

# 3-Cheese Cauliflower Crust Pizza

Make veggies part of your next homemade pizza with this easy cauliflower crust pizza recipe. You'll get a tasty and lightly granular texture in a low-carb crust. It's a "grate" way to bake in a little more cheese too, because Parmesan holds this crispy veggie crust together.

## Ingredients:

- 1/4 cup shredded cheddar cheese
- 1 egg, plus 1 egg white
- 10 ounces frozen riced cauliflower, cooked according to package directions
- 1 teaspoon Italian seasoning
- 1/2 cup shredded mozzarella cheese
- 2/3 cup Parmesan cheese, grated
- 1/4 cup pizza sauce

## Directions:

Preheat the oven to 425 degrees Fahrenheit. Strain cooked cauliflower rice through a fine mesh sieve to remove as much water as possible\*.

Transfer cauliflower to a medium bowl. Add grated Parmesan, garlic powder, onion powder, Italian seasoning, ground pepper and 1 egg and stir until completely combined.

Transfer crust mixture to a rimmed baking sheet or pizza pan lined with parchment paper\*\*. Top with a second sheet of parchment and press or roll cauliflower into a pizza crust shape. Remove the top sheet of parchment and brush the crust lightly with egg white.

Bake the crust for 25 minutes, flipping the crust to the other side after 15 minutes. Crust will not be fully baked. Remove par-baked crust from the oven and top with pizza sauce, mozzarella and cheddar cheeses. Return to the oven and bake for 8-10 minutes more, or until the cheese is melted and bubbly and the crust is baked through with crispy browned edges.

Top pizza with fresh basil before serving, if desired.

\*It is essential to remove as much liquid as possible from the cauliflower. Use a rubber spatula or paper towels to press cauliflower in a sieve.

\*\*Do not skip the parchment paper. Cauliflower crust will stick and/or fall apart if baked directly on a cookie sheet. Parchment paper prevents this.

\*\*\*Try chopped green onions or chives as a topping too.



The Wayne Herald  
— June 13, 2024

NATIONAL

DAIRY  
MONTH

## What health benefits does dairy offer your body?

Dairy foods are accessible, affordable, taste great, come in a number of varieties and provide a unique nutrient profile that can help make eating better easier and more enjoyable. Find out how dairy foods can help nourish people as they work to achieve greater health and wellness.

### Dairy's Health Benefits

Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition. Eating a balanced diet with a variety of foods to get essential nutrients is important to maintain healthy gut and immune function and optimize overall wellness.

### Energy

Because of dairy foods' nutritional package, it's a one-stop shop to help people sustain their energy. Milk, cheese and yogurt provide a source of high-quality protein because they contain optimal quantities of all of the essential amino acids the body cannot make on its own. Protein helps curb hunger and can help you feel satisfied longer. For professional athletes and fitness enthusiasts alike, milk can help meet the three R's of recovery – rebuild, refuel and rehydrate. A growing body of research supports the

benefits of higher protein diets not only for athletic and fitness performance, but also for weight management and healthy aging.

- Bone Health / Growth
- Cardiovascular Health
- Obesity / Diabetes

### Gut Health

From fermented foods to probiotics, dairy foods contribute to gut health. Fermented foods and beverages are ancient foods that have been around for thousands of years.

They are made by microbial growth, which can enhance taste, texture and digestibility, and may help improve nutritional quality. Fermented foods containing live cultures can add beneficial bacteria to the digestive tract and contribute to a healthier microbiota, impacting digestion and gut barrier function.

Fermented foods may or may not contain live cultures – it will depend on whether they survive after the fermentation process is over. For instance, yogurt and most cheeses are fermented foods. And did you know probiotics can be found in some dairy foods, like yogurt and kefir, and can help support gut health, too?

### Immunity

Eating dairy foods as part of an overall healthy diet is one way to get the nutrients you need for normal immune function. For instance, milk contains vitamins A and D, protein, selenium, zinc and B12, which are important to normal immune function. Cheese and yogurt also contain protein, selenium and B12, and yogurt is a good source of zinc, too.

### Calming

Looking for a little help to sleep better? The science is well-established that, in general, protein is more satiating than the same amount of carbohydrate or fat. This can contribute to feeling more satisfied, which could possibly help you sleep a little better. Plus, protein can help with muscle repair while sleeping – especially those who do rigorous exercise.

### Affordability

A balanced diet with a variety of foods is important to get essential nutrients and milk is an affordable source of 13 essential nutrients, and dollar for dollar, three servings of milk only costs about 60 cents, making it one of the most economical sources of nutrition.

# From the Director's Desk . . .

**Kris Bousquet,**  
Executive Director of Nebraska  
State Dairy Association

As our industry enters our most favorite month of the year, I wanted to pass along my gratitude for your hard work and dedication to feeding the world.

This month the Ag Leaders Working Group took some time to regroup after the legislative session ended to refocus around our priorities. That strategic process will continue for the next month or so, but I wanted to share

where I think Agriculture's focus is going.

There has been a significant focus on the "bioeconomy" and how Nebraska can position itself to capture revenue from it but also not lose control of the conversation or its direction. There continues to be a great opportunity for profitability, but it must come with great thought and caution as it seems like we are in the "wild west" of carbon credits and opportunity.

With this significant interest in how Nebraska positions itself, it has

become eye-opening that we are close to a power shortage. It's not a secret that agriculture and bioeconomy companies are focusing on Nebraska for various reasons but that also comes with some obstacles. Some of these projects use great deals of water, gas, and power which our state needs to monitor and control so it does not affect our farmers and our citizens. Nebraska also has a public power structure that provides a very reasonable cost power supply but as they push to become more "green" with their generation capacity and the significant push from the economic development world to grow our state we are at a crossroads in determining where our power is going to come from as the environmentalists push for decarbonization of the power supply by urging the closure of coal fire and nuclear power plants in favor of less consistent sources of solar and wind. The other side of the coin beyond power is wastewater capacity. With economic development comes increased wastewater streams which puts pressure on communities to figure out how to both be accommodating to new opportunities while also ensuring it doesn't raise the costs for their taxpayers. It's no question that the bioeconomy presents a significant opportunity for agriculture to thrive, but it also comes with significant growing pains that the NSDA and the Ag Leaders Working Group are closely monitoring. I can't stress enough how important local elections are, especially the public power and NRD boards.

