

# Ds Notes 111620

## Let's Talk Thermometers by Karen Blakeslee

Check whole poultry temperature in the innermost part of the thigh and wing and thickest part of the breast.

There are a variety of thermometers to use for cooking. And they are not just for checking meat doneness. They can be use to check temperature of baked goods, stages of candy cooking, and more. They can also help with making good quality food.

There are choices. Here are a few.

- **Dial Oven-Safe.** It can be left in the food while cooking large foods like whole poultry and roasts. Place in the thickest part of the food.
- **Digital Instant-Read.** Good for thin foods and gives quick results. Insert at least ½-inch deep into the food. Not oven-safe.
- **Dial Instant-Read.** Good for larger foods and soups. Reads in about 15-20 seconds. Place 2-2½" deep into thickest part of the food. Insert sideways into thinner foods. Not oven-safe.
- **Pop-Up.** These are in whole turkeys or chickens. They are made of food safe nylon and are reliable within 1-2°F. Always double check doneness with a conventional thermometer in the innermost part of the thigh and thickest part of the breast.
- **Digital Oven Probe with Cord.** These can be used in most foods and is oven safe. The base unit sits on the stovetop or counter.

## Can Two Turkeys Be Roasted in One Oven? by Karen Blakeslee

The cooking time is determined by the weight of one bird—not the combined weight. Use the weight of the smaller bird to determine cooking time. Use a food thermometer to check the internal temperature of the smaller bird first and then check the second bird. A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. When cooking two turkeys at the same time make sure there is enough oven space for proper heat circulation.

## Holiday or Party Buffets

A popular way to celebrate holidays or any party occasion is to invite friends and family to a buffet. However, this type of food service where foods are left out for long periods leave the door open for uninvited guests — bacteria that cause foodborne illness. Festive times for giving and sharing should not include sharing foodborne illness. Here are some tips from the USDA's Meat and Poultry Hotline to help you have a SAFE holiday party.

**Safe Food Handling** - Always wash your hands before and after handling food. Keep your kitchen, dishes and utensils clean also. Always serve food on clean plates — not those previously holding raw meat and poultry. Otherwise, bacteria which may have been present in raw meat juices can cross contaminate the food to be served.

**Cook Thoroughly**- If you are cooking foods ahead of time for your party, be sure to cook foods thoroughly to safe minimum internal temperatures.

- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.
- Cook all poultry to a safe minimum internal temperature of 165 °F as measured with a food thermometer.

**Use Shallow Containers** - Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165 °F. Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200-250 °F) or cold in the refrigerator until serving time. This way foods will be held at a safe temperature for a longer period of time. REPLACE empty platters rather than adding fresh food to a dish that already had food in it. Many people's hands may have been taking food from the dish, which has also been sitting out at room temperature.

**The Two-Hour Rule** - Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

**Keep Hot Foods HOT And Cold Foods COLD** - Hot foods should be held at 140 °F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40 °F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

**Foodborne Bacteria** - Bacteria are everywhere but a few types especially like to crash parties. *Staphylococcus aureus*, *Clostridium perfringens* and *Listeria monocytogenes* frequent people's hands and steam tables. And unlike microorganisms that cause food to spoil, harmful or pathogenic bacteria cannot be smelled or tasted. Prevention is safe food handling.

If illness occurs, however, contact a health professional and describe the symptoms.

The following are some of the bacterial that can cause issues in our food:

*Staphylococcus* ("staph") bacteria are found on our skin, in infected cuts and pimples, and in our noses and throats. They are spread by improper food handling. Prevention includes washing hands and utensils before preparing and handling foods and not letting prepared foods — particularly cooked and cured meats and cheese and meat

salads — sit at room temperature more than two hours. Thorough cooking destroys "staph" bacteria but staphylococcal enterotoxin is resistant to heat, refrigeration and freezing.

"*Perfringens*" is called the "cafeteria germ" because it may be found in foods served in quantity and left for long periods of time on inadequately maintained steam tables or at room temperature. Prevention is to divide large portions of cooked foods such as beef, turkey, gravy, dressing, stews and casseroles into smaller portions for serving and cooling. Keep cooked foods hot or cold, not lukewarm.

