandstand, must pre-register by July 30, www.dawescountyfair.com

Wednesday, Aug. 4

7-9 a.m. 4-H Swine Weigh-In & Check-in, North side Event Center
 9-10 a.m. 4-H Goat & Sheep Weigh-in & check-in, North side Event Center
 10-11 a.m. 4-H Beef Weigh-in & Check-in, North side Event Center
 11:30 a.m. 4-H Dairy Goat Show, Vetter Bldg.
 Followed by: 4-H Meat Goat Show, Vetter Bldg.
 Followed by: Livestock Sale Photos for Goat & Small Animals

1-3 p.m. 4-H Bottle Lamb Interviews, Show Barn
 3 p.m. 4-H Swine Show, Vetter Bldg.
 Followed by: Livestock Sale Photos for Swine
 5:30 p.m. Tough Truck Registration, entries close at 6:45 p.m., Stage
 5:30 p.m. Free Root Beer Floats, Security First Bank-Chadron, Grandstand
 6:30 p.m. Drivers Meeting, Stage
 7 p.m. Tough Truck, Grandstand/Arena

Thursday, Aug. 5

7 a.m. Free Breakfast, FNBO, Open Air Shelter
 8-10 a.m. 4-H Bucket Calf Interviews, Vetter Bldg.
 8:30 a.m. 4-H Sheep Show, Vetter Bldg.
 Followed by: 4-H Bottle Lamb Awards, Vetter Bldg.
 Followed by: Livestock Sale Photos for Sheep, Vetter Bldg.
 11 a.m. 4-H Dairy Cattle Show, Vetter Bldg.
 Followed by: 4-H Beef Showmanship, Vetter Bldg.
 Lunch Break following Beef Showmanship
 Followed by: Breeding Beef, Stocker Feeders, Bucket Calf Awards
 Followed by: 4-H Market Beef Show, Vetter Bldg.
 Followed by: Livestock Sale Photos for Beef, Vetter Bldg.
 5:15-6:15 p.m. Free Barbecue with Paid Admission, Grandstand
 5:30-6:30 p.m. Goat, Sheep, Bucket Calf Education Hour, Show Barn
 6 p.m. Rubber Check Race & Team Auction, Grandstand
 Register by Aug. 3, 308-665-365
 8-10 p.m. Free Fair Dance in Open Air Building

Friday, Aug. 6

9 a.m.-12 p.m. Open Class Check-out
 9 a.m. Small Animal Round Robin, Vetter Bldg.
 11 a.m. Large Animal Round Robin, Vetter Bldg.
 4 p.m. Adult Showmanship Contest, Vetter Bldg.
 4:30-6 p.m. Livestock Buyers Social, Vetter Bldg.
 5:45 p.m. Clover Kid's Parade, Vetter Bldg.
 6 p.m. 4-H Foundation Market Livestock Sale, Vetter Bldg.
 6 p.m. 4-H Static Exhibit Silent Auction Closes, 4-H Bldg.

Saturday, Aug. 7

8-10 a.m. 4-H Exhibit Check-out, Animal projects released, 4-H Bldg.
 Fairgrounds/Stall Cleanup, everyone should help!



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Recipes



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Pretty Chicken Marinade

- 2/3 cup olive oil
- 2/3 cup reduced-sodium soy sauce
- 1/4 cup lemon juice
- 2 tablespoons liquid smoke flavoring
- 2 tablespoons spicy brown mustard
- 2 teaspoons ground black pepper
- 2 teaspoons garlic powder
- 4 skinless, boneless chicken breast halves

In a large bowl, mix the olive oil, soy sauce, lemon juice, liquid smoke, mustard, pepper, and garlic powder. Place chicken in the bowl, and coat with the marinade. Cover, and allow chicken to marinate a maximum of 4 hours in the refrigerator.

Preheat the grill for high heat.

Oil grill grate. Discard marinade, and place chicken on grate. Cook 6 to 8 minutes on each side, until juices run clear.

* * * * *

Grilled Portobello Mushrooms

- 3 mushrooms portobello mushrooms
- 1/4 cup canola oil
- 3 tablespoons chopped onion
- 4 cloves garlic, minced
- 4 tablespoons balsamic vinegar

Clean mushrooms and remove stems, reserve for other use. Place caps on a plate with the gills up.

In a small bowl, combine the oil, onion, garlic and vinegar. Pour mixture evenly over the mushroom caps and let stand

for 1 hour.

Grill over hot grill for 10 minutes. Serve immediately.

* * * * *

Fried Chicken Dinner Salad

- 1 egg, beaten
- 1 cup Italian-seasoned bread crumbs (such as Progresso®)
- 1/4 cup grated Parmesan cheese
- 2 skinless, boneless chicken breasts
- 1/4 teaspoon Cajun seasoning (such as Tony Chachere's®)
- 1 cup olive oil
- 3 cups chopped lettuce
- 1 tomato, cut into wedges
- 2 carrots, grated
- 2 hard-boiled eggs, halved
- 6 tablespoons ranch dressing

Beat egg in a shallow dish.

Mix bread crumbs and Parmesan cheese together in a shallow dish.

Season chicken with Cajun seasoning. Dip chicken into beaten egg and dredge in bread crumb mixture, pressing lightly to coat evenly.