Beyond power, water, and the bioeconomy, we have also been monitoring the primary election results and how that might position the legislature in the future. The Ag Leaders will be interviewing candidates before the general election to not only establish relationships with them but also share what is important to Agriculture. We also discussed organizing farm tours to expose them to farm life so they can see firsthand what our producers do and deal with daily.

Influenza A in bovine, also known as Bird Flu is still rearing its ugly head across the country. From talking to out-of-state producers who were affected by the virus, it is absolutely something you do not want to get. I can't stress enough how important biosecurity practices are in preventing the spread of mechanical transmissions. There are a lot of resources out there to help navigate and prepare yourself for this issue. PPE is readily available at three sites in Nebraska:

Gage County Extension office – 1115 W Scott St, Beatrice NE 68310

Hall County Extension Office – 3180 US-34, Grand Island, NE68801

Madison County Extension Office- 1305 S. 13th St, Norfolk NE 68701

Each farm is allotted four sets of PPE to take home and familiarize themselves and their employees with, FREE and ANONOMOUS. There have been three cases of zoonotic transmission of this virus into humans this year so the risk to staff working with infected animals and milk is still present. As testing across the country increases, I can imagine that this issue has only just begun especially as we saw an uptick in confirmed infected herds last week. It's never too late to inform yourself about the Secure Milk Supply Plan administered by the Nebraska Department of Agriculture.

For more information regarding H5N1 please visit the following links for updates on the state, and local levels.

Nebraska Department of Agriculture  
University of Nebraska Dairy  
Extension

University of Nebraska "Big Red  
Biosecurity"

National Milk Producers Federation

Don't forget! The NSDA is a membership organization and relies heavily on our producer and allied membership dollars to advocate for Nebraska's dairy industry. If you haven't renewed your membership for 2024 please do so as we value your participation in the organization that represents YOUR voice and YOUR industry.

I look forward to hearing from you!

## We Salute the Area Dairy Producers!








# Aschoff

**CONSTRUCTION, INC.**

*Osmond, Nebraska*

**CALL TODAY & SAVE!**  
**1-866-748-3551**

[www.aschoffconstruction.com](http://www.aschoffconstruction.com)



## JOHN DEERE



Stop in to check out our complete line of new and used John Deere equipment.

See one of our skilled service technicians for all your service needs!



**GROSSENBURG**  
IMPLEMENT INCORPORATED

[www.groszenburg.com](http://www.groszenburg.com)


WAYNE, NE  
402.375.3325

BLOOMFIELD, NE  
402.373.4449

HARTINGTON, NE  
402.254.3908

5 Locations in South Dakota  
and 1 Location in Wyoming

## WHEN THE HAIL FALLS ARE YOUR CROPS PROTECTED?



TRUST THE LEADERS  
IN THE INDUSTRY

In a few short minutes, Mother Nature can deal a crushing blow to your crops, your profits, and the future of your farming operation.

As the leader in the industry, Farmers Mutual Hail offers the widest variety of Crop Hail policies to suit your individual needs. Trust your investment to the Crop Hail professionals at Farmers Mutual Hail!

Contact Your Local FMH Agent Today!

State National Insurance

1010 N Main, Suite 110, Wayne, NE 68787  
402-375-4888



FMH is an equal opportunity provider.

# No-Bake Mini Cheesecakes

**Ingredients**

- 9 whole graham crackers
- 3 tablespoons unsalted butter, melted
- 2 (8 ounce) packages cream cheese
- 1 can sweetened condensed milk
- 6 tablespoons fresh lemon juice
- 1 teaspoon vanilla extract
- 1 (10 ounce) package frozen raspber-

- ries
- 1/4 cup granulated sugar
- Fresh blueberries and raspberries for garnish

**Preparation**

In a large bowl, beat cream cheese until smooth and no lumps remain for 2 to 3 minutes. Add sweetened

condensed milk, lemon juice and vanilla and beat until the mixture is smooth, scraping the sides and bottom of the bowl as you mix.

Pour filling into 10 (8-ounce) jars, glasses or plastic cocktail cups and place them on a baking sheet to transfer to the refrigerator. Chill for 20 to 30 minutes.

In a small saucepan heat the raspberries and sugar until it's simmering. Remove from heat and

let the sauce cool.

In a food processor, blend together the graham crackers and melted butter until it's finely ground. Set aside.

Spoon the raspberry sauce over the chilled cheesecake layers. Top with a layer of graham cracker crust and return jars to the fridge until ready to serve. Serve chilled, topped with blueberries and raspberries

## WORD SEARCH

Help the farmer find all the dairy related words!

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

- Butter
- Calcium
- Calf
- Cheese
- Cream
- Cow

- Milk
- Moo
- Parlor
- Protein
- Vitamin
- Yogurt



[thedairyalliance.com/junedairymonth](http://thedairyalliance.com/junedairymonth)



## KLEIN ELECTRIC INC.

**Mark Klein, Owner**

58211 Hwy 35, Wakefield, NE 68784  
[mark@kleineu.com](mailto:mark@kleineu.com)  
**402-287-2884**  
 Commercial, Farm, Residential, Industrial





**Our farmers feed our future**

Thanks to our farmers, Nebraska is a leader in agriculture. Their passion for farming helps feed the future of our community. We believe in investing in this future. We've been making ag loans since we opened our doors, and we'll keep doing so for generations to come.