Because *Listeria* bacteria multiply, although slowly, at refrigeration temperatures, these bacteria can be found in cold foods typically served on buffets. To avoid serving foods containing *Listeria*, follow "keep refrigerated" label directions and carefully observe "sell by" and "use by" dates on processed products, and thoroughly reheat frozen or refrigerated processed meat and poultry products before consumption.

### **Roasting Those "Other" Holiday Meats**

No doubt about it, holiday time is turkey time. Of the 266 million turkeys produced in 2006, 30 percent are served during the holidays. Yet numerous other meats are also traditional at holiday gatherings. Some families choose a rib roast; others, a ham; and some will have the butcher arrange a crown roast of lamb.

If a hunter's in the clan, that family may serve wild game such as duck, venison or pheasant. Small families may opt for a bird smaller than a turkey — such as capon, duck, goose or Cornish hen — or a small cut of meat like a pork tenderloin or veal roast.

Whatever the choice, have a food thermometer on hand to determine when the meat has reached a safe temperature. For special holiday meals, the cook wants everything perfect — and perfectly safe.

When choosing your holiday meat, be assured that all beef, lamb, pork, veal and poultry sold at your supermarket has been inspected for wholesomeness by the USDA or State inspection systems. Once your purchase is at home, refrigerate it immediately. Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

There are two types of hams: fully cooked and those that need cooking. Fully cooked hams may be eaten cold or reheated to 140 °F. When storing these hams, observe "use-by" dates on hams sealed at the plant; use store-wrapped cooked ham portions within 3 to 5 days. "Cook-before-eating" hams must be cooked to 145 °F and allowed to rest for at least 3 minutes to destroy harmful bacteria that may be present. Use within 7 days.

Since wild game killed by hunters has not been federally or state inspected, care must be taken to handle it safely. Parasites such as *Trichinella* and *Toxoplasma* may be present. Improper handling can cause bacterial contamination as well as off-flavors.

Dress game in the field right after shooting. Dressed meat must be chilled as soon as possible. Keep the game cold — below 40 °F, until it can be cooked or frozen. *For more information about wild game, call State or county extension offices.*

Because holidays are special times, people tend to spend more money for a specialty meat. These fancy meats and poultry may cost more because they are exceptionally tender or special.

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately low oven temperature of 325 °F should be used.

The USDA does not recommend cooking meat and poultry at oven temperatures lower than 325 °F because these foods could remain in the "Danger Zone" (temperatures of 40° to 140 °F) too long. Bacteria which may be present on these foods multiply rapidly at these temperatures.

Boned and rolled meats require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat.

### HOLIDAY MEAT ROASTING CHART

For approximate cooking times to use in meal planning, see the following chart compiled from various resources. Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

<b>Holiday Meat Roasting Chart</b>			
<b>Red Meat, Type</b>	<b>Oven °F</b>	<b>Timing</b>	<b>Minimum Internal Temperature &amp; Rest Time</b>
<b>BEEF, FRESH</b>			
Beef, rib roast, bone-in; 4 to 8 pounds	325	23 to 30 min/lb	145 °F and allow to rest for at least 3 minutes
Beef, rib roast, boneless; 4 pounds	325	39 to 43 min/lb	
Beef, eye round roast; 2 to 3 pounds	325	20 to 22 min/lb	
Beef, tenderloin roast, whole; 4 to 6 lbs	425	45 to 60 minutes total	
Beef, tenderloin roast, half; 2 to 3 lbs	425	35 to 45 minutes total	
<b>LAMB</b>			
Lamb, leg, bone-in; 5 to 9 pounds	325	20-26 min/lb	145 °F and allow to rest for at least 3 minutes