Heat olive oil in a deep skillet over medium-high heat. Cook breaded chicken in the hot oil until golden brown, about 10 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Drain chicken on paper towels. Slice into strips.

Divide lettuce, tomato, carrots, and hard-boiled eggs between 2 large pasta bowls. Top with sliced chicken; drizzle salad dressing on top.

* * * * *

Berry Breakfast Drink

- 3/4 cup chilled orange juice
- 1/3 cup chilled pineapple juice
- 2 cups vanilla yogurt
- 1 cup frozen blueberries
- 1/2 cup frozen sliced strawberries
- 1/2 banana, sliced

Place the orange juice, pineapple juice, yogurt, blueberries, strawberries, and bananas into a blender. Cover and blend until smooth. The berry drink will be very thick. Serve immediately.

* * * * *

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Grilling Tips and Suggestions For Preparing Food

Grilling is a fun way to prepare food for family and friends. Keep these ideas in mind to get grilling season off to a great start.

Having the right cooking equipment makes grilling easier. This does not mean a lot of expensive equipment. The main items needed are a spray bottle for flare-ups, a mitten shaped potholder for removing hot food from the heat, a food thermometer, one long-handled fork, two sets of long handled tongs (one for raw food and one for removing cooked food), a long-handled basting brush for adding sauces and glazes, and a long-handled spatula. All should have heatproof handles, such as wood.

Food safety is something to keep in mind when grilling. Remember to use different utensils and platters when handling raw and cooked foods. NEVER use the same utensil to turn raw and cooked food, also put the cooked food on a clean platter when it is removed from the grill.

Always use a food thermometer to check the internal temperature of the food. Place the thermometer in the thickest part of the food away from bone, fat or gristle. Check in several places to make sure the food is evenly cooked. Clean the thermometer with hot water and soap before and

after each use.

It is important to keep raw foods cold until ready to cook. To cut down on grilling time defrost frozen meat in the refrigerator. The meat will also cook more evenly if completely thawed.

Marinades are great ways to tenderize and add extra flavor

to foods. Always marinate meat in the refrigerator. When the marinade is used on cooked meat, reserve a portion of it before placing raw meat in it. For quick clean up marinate the food in a self-sealing plastic bag. This also makes turning the food in the marinade easier.

When using a sauce or glaze on food, it is best to use it during the last 10 minutes of cooking. They usually contain sugar and fat which can cause flare-ups and the food may burn.

Another fun way to grill food is to use skewers. Wooden skewers should be soaked in water for an hour before using. It is best to use wooden skewers for foods that cook quickly, such as fruit and vegetables. Metal skewers should be flat with long handles. Round skewers cause the food to roll, so it will not cook evenly. Metal skewers are great for cooking meat kabobs.

Adding wood chips or fresh herbs, such as rosemary or thyme, to the coals can add a wonderful flavor to the food. Soak the chips or fresh herbs in water for one hour before scattering them over the hot coals. Herbs can also be placed directly on the food or inside foil packets for extra flavor.

To learn more about grilling safety, visit the website www.food.unl.edu on the Internet and search for grilling.



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Bits 'n Pieces...

Signs You Might Be Middle-Aged....

- You can't sleep past 8 a.m.
- You can't watch a movie past 9 p.m.
- You have a plastic bag filled with other plastic bags.
- You can't find your keys/phone/glasses.
- You appreciate good wine, cheese and naps.
- Your metabolism seems to be stuck in traffic.
- Your kids use slang you don't understand.
- You swap ailment stories with your friends.
- Canceled plans are your favorite kind of plans.
- You still get the Sunday paper delivered.
- You print out your boarding pass when flying.
- Tweezers are your best friend
- You actually go into the bank to make a deposit.
- The music is too loud and the TV isn't loud enough.
- You walk around muttering about who left the lights on or who turned up the thermostat.

It's so hot....

- It's so hot my dream house is in any house in Alaska.
- It's so hot, when the temperature drops below 95 I start to feel chilly.
- It's so hot I saw a funeral procession pull through a Dairy Queen.
- It's so hot cows are giving evaporated milk.
- It's so hot, asphalt has a liquid state.
- It's so hot I took off my flesh and sat on my bones.
- It's so hot I saw a bird pull a worm out of the ground with an oven mitt.
- It's so hot the Statue of Liberty was asked to lower her arm.
- It's so hot, chickens are laying hard-boiled eggs.
- It's so hot they installed a fan in the debt ceiling.

- It's so hot, polar bears are wearing sunscreen.
- It's so hot, I discovered my seat belt makes a pretty good branding iron.
- It's so hot granny broke wind just to have a little breeze.
- It's so hot, I started putting ice-cubes in my waterbed.
- It's so hot I set the house on fire just to cool off.
- It's so hot we had to ship the fish to Seattle just so they wouldn't forget how to swim.
- It's so hot, Optimus Prime transformed into an air conditioner.
- It's so hot Siri asked to be dipped in a glass of ice water.
- It's so hot bums are holding signs that read, "Will work for shade."
- It's so hot fire ants are really on fire.
- It's so hot, hot water comes out of both taps. (This one is actually true!)
- It's so hot, I get condensation on my backside from the hot water in the toilet bowl.
- It's so hot, the Betty Ford Clinic opened a wet bar.
- It's so hot, Jehovah's Witnesses started telemarketing.

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