## WAYNE AUTO PARTS, INC.

**117 South Main  
Wayne, NE  
402-375-3424**

- Parts & Accessories, all makes of cars
- Medium & Heavy Duty Truck Parts
- Custom Battery Cables
- Custom Made Hydraulic Hoses

Locally & Family Owned  
in Wayne for 55 Years!



**STATE NEBRASKA BANK & TRUST**

HISTORY • PEOPLE • COMMUNITY SINCE 1892

122 Main Street 1010 Main Street Wayne (402) 375-1130 [statenebank.com](http://statenebank.com) 

# AMPI continues reign as nation's top Cheddar maker

Associated Milk Producers Inc. (AMPI) continued its reign as the nation's top Cheddar cheese maker with first-place finishes in highly competitive classes of the World Dairy Expo (WDE) Championship Dairy Product Contest. Leading the way were Mild Cheddar and Sharp Cheddar entries, crowned best in class.

"These latest awards confirm what our customers already know: When it comes to making Cheddar cheese, AMPI is king," said Mike Hinrichsen,

vice president of cheese and whey manufacturing. "This is a testament to the collaboration between the co-op's skilled cheesemakers and our dairy farmer-owners who supply ideal milk for making exceptional cheese."

This year AMPI earned a trifecta of top Cheddar honors, receiving first-place awards in major industry competitions for Co-op Crafted® Mild, Medium and Sharp Cheddar cheeses. In February, a Medium Cheddar produced by AMPI cheesemakers was



AMPI Chairman of the Board Steve Schlangen, left, joins AMPI craftsmen, from left, Dillon Sylla, production supervisor in Blair, Wis., Shawn Sadler, Wisconsin Master Cheesemaker and production supervisor in Jim Falls, Wis., and Mark Zech, drying superintendent in Jim Falls, Wis., at World Dairy Expo to receive 2023 Championship Dairy Product Contest awards.

named best in its class and second runner-up overall in the 2023 U.S. Championship Cheese Contest.

In the final World Dairy Expo tally, AMPI claimed seven, top-three fin-

ishes in the contest. Along with earning the top spot in the Mild Cheddar class, entries from AMPI's Jim Falls, Wis., facility claimed first and second place in the whey category. Pepper Jack and Colby Jack cheeses made at Jim Falls were honored with second- and third-place awards, respectively. The first-place Sharp Cheddar and a third-place Aged Cheddar were crafted by cheesemakers at the co-op's Blair, Wis., facility.

Regarded as one of the country's most prestigious dairy products competitions, the WDE Championship Dairy Product Contest attracted entries from dairy processors in 43 states.

AMPI's seven top finishers were among the award-winning products honored at a ceremony at the 56th World Dairy Expo in Madison, Wisconsin. The co-op's first-place entries will be auctioned that evening with proceeds funding scholarship programs focused on dairy education.



**OLBERDING TRUCKING, INC**  
**Stuart, Nebraska**

Established 1977 | Owners: Gary & Debbie Olberding  
Operations Manager: Luke Olberding



*People...Products...Knowledge...*

Helena Agri-Enterprises, LLC

**WAYNE LOCATION:**

110 So. Windom  
Wayne, NE 68787  
**402-375-1527**

**PENDER LOCATION:**

58395 849th Rd.  
Pender, NE 68047  
**402-287-3500**

Quality Products • Competitive Prices • Proven Results



*Proud Supporter of area  
Dairy Producers!*



Located 3 1/2 miles east of Plainview,  
NE on Highway 20

To Sell Corn call  
**Husker Trading at  
866-348-7537**

To Purchase Distillers Grains call  
**Ryan or Todd at  
877-487-5724 ext 3 or 1**

**We Support  
our local  
Dairy Producers!**

**Dixon County Feed Yard Co.**



58351 Hwy. 20 • Allen, Nebraska  
25 Miles West of Sioux City  
**402-635-2411**

# Orange Cream Chiller

Five minutes prep time  
Makes two servings

**Ingredients:**  
3 ounces orange juice concentrated, thawed  
1 cup milk

1/2 cup plain greek yogurt  
1 banana, or 3 strawberries (frozen)  
1 teaspoon honey  
1/2 teaspoon vanilla extract

**Directions:**  
Combine the orange juice concentrate, milk, yogurt, frozen banana, honey, and vanilla in a blender. Blend on high until smooth. Divide between two 12-ounce glasses. Serve immediately.



## *Patiently pacing*

Wayne County 4-Hers and their parents work to keep the dairy animals involved in the Wayne County 4-H/FFA Dairy show calm before being judged at the 2023 Wayne County Fair

## HOSKINS MFG. CO., INC.



*Quality Doesn't Cost It Pays*  
LIVESTOCK WATERERS  
**SAVE 50% ON ENERGY OPERATING COST ON OUR WATERERS**  
• CUSTOM SHEET METAL FABRICATION  
• MACHINE SHOP  
• WINCO GENERATORS

WWW.HOSKINS-MFG.COM  
565-4420 • 800-658-4020  
105 N MAIN • POB 101 • HOSKINS



Serving the Ag Needs  
of Wayne County  
Since 1943



[www.elkhornvalleybank.com](http://www.elkhornvalleybank.com)

Northeast Nebraska's Locally Owned,  
Independent, Community Bank



**Aerial Crop Spraying  
and  
Cover Crop Seeding**

Wayne Office  
402-833-5110

Hartington Office  
402-254-7316

*Call us for competitive pricing!*

# IDFA works to enhance dairy's role in healthy diets and improve access to dairy for all Americans

The International Dairy Foods Association (IDFA) submitted comments to the 2025 Dietary Guidelines Advisory Committee (DGAC) urging the panel to maintain and enhance dairy's role as a core component of a recommended healthy diet for Americans.