Lamb, leg, boneless; 4 to 7 pounds			
Lamb, crown roast; 3 to 4 pounds	375	20-30 min/lb	
<b>PORK, FRESH</b>			
Pork, loin roast, bone-in; 3 to 5 pounds	325	20-25 min/lb	145 °F and allow to rest for at least 3 minutes
Pork, loin roast boneless; 2 to 4 pounds	325	23-33 min/lb	
Pork, crown roast; 6 to 10 lbs	325	20-25 min/lb	
Pork, tenderloin; ½ to 1½ lbs	425	20-30 minutes total	
<b>PORK, CURED</b>			
Ham, cook-before-eating, bone-in; Whole, 14 to 16 pounds	325	18-20 min/lb	145 °F and allow to rest for at least 3 minutes
Ham, cook-before-eating, bone-in; Half, 7 to 8 pounds	325	22-25 min/lb	
Ham, fully cooked, bone-in; Whole, 14 to 16 pound	325	15-18 min/lb	140 °F
Ham, fully cooked, bone-in; Half, 7 to 8 pounds	325	18-25 min/lb	140 °F
Ham, fully cooked, boneless; 3 to 4 lbs	325	27-33 min/lb	140 °F
Ham, country, dried	(see label directions)		
<b>VEAL</b>			
Veal, boneless roast, rump or shoulder; 2 to 3 pounds	325	25-30 min/lb	145 °F and allow to rest for at least 3 minutes
Veal, bone-in roast, loin; 3 to 4 pounds	325	30-34 min/lb	
<b>VENISON</b>			
Venison, round, rump, loin, or rib roast; 3 to 4 pounds	325	20-25 min/lb	160 °F

### Plan on smaller Thanksgiving meals this year, nutrition expert says

A recent survey by United States-based company [OnePoll](#) indicates that 70% of Americans expect to celebrate Thanksgiving differently this year.

That includes the number of people eating dinner together, and where they eat it. OnePoll reports that 30% of Americans plan to host only their immediate family this year – up from 18% doing so in 2019 – while food giant [Butterball](#) notes that one-third of U.S. families are considering serving dinner outdoors.

Americans are not ready to give up traditional foods, but that may require some pre-Thanksgiving planning to adjust the size of the meal, according to Kansas State University nutrition specialist Sandy Procter.

“When you think about the traditional dishes that mean so much when you get together, you can scale those up or down,” she said. “One of my classic recipes is the stuffing. I’m very careful not to stuff the turkey with it because of the food safety concerns, so I make it in a crock pot, which works really well, because then I have more oven space.

“There are a variety of sizes of crock pots. I can certainly decrease the amount of ingredients but still keep a favorite food on the table.”

Procter noted that leftovers – which generally are preferred fare in the days following the holiday – won’t necessarily be eliminated if you cook less. “But instead we will leftover from a meal of four, instead of a meal for 16,” she said.

Another option, Procter said, is to cook usual quantities and make a careful plan to freeze meals ahead.

“What I like to do when I have leftovers is leave them in a variety of forms so I can pull them from the freezer,” Procter said. “I might have some slices or cubes (of turkey, for example) that can be used for soup, stew, pot pie or mixed dishes.”

More tips for healthy eating also are available online from K-State Research and Extension, <https://www.hhs.k-state.edu/fndh>.

### **“How Much Water Do Those Cows Need?”**

Most cattle producers fully understand the importance of water. After all, providing an adequate supply of clean, fresh water is the cornerstone of animal husbandry and there are very few things that compare to the feeling of finding thirsty cows grouped around a dry tank. Water is important and, in situations where the water supply is limited or water is being hauled (i.e. grazing crop residues), one of the first questions we find ourselves asking is “how much water do those cows need”?

The old rule of thumb is that cattle should consume 1-2 gallons of water per 100 lbs of bodyweight. Water consumption increases linearly as ambient temperature increases above 40° Fahrenheit such that cows require an additional gallon of water for every 10 degree increase in temperature.

Additionally, lactation also directly increases the amount of water required by beef cows. The table below summarizes the daily water requirements of beef cows of several different body weights, milk production levels and ambient temperatures (Adapted from Spencer, 2016).

There is more information in “*Estimating Water Requirements for Mature Beef Cows*”, Kansas State University MF3303 at <https://www.bookstore.ksre.ksu.edu/pubs/MF3303.pdf>

For more information, contact Justin Waggoner at [jwaggon@ksu.edu](mailto:jwaggon@ksu.edu).

Cow WT	Milk Production #/d	Average Daily Temperature, °F		
		40°F Gallons of Water/day	65°F Gallons of Water/day	90°F Gallons of Water/day
1100	0	8.2	10.8	13.4
	10	10.5	13.1	15.7
	25	12.8	15.4	17.9
1300	0	9.2	11.8	14.3
	10	12.2	14.8	17.4
	25	14.5	17.1	19.7
1500	0	10.2	12.7	15.3
	10	14.0	16.5	19.1
	25	16.3	18.8	21.4

**Producers remember to prep water systems for winter.**

There is nothing like a refreshing drink of water to hydrate one’s body, but what happens when the only available water is frozen?