IDFA also urged the DGAC to restore dairy to its draft conclusions on dietary patterns associated with

favorable outcomes for body weight and obesity in adults. The DGAC—a committee of 20 nationally recognized nutrition and public health experts—is currently reviewing the current body of nutrition science and developing a scientific report to inform the federal government's development of the 2025-2030 Dietary Guidelines for Americans (DGA). The DGAC is expected to publish their report in late

2024.

In written comments, IDFA highlighted the latest science demonstrating dairy is a key component of healthy eating patterns associated with better health outcomes. IDFA noted that the preponderance of scientific evidence contradicts the outdated DGA recommendation that Americans avoid dairy at higher fat levels. IDFA also highlighted how the variety of dairy products that are available to Americans provide options for nearly every person to access dairy nutrition as part of healthy, and health-promoting, diet because of the growth in lactose-free dairy products. Finally, IDFA voiced concern that the DGAC would remove dairy from a draft conclusion statement about dietary patterns associated with favorable outcomes for body weight and obesity in adults, a change from previous DGAC reports that is not supported by science.

"There is an overwhelming body of science demonstrating dairy nutrition is essential and delivers multiple health benefits," said Michael Dykes, D.V.M., president and CEO, IDFA. "The arguments against dairy fat are no longer legitimate. And the

widespread availability of lactose-free milk and dairy, which is exploding in popularity, means dairy is more accessible than ever to all people and all dietary needs. Avoidance of dairy may result in lower intake of nutrients that are essential for good health and may exacerbate some health conditions that are more prevalent among communities of color. We don't want to see the DGAC contribute to that avoidance; instead, it is the responsibility of the DGAC to recommend foods such as dairy that support healthy diets for all people."

In the draft conclusion statement presented at the DGAC public meeting in January, dairy was not included in the dietary patterns associated with favorable outcomes for body weight and obesity in adults. This is a significant change from the 2020 DGAC conclusion statement.

"Dairy products are an unparalleled source of essential nutrients that support health across all life stages," said Roberta Wagner, senior vice president of regulatory and scientific affairs, IDFA. "We urge the DGAC to rec-

See DIETS, page 7



**West Point**  
Dairy Products LLC

Thank You, Farmers!

402-372-5551 | westpointdairy.com  
1715 E Road | West Point, NE 68788



**Elite Seed Treatments - The Ultimate Protection**

Our extensive seed quality testing positions our seed to provide maximum yield potential in your fields.

**SEEDSOURCE**

1610 Chiefs Way • Wayne, NE  
402-375-4715




**WE GREW UP ON THE FARM**

SINCE 1859, GEHL HAS CREATED INNOVATIVE SOLUTIONS FOR EQUIPMENT OWNERS AND USERS IN AGRIBUSINESS. Today, Gehl carries the tradition forward with a complete line of skid loaders, track loaders, articulated loaders and compact excavators designed with productivity and efficiency in mind. A full line of EDGE attachments are available for Gehl loaders and compact excavators for added versatility around the jobsite.

**EDGE**  **CHOOSE XPAT FOR YOUR GEHL EQUIPMENT**

**CALL YOUR LOCAL GEHL DEALER TODAY!**

**Steiny's Farm Repair**  
2408 Highway 51 • Bancroft Nebraska • 866-648-3497  
Where we sell the best and service the rest  
Diesel Truck, Tractor, Skidloader, Trailer Repair

**GEHL**  
www.gehl.com

# Diets

(continued from page 6)

ognize the comprehensive scientific evidence supporting the inclusion of dairy, including full-fat options, in their report to inform the development of the 2025-2030 Dietary Guidelines for Americans. Ensuring a variety of dairy products are accessible to everyone will promote healthier dietary patterns and better health outcomes nationwide.”

## Inclusion of Higher Fat Dairy Products

For many years, Americans have been urged to reduce their intake of saturated fats to help promote heart health and reduce the risk of other negative long-term health consequences. However, a significant and growing body of science has demonstrated that not all saturated fat has the same health effects.

Recent research shows full-fat dairy products can have neutral or positive health effects, challenging the traditional emphasis on low-fat dairy. IDFA’s comments referenced more than 40 studies demonstrating that full-fat dairy products are not linked to an increased risk of cardiovascular disease (CVD) and can be associated with favorable growth, body composition,

and lower risk of obesity in children. “We urge the DGAC to consider the health effects of milkfat from dairy products separately from other food sources of saturated fat, and also consider the saturated fat derived from dairy subgroups such as milk, cheese and yogurt,” said Wagner.

## Accessibility of Dairy Products for All Americans

While all groups of Americans do not consume sufficient levels of dairy to meet the recommendations of the 2020-2025 DGA, unfortunately, Black, Latinx, Asian Americans and Pacific Islanders tend to consume even less than Americans as a whole.

Some of this underconsumption may be a result of Americans, particularly those in the BIPOC community, feeling that they cannot consume dairy due to lactose intolerance or because it is not appropriate in their culture. IDFA’s comments emphasized the wide variety of dairy products available to Americans, that work to ensure that nearly every person can access the nutritional benefits of dairy. This includes lactose-free and lactose-reduced options, which address the needs of those with lactose intoler-

ance, and offer a range of fat levels to suit different dietary preferences and health needs.

“Dairy companies have made a purposeful choice to expand lactose-free dairy at food retail and foodservice establishments to respond to the needs expressed by the communities they serve,” said Wagner. “The proliferation of lactose-free milk and dairy options in the U.S. marketplace provides the DGAC a unique opportunity to recognize a need to improve nutrition education and awareness of these new choices.”


“The 2020-2025 DGAs included a recommendation that lactose-free dairy products are part of the dairy group and lactose-free dairy products are important options within federal nutrition programs, including the National School Lunch Program and the Special

Supplemental Nutrition Program for Women, Infants and Children (WIC). To ensure that Americans concerned about their ability to consume lactose and dairy are still able to benefit from the nutrition provided by dairy foods, we ask that the 2025-2030 Scientific Report emphasize the availability of lactose-free dairy products and the education required to improve dairy consumption among vulnerable communities.”

IDFA’s comments to the 2025 DGAC can be viewed here. For more information about the Dietary Guidelines for Americans, visit here.

The International Dairy Foods Association (IDFA), Washington, D.C., represents the nation’s dairy manu-

See DIETS, page 8



**We are here to serve your educational needs!**

## ENREEC – Haskell Ag Lab

The University’s “Front Door” in Northeast Nebraska

**We provide educational programs to help citizens make more informed decisions.**


- Crops of the Future
- Livestock Systems
- Water, Climate and Environment
- Ag Economics
- 4-H/Youth Development
- Early Childhood

### Haskell Agricultural Laboratory (HAL)

57905 866 Road • Concord, NE 68728-2828  
 Phone: (402) 584-2261 • Fax: (402) 584-3859  
 Website: <https://hal.unl.edu>


Doug Zalesky, Director .....402-624-8089	Nicole Luhr, Research Technologist I ..... 584-3853
Logan Dana, Farm Operations Manager ....584-3852	Sue Lackey, Asst Hydrogeologist.....402-649-1538
Chad Lake, Ag Research Technician II.....584-3860	Monty Larsen, Lecturer .....584-3808
Michael Kurtzhals, Grad Student, Agron....584-3822	Wendy Winstead, Finance Coordinator..... 584-3824
Jim Jansen, Ag Econ Educator .....584-3849	Agnes Kurtzhals, Comm Assoc Temp..... 584-3818
Leslie Johnson, Animal Manure Educator..584-3818	Monica Ebmeier, Dixon Co Office Mgr ..... 584-3827
Sarah Paulos, Early Childhood Educator ....584-3830	Nebraska Extension Dixon County ..... 584-2234

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination).



## It all began with agriculture.

In 1985, CharterWest Bank began as a small West Point ag bank. Today you can find us all across Nebraska, but no matter how much we grow or how far we go, we are proud of our Northeast Nebraska roots.



**CharterWest**  
bank  
the power of the eagle

BANKS:

West Point • Pender • Walthill • Elkhorn • Papillion  
 South Omaha (LPO) • Gretna (LPO)

MORTGAGE CENTERS:

Columbus • Council Bluffs • Elkhorn • Grand Island • Gretna  
 Hastings • LaVista • Lincoln-South • Lincoln-East • McCook  
 Norfolk • Omaha-West Center • Papillion • South Omaha

Nebraska born. Nebraska owned. Nebraska values.

**CharterWest.com**

Member FDIC



**www.bomgaars.com**

**1400 West 7th Street**

**Wayne**

**402-375-2303**

**What You Need... When You Need It**

# Study demonstrates how balanced front of pack nutrition labeling can help positively inform consumer food choices

Accurate front of pack nutrition labeling (FOPNL) can be helpful to both consumers and food companies to ensure relevant nutrition information is accessible when consumers are making product choices in-store. However, when the nutrition information in a front of pack labeling system is limited, consumers may miss out on vital information that can help them make healthier food choices. A new study

released today by the International Food Information Council (IFIC) and supported by the International Dairy Foods Association (IDFA), highlights the need for balanced front of pack nutrition labeling. The full study is available at [foodinsight.org](http://foodinsight.org).

In reference to the study, IDFA Senior Vice President of Regulatory and Scientific Affairs, Roberta Wagner, issued the following statement:

“It is clear in these results that providing additional information such as calories and nutrients to encourage as part of front of pack nutrition labels beyond saturated fat, sodium, and added sugars helps consumers correctly identify the healthiest label. We want consumers to trust that FOPNL information accurately reflects the overall nutritional quality and density of the product. This study emphasizes the value consumers place on comprehensive nutrition information, and the lack of trust in labeling that leaves out part of the picture.

“As the U.S. Food and Drug Administration (FDA) proposes a mandatory, standardized FOPNL scheme for packaged foods, it is critical it be balanced and provide a broader scope of nutritional information to consumers so that nutrient dense dairy foods including milk, yogurt, and cheese are characterized fully by reflecting the calcium, protein, vitamin D, potassium and other nutrients they provide.

IDFA is encouraged by the results published by IFIC today and we are hopeful that these insights will be considered by FDA to inform its nutrition-related policymaking. Mandating



a FOPNL scheme that focuses only on added sugars, saturated fat, and sodium could have the unintended consequences of contributing to decreased consumer trust and consumption of nutrient dense products recommended by the Dietary Guidelines for Americans, such as dairy.”

The International Dairy Foods Association (IDFA), Washington, D.C., represents the nation’s dairy manufacturing and marketing industry, which supports more than 3.2 million jobs that generate \$49 billion in direct wages and \$794 billion in overall economic impact. IDFA’s diverse membership ranges from multinational organizations to single-plant companies, from dairy companies and cooperatives to food retailers and suppliers, all on the cutting edge of innovation and sustainable business practices. Together, they represent most of the milk, cheese, ice cream, yogurt and cultured products, and dairy ingredients produced and marketed in the United States and sold throughout the world. Delicious, safe and nutritious, dairy foods offer unparalleled health and consumer benefits to people of all ages.

## Diets

(continued from page 7)

facturing and marketing industry, which supports more than 3.2 million jobs that generate \$49 billion in direct wages and \$794 billion in overall economic impact. IDFA’s diverse membership ranges from multinational organizations to single-plant companies, from dairy companies and cooperatives to food retailers and suppliers, all on the cutting edge of innovation and sustainable business practices. Together, they represent most of the milk, cheese, ice cream, yogurt and cultured products, and dairy ingredients produced and marketed in the United States and sold throughout the world. Delicious, safe and nutritious, dairy foods offer unparalleled health and consumer benefits to people of all ages.