As beef producers manage the herd in dropping temperatures this winter, Kansas State University Beef Cattle Institute experts stress that now is the time to make sure the watering systems are set up for full time access to clean, drinkable water.

“Cattle will typically drink about 1 gallon of water per day for every 100 pounds of weight they maintain,” said veterinarian and BCI director Brad White on a recent [Cattle Chat](#) podcast.

Veterinarian Bob Larson added that lactating cows will consume more water than dry cows.

“Water is the most important nutrient for overall cattle health and production,” Larson said. He added that it is important for cattle to have access to clean water at all times.

The experts said now is the time to consider the size of the tank needed to keep the water flowing ice free this winter. For some, that may mean investing in frost-free watering systems.

“Investing in a freezeproof waterer can be expensive but the savings in time and labor of breaking ice may be well worth it,” White said. “The cattle’s consumption of water will also increase if the water is free flowing at all times.”

Even with frost free systems, the veterinarians agreed that cattle producers need to clean them periodically.

“Cattle waterers can get hay debris and other saliva and dirt in them throughout the winter, so be sure to clean them often,” White said.

And if cattle are drinking water from a well, White advised having the water tested periodically to make sure it is safe.

To hear the full discussion on winter water resources, listen to the BCI Cattle Chat podcast, <https://ksubci.org/media/podcast-2>.

### **Check terraces now for needed repairs and maintenance**

In a dry fall, this window of time between harvest and when the snow flies can be a good time to evaluate and perform maintenance on terraces. In Kansas, over 9 million acres of land is protected by more than 290,000 miles of terraces, making Kansas #2 in the U.S. for this soil and water conservation practice. To accomplish the goal of erosion control and water savings, terraces must have adequate capacity, ridge height, and channel width.

Without adequate capacity to carry water, terraces will be overtopped by runoff in a heavy storm. Overtopping causes erosion of the terrace ridge, terrace back slope, and lower terraces and may result in severe gullies. Terraces are typically designed to handle runoff from a 1-in-10-year storm. The rainfall amounts for such a storm are approximately five inches for eastern Kansas, four inches for central, and three inches for western Kansas during a 24-hour period.

Terraces need regular maintenance to function for a long life. Erosion by water, wind, and tillage wears the ridge down and deposits sediment in the channel, decreasing the effective ridge height, and channel capacity. The amount of capacity loss depends on the type and number of tillage operations, topography, soil properties, crop residue, and precipitation. Terrace maintenance restores capacity by removing sediment from the channel and rebuilding ridge height.

Typically, more frequent maintenance is required for steep slopes and/or highly erodible soils. Annual maintenance is necessary for intense tillage operations and heavy rainfall runoff. Less frequent maintenance is often adequate with high residue levels or where lower rainfall occurs and runoff intensity is low.

Terraces degrade naturally by erosion and sediment, and can be damaged by machinery, animals, settling, and erosion. Check terraces and terrace outlets regularly (at least annually) for needed repairs. The best time to check is after rains, when erosion, sedimentation, and unevenness in elevation are easiest to spot. Specific items to note are overtopping, low or narrow terrace ridges, water ponding in the channel, terrace outlets, erosion, and sediment clogging near waterway or pipe outlets.

Terrace maintenance can be done with virtually any equipment that efficiently moves soil. Common tools include those that turn soil laterally, such as a moldboard plow, disk plow, one-way, terracing blade (pull-type grader), or 3-point ridging disk (terracing



disk, etc.); those that convey or throw soil (belt terracer, scraper, whirlwind terracer, etc.); and those that push or drag soil (dozer blade, straight-wheeled blade, 3-point blade, etc.).

This article discusses procedures for the common plow. For other equipment, get advice from manufacturers, other users (contractor), or experiment to find what works best.