# The Hay Company

Beemer, NE

— LOCALLY OWNED AND OPERATED —

Rich Shockley  
Cell: 712-389-8590

Gerald Lierman  
Cell: 402-380-5320

Jordan Lierman - Cell: 402-380-9478



Hiland will continually strive to provide high quality products that our customers desire at a competitive price.

### Being Better Than We Have to Be

Setting high standards in performance and quality control and meeting or exceeding those marks. Never settling for less than the very best we can offer.

### Doing What is Right

Treating our greatest asset, our people, with dignity and respect. Attracting and retaining high quality people by providing a competitive compensation package and continually training and upgrading the skills of our people.

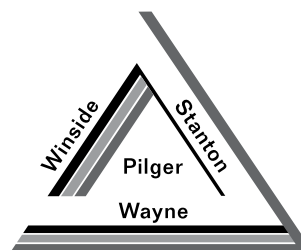
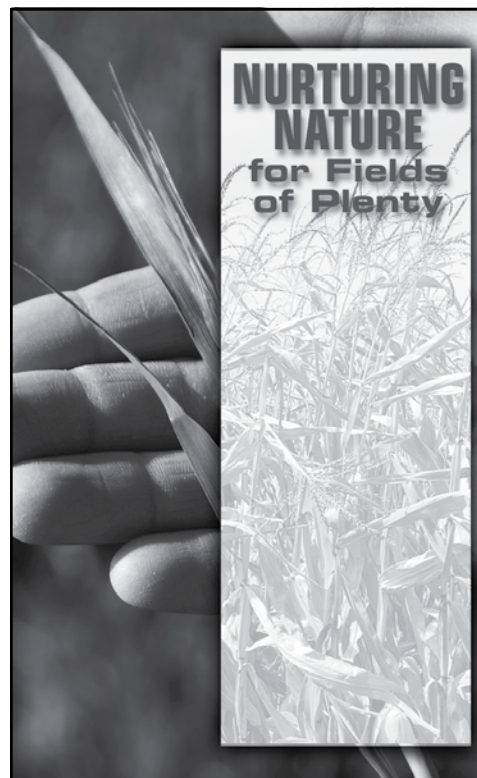
### Provide a Reasonable Return to Our Owners

We provide a reasonable return to our owners by keeping pace with the market in all areas of our business.



Locally Made.  
Naturally Delicious.™

700 East Omaha Avenue  
Norfolk, NE 68701  
[hilanddairy.com](http://hilanddairy.com)



## Farmers Co-op

WINSIDE • 402-286-4277  
PILGER • 402-396-3414  
STANTON • 402-439-2430



# Avian influenza virus type A found in U.S. dairy cattle

On March 25, the U.S. Department of Agriculture (USDA), Food and Drug Administration (FDA), and Centers for Disease Control and Prevention (CDC) announced that highly pathogenic avian influenza (HPAI), specifically avian influenza virus type A (H5N1), had been identified in U.S. dairy cattle for the first time. Here are important details on this rapidly evolving situation:

Avian influenza virus type A (H5N1) has been confirmed in dairy cattle in nine states: 24 herds in Michigan, 18 in Idaho, 16 in Texas, eight in New Mexico, five in South Dakota, four each in Kansas and Colorado, and one each in Ohio and North Carolina. Get updates on detections here and answers to frequently asked questions here.

Tests so far indicate that the virus detected in dairy cattle is H5N1, Eurasian lineage goose/Guangdong clade 2.3.4.4b. This is the same clade that has been affecting wild birds and commercial poultry flocks and that has caused sporadic infections in several species of wild mammals and neonatal goats in one herd in the United States.

Common clinical signs in affected cows include low appetite, reduced milk production, and abnormal appearance of milk (thickened, discolored).

While avian influenza virus type A (H5N1) is associated with high morbidity and mortality in birds ("highly pathogenic"), this hasn't been the case for dairy cattle. Affected animals reportedly recover with supportive treatment and with little to no mortality.

The spread of the H5N1 virus within and among herds indicates that bovine-to-bovine spread occurs, likely through mechanical means. Evidence also indicates that the virus can spread from dairy cattle premises to nearby poultry facilities.

The USDA has urged veterinarians and producers to practice good biosecurity; monitor for, separate, and test

sick animals; minimize cattle movements; and isolate and monitor any newly received dairy cattle for 30 days upon arrival. In addition, since April 29, a federal order has been in effect, requiring testing of lactating dairy cattle for HPAI prior to interstate movement, and reporting of positive nucleic acid detection and serology results for livestock to APHIS. While the movement restriction initially applies to lactating dairy cows, this may be adjusted based on an evolving scientific understanding of the disease and risks. Find answers to frequently asked questions about the order here and guidance for producers and veterinarians here.

At the state level, at least 22 states have issued restrictions on the importation of dairy cattle:

Alabama, Arizona, Arkansas, California, Delaware, Florida, Hawaii, Idaho, Kansas, Kentucky, Louisiana, Maryland, Mississippi, Nebraska, New York, North Carolina, Oregon, Pennsylvania, South Dakota, Tennessee, Utah, and West Virginia.

State-specific restrictions on cattle movement must be followed in addition to federal requirements. If and where a particular state's requirements are more restrictive than the federal order, that state's requirements must be followed.

Michigan has issued an emergency order to control and prevent the continued spread of HPAI within the state by requiring that poultry and livestock producers develop and implement specific biosecurity practices.

Canada has tightened import requirements on dairy cattle from the United States.

The USDA has announced assistance for producers with H5N1-affected premises to improve on-site biosecurity, as well as financial tools for lost milk production in affected herds.

Federal and state agencies continue to conduct testing of clinical samples,

including unpasteurized milk, nasal swabs, and tissue samples, as well as samples of milk along all stages of production. They also are performing viral genome sequencing. The USDA and state health officials encourage producers to work with their veterinarians to support sampling and testing.

Testing conducted thus far has not found changes in the virus that would make it more transmissible to humans. The American Association of Bovine

Practitioners (AABP) has created a working group of its members that, together with AVMA, is communicating with federal and state officials and working on additional biosecurity guidance. AABP members can find more information about these activities here. AABP guidance on navigating the federal order can be found here.

The CDC recommends monitoring

See AVIAN, page 9

# N

## ORTHEAST TIRE SERVICE

Farm & Residential  
Roadside Assistance

Lance 402-369-3772

E. Hwy. 35 Across from Wayne East • Wayne



we give you peace  
of mind, which gives  
us peace of mind.

simple human sense

## Northeast Nebraska Insurance Agency

Wayne 375-2696 • Wakefield 287-9150 • Laurel 256-9138

*Auto-Owners*  
INSURANCE

LIFE • HOME • CAR • BUSINESS



Farmers Co-op

## Farmers Co-op

325 West 1st Street  
Pilger, NE  
402-396-3414

•Grain Storage •Fertilizer  
•Chemicals •Fuel •Propane •Oil

CONVENIENCE STORE

•Gas & Diesel •Grocery Items

# FDA reaffirms that pasteurization is effective against HPAI

The U.S. Food and Drug Administration (FDA) confirmed again that pasteurization of milk consistent with the federal Grade "A"

Pasteurized Milk Ordinance (PMO) destroys harmful pathogenic bacteria and other microorganisms, including Highly Pathogenic Avian Influenza

(HPAI) and other viruses.

The data cited by FDA is consistent with many other studies demonstrating that the legally required temperature

and time for milk pasteurization will readily inactivate HPAI. Viral fragments detected after pasteurization are nothing more than evidence that the virus is dead; they have zero impact on human health. Further, the federal PMO prohibits milk from sick cows from entering the food supply chain. Milk and milk products produced and processed in the United States are among the safest in the world.

The FDA has remained consistent in its vigilance against raw milk consumption, as well. Raw milk is a key vehicle in the transmission of human pathogens, including E. coli O157:H7, Campylobacter, Listeria monocytogenes, and Salmonella, among others. As this situation continues to evolve, our dairy organizations strongly discourage the consumption of raw milk and recommend that all raw milk and raw milk components be heat treated to a temperature and duration that kills harmful pathogenic bacteria and other microorganisms, including HPAI, regardless of the product's intended use for human or animal consumption.

FDA also recommends out of an abundance of caution that milk from cows in an affected herd not be used to produce raw milk cheeses.



## Making decisions

Wayne FFA member Parker Kesting keeps watch over a pen of dairy cows while FFA members from throughout the district evaluate them during the annual Dairy Judging Contest at the Wayne County Fairgrounds. FFA members evaluated several different categories of dairy animals.



*Thanks for a job well done!*

**We proudly salute our dairy industry.**

**AD** **AUTOMATED DAIRY SPECIALISTS, LLC**  
WWW.AUTOMATEDDAIRYSPECIALISTS.COM  
CLEARWATER, NEBRASKA 402-485-2655



See us for all your dairy equipment & supply needs.

**Dedicated to serving your ag lending needs**



**FM & Bank**

321 Main Street . Wayne, NE . 68787

800.235.5331 . fmbankne.bank . Member FDIC

# Avian

(continued from page 9)

people exposed to HPAI-infected animals of any species—including people wearing recommended personal protective equipment. Those who develop symptoms of HPAI should be tested for H5N1 virus at a state or local public health department.

### Impact on other animals and public health

Seven sick or dead cats on dairy farms in Texas, New Mexico, and Ohio also have tested positive for avian influenza virus type A (H5N1). In cats—a species previously known to contract the virus, illness reportedly has been severe, manifesting as neurological signs, copious oculonasal discharge, and a high mortality rate. These findings reinforce the importance of keeping pets away from wild birds and raw milk or colostrum. The CDC advises veterinary staff to take precautions when working in close contact with cats with confirmed or suspected exposure to HPAI.

The National Veterinary Services Laboratories (NVSL) confirmed the detection of avian influenza virus type A (H5N1) in alpacas from a premises where HPAI-affected poultry were depopulated in May 2024. While this HPAI confirmation is not unexpected due to previous HPAI detection on the premises, the high amount of virus in the environment, and co-mingling of multiple livestock species on-farm, it is the first HPAI detection in alpacas.

To date, infection with avian influenza virus type A (H5N1) has been confirmed in three dairy farm workers exposed to infected cows—two in Michigan and one in Texas. Symptoms in two workers were limited to eye redness (consistent with conjunctivitis). The third worker is the first person in the current cattle outbreak known to have developed respiratory symptoms (cough without fever). All three patients were told to isolate, received an antiviral for flu, and have

recovered or are recovering. The CDC, who has been closely monitoring the situation, assures these human cases are unrelated to each other, with no indication of person-to-person transmission. Furthermore, there has been no uptick in human cases of flu. Based on the available information, the CDC continues to consider the risk of HPAI to the general public low.

People with close or prolonged, unprotected exposure to infected animals or their environments are at greater risk of infection. For tips on how to protect yourself, see the CDC's updated interim recommendations and the USDA's personal protective equipment recommendations.

### Impact on food safety

The USDA, FDA, and CDC continue to state they have no concerns about the safety of the commercial milk supply because milk from impacted animals is being diverted or destroyed so it does not enter the human food supply. In addition, products are pasteurized before entering interstate commerce for human consumption.