The primary objective in reshaping the terrace is to move soil from the channel to the ridge. Work done on the terrace back slope or cut slope above the channel may help maintain or improve shape but does little to add significant ridge height or channel capacity. Because of improved efficiency, a two-way (rollover) plow is ideal for terrace maintenance. It can usually achieve the desired shape with fewer passes than the conventional plow. Turn the soil in one direction to counteract erosion or turn it in either direction to clear the channel or raise and widen the terrace ridge.

The number of passes required for maintenance depends on the size of the tool, the depth of operation, travel speed (which controls distance of throw), and the amount of soil moved. The plow throws soil further at higher speeds, so a minimum ground speed of 5 mph in loose soil is suggested, but 6 mph or more is better.

**Maintenance controls terrace shape.** Assess what needs to be done before beginning maintenance. Compare the existing cross-section shape with the desired shape and size, and determine where soil should be removed and where it should be placed for the desired result. Back furrows are placed where more soil is needed, while dead furrows are located where soil needs to be removed. In this way, passes or sets of passes with the equipment are located to achieve the desired results.

Terrace dimensions can be changed by carefully planned placement of back furrows and dead furrows. Large changes in dimension and shape require several sets of passes with the tools or earthmoving equipment. Plan the terrace cross-section shape and size and terrace slope segment length to fit current and future tillage, planting, and harvesting equipment size.

The number of rounds or passes with maintenance equipment depends on the beginning shape of the terrace, size of equipment, and the desired size and shape. If in doubt, make more passes rather than stop too soon. Remember, the loose soil will settle a lot.

**Plowing the ridge.** The terrace ridge is raised and widened by plowing up from both sides. When a 2-way plow is used, plow just the front slope from the channel to the ridge. Plowing the backslope makes it steeper.

The back furrows are placed on top of the ridge, and the dead furrows are placed at the desired center of the channel and at the toe or beyond on the backslope. Avoid making a depression on the backslope by varying where the dead furrow is placed. Plowing the ridge is recommended for maintaining or adding ridge height. To make the ridge wider and not so sharply peaked, the back furrows should come together, but not overlap and make additional rounds. Correct a narrow peaked ridge resulting from too few passes by moving the plow over only one or two bottom widths with each pass. This process requires many more rounds.

To make the terraces slopes long enough to fit equipment, always leave dead furrow the desired distance from the ridge. For the three-segment shape, locate the back and dead furrows in the same place each year, keeping the cross-section uniform in size and shape. Vary the back furrow and dead furrow locations each time to maintain the rounded shape of the channel and ridge for the large smooth section.

**Plowing the channel.** Sometimes even when the ridge is large enough, the channel can have inadequate capacity. To enlarge and widen the terrace channel, plow out to both sides.

Back furrows are placed on the ridge and on the uphill cut-slope side the same distance from the desired center of the channel. Begin at a distance equal to that from ridge to desired channel center. A double side-by-side dead furrow should result at the desired channel center. Locate the plow back furrow on the ridge and the dead furrows in the desired channel bottom to achieve and maintain the desired shape. Vary the back furrow location to avoid leaving a large ridge on the cut slope.

Plowing out the channel periodically is recommended for steeper slopes to help maintain adequate channel capacity. Alternating between plowing the channel out and plowing the up from one time to the next is a good practice.

### **Consider conservation agriculture practices to increase terrace life**

When silt bars and sediment deposits accumulate frequently in a terrace channel, excessive erosion is the cause. A change in tillage and cropping practices is needed to correct this cause. Adding cover crops to a system, switching to no-till or conservation tillage, and using crop rotations that retain crop residue will reduce erosion substantially. This will reduce the frequency of terrace maintenance needs. Many no-till producers find terrace systems require little maintenance. Although runoff still occurs, there is very little soil movement in a no-till system. Remember, terraces are there to help in extreme weather events, and terraces prevent gullies and are only a part of an overall erosion control plan. Conservation farming methods, especially retaining crop residue or using cover crops, compliments erosion control structures and has been shown to be both economically and environmentally sound.

For more information, refer to publication Terrace Maintenance, C-709 available online at: <http://www.ksre.ksu.edu/bookstore/pubs/C709.pdf>

Another great resource is this KSRE YouTube video: Basics of Terrace Maintenance: <http://youtu.be/CcoITeP9QRA>

Additional sources for technical information include your local USDA-Natural Resources Conservation Service and County Conservation District offices.