Although the FDA has found fragments of the H5N1 virus in some pasteurized milk samples from grocery stores, preliminary results of additional tests show the absence of live, infectious virus in those samples. Overall, the results indicate that pasteurization is effective in inactivating the virus, and reaffirm the FDA's assessment that pasteurized milk is safe for human consumption.

The USDA's Food Safety Inspection Service (FSIS) has tested ground beef samples from stores in states with confirmed-positive dairy cattle herds. The samples tested negative for the virus using polymerase chain reaction (PCR) methods, reaffirming that the meat supply is safe, too.

The FSIS also has tested 109 muscle samples from cull dairy cows that had been condemned at slaughter because of systemic disease. Overall, 108 samples tested negative for H5N1

viral particles, and one tested positive. Meat from condemned cows is prohibited from entering the human food supply, so the USDA remains confident that the meat supply is safe.

The FDA strongly encourages that any milk diverted for feeding calves be heat treated to kill harmful bacteria or viruses before feeding.

The FDA recommends that the dairy industry refrain from selling raw milk or raw/unpasteurized cheese products made from milk from cows showing

signs of illness.

People are advised not to drink raw milk or eat raw milk-based cheese, and to properly handle and cook meat to an internal temperature of at least 165°F. This includes any meat used to feed pets.

For the most current information and resources from the USDA, FDA, and CDC, see the USDA Animal and Plant Health Inspection Service (APHIS) page on HPAI detections in livestock.



### Ekberg Auto Repair

58485 859 Road  
Wakefield, NE 68784  
402-287-2387

### Ekberg Auto Salvage

58485 859 Road  
Wakefield, NE 68784  
402-287-2950

### Ekberg Auto Parts

103 N. Oak Street • Wakefield, NE 68784 • 402-287-9031



The land market  
is in big demand!

Call us today to discuss the possibilities.



**Wendi Schutte**  
Associate Broker/Branch Owner  
(402) 518-0115



**Steve Schutte**  
AFM/Agent  
(402) 518-0111



103 W. 2nd Street • Laurel, NE • 402-256-9320

[www.FarmersNational.com/Laurel](http://www.FarmersNational.com/Laurel)

Real Estate Sales • Auctions • Farm and Ranch Management  
Appraisal • Insurance • Consultation • Oil and Gas Management  
Forest Resource Management • National Hunting Leases  
Lake Management • FNC Ag Stock

**DINKEL'S** "We Can Do The Job For You"

**NEW HOLLAND**  
AGRICULTURE

**Dinkel Implement Co.**  
3615 W. Norfolk Ave - Norfolk, NE 68701  
**402-371-5092**

**KINZE** **JCB** **Kubota** **LANDOLL**

[www.dinkels.net](http://www.dinkels.net)

# Environmental impact of dairy farming

All food production comes with an environmental footprint. That's why dairy farmers are working every day to reduce that footprint in a number of different ways, including recycling, finding new renewable energy sources, reducing and repurposing waste, and upcycling nutritious ingredients for the cows' diets. This kind of sustainable modernization is the perfect example of why a dairy farmer is much more than a farmer — they're engineers, nutritionists, environmentalists and everything in between.

## Production and the Environment

Given how important dairy is to the American diet, producing dairy has a surprisingly small impact on the environment. In 2008, the U.S. dairy industry was the first in the food agricultural sector to conduct a full life cycle assessment at a national scale. From that LCA, which focused on fluid milk, it was estimated that U.S. dairy accounts for approximately 2% of total GHG emissions, 5.1% of water use and 3.7% of U.S. farmland. Thanks to increasingly modern and

innovative dairy farming practices, the environmental impact of producing a gallon of milk in 2017 shrunk significantly, requiring 30% less water, 21% less land and a 19% smaller carbon footprint than it did in 2007. That's the same as the amount of carbon dioxide removed from the atmosphere by half a million acres of U.S. forest.

## Mitigating Methane Emissions

Dairy farmers have long been lessening the environmental impact of dairy farming, tending to their animals and managing their land, air, and water resources. They're our planet's natural innovators. Sure, we've made progress, but we're not stopping there. For instance, methane presents a greater risk in the near term for atmospheric warming when compared to other GHGs, but it has a much shorter lifespan. That's why we're seizing the moment to address methane from cow burps and manure to gain significant climate benefits. Some of the most promising solutions are linked to a cow's diet. Digesters and renewable natural gas offer one of the more established ways to address GHG emissions related to manure management. And feed production research examines strategies and practices in field that will help to reduce the release of, and help sequester, GHGs.

Dairy cows are doing their part to keep waste out of landfills, another way to help mitigate methane emissions. Every day cows eat an estimated 26.5 pounds of things like cottonseed and distillers' grains, and one third of a cow's diet — representing anywhere from 32 million to 41 million metric tons nationally — consists of a byproduct from crop or food company production (think almond hulls or citrus peels). That's another reason why cows are an important part of the conversation when it comes to climate change.

## 2050 Environmental Goals

The dairy community is committed to making further progress. Our 2050 goals support a vision that dairy is an environmental solution, addressing the areas where U.S. dairy collectively can have the greatest impact.

Specifically, the goals are:

- Achieve GHG neutrality;
- Optimize water use while maximizing recycling;
- Improve water quality by optimizing utilization of manure and nutrients.

U.S. dairy is working collectively to balance GHG emissions with reductions and removals to reach net zero, as guided by the work of the Intergovernmental Panel on Climate Change.



(from left) Caiden Backer (boys golf), Faith Powicki (girls track), Sam Junck (boys track) and Devin Anderson (baseball).

# got milk? <sup>®</sup>

To compete in high school athletics, it takes a sharp mind, quick reflexes and a strong body.

PROMOTING A  
HAPPIER, HEALTHIER  
YOUTH!

# MPM Farms & MPM East

## Wayne - Wakefield