DeAnn Presley, Soil Management Specialist, [deann@ksu.edu](mailto:deann@ksu.edu)

**Need some family bonding for the holidays?** Board games can provide a break from mental stress, as well as build healthy traits among family members.

It seemed like such a simple idea, with a modest beginning. On May 22, 2010, Liz Brunscheen-Cartagena invited members of the community and their families over to the Sedgwick County extension office to play a few board games.

A couple dozen folks showed up, played games then filled out a survey on their experience. It provided the feedback Brunscheen-Cartagena needed to get her program rolling.

Now entering its second decade, [Bonding Thru Board Games](#) has brought thousands of people together to play and laugh. Brunscheen-Cartagena said the event is normally held every other month and typically draws between 20-30 people.

“Among many things, playing board games is a resource for mental health,” Brunscheen-Cartagena said. “It helps people to disconnect from reality for a short period of time, having a break from stressors such as COVID or politics.

“Board games,” she added, “transport you to a renaissance pier bidding for goods, a race via railroad, or maybe even one small step to the moon. It brings people together, staving off loneliness. All generations gathering around a table sharing the same activity...it’s brilliant and magical.”

She noted that when possible for families to get together during the upcoming holiday season, board games can provide valuable bonding time.

“You know, these holidays are going to be unique, but that uniqueness has given us the opportunity to re-set our scope and adjust our lenses to focus on who we have close to us and to connect with them,” Brunscheen-Cartagena said. “We have been busy focusing on things ‘out there’ and missing bonding time with people ‘right here.’ COVID is shifting our attention to what is fundamentally important: people. And board games help to connect or re-connect people in a non-intrusive way.”

Brunscheen-Cartagena cited a research-based publication from the University of Nebraska’s extension service – [Family Treasures: Creating Strong Families](#) – that lists six traits of strong families:

- Carving time for each other.
- Appreciation.
- Communication.
- Shared values.
- Resiliency in times of crisis.
- Commitment to each other.

“Playing board games as a family tradition helps to develop those traits in a scaffolding manner,” Brunscheen-Cartagena said. “One trait is the result of the previous one when playing board games. So those key aspects are what I recommend families to focus on.”

She has written two publications on playing board games, both available for free through the K-State Research and Extension bookstore:

- [Developing the six traits of strong families.](https://bookstore.ksre.ksu.edu/pubs/MF3401.pdf)  
(<https://bookstore.ksre.ksu.edu/pubs/MF3401.pdf>)
- [Developing vital soft skills for school and workforce.](https://bookstore.ksre.ksu.edu/pubs/MF3489.pdf)  
(<https://bookstore.ksre.ksu.edu/pubs/MF3489.pdf>)

More information also is available online through the Sedgwick County extension office, <https://www.sedgwick.k-state.edu/home-family/relationships/index.html> and on the Bonding Thru Board Games Facebook page, <https://m.facebook.com/meplebond>.

**Your answers help many rural organizations.** The Survey of Rural Challenges has been opened for rural and small town people to answer. [www.saveyour.town/survey2020](http://www.saveyour.town/survey2020) This is not a survey about Covid 19, this survey is different. McCray and Brown, co founders of SaveYour.Town have been asking for *and listening to* rural challenges since 2015.

*“We use the results to create practical steps that help you shape a better future for your town. Because you tell us what topics rural people most want help with, your responses also get shared out to others who work with rural communities and in articles and media stories ,”* said Becky McCray, cofounder of SaveYour.Town

The survey will collect voluntary responses online at [www.saveyour.town/survey2020](http://www.saveyour.town/survey2020) in the fourth quarter of 2020. Respondents are expected to come from subscribers and visitors to SaveYour.Town and SmallBizSurvival.com, media coverage and publicity from cooperating groups. Respondents will identify themselves as rural by participating, and a portion will identify themselves as business owners by responding to the business question. Participants are expected to include people from the USA, Canada, Australia and other international locations.

*The last three surveys have told us that housing, losing young people, and downtown is dead were in the top five challenges. We look forward to hearing what our rural friends will say this year,”* said Deb Brown .

Requests for interviews can be directed to [becky@saveyour.town](mailto:becky@saveyour.town) or [deb@saveyour.town](mailto:deb@saveyour.town).