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The NEBLINE, September 2009

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Preparing for an Emergency Makes Sense.

The likelihood that you and your family will need to take action as a result of a disaster depends as much on having a working smoke detector and an exit strategy, as it is on being prepared for a terrorist attack or any other emergency. You must have the tools and plans in place to make it a reality. The same is true for surviving a terrorist attack or any other emergency. This year the emphasis this year is on helping families learn how preparedness goes beyond the basic steps already being done. The major steps are make a kit, make a plan, be informed and get involved (see below).

Stop and think — what would be the hardest thing to take place if your house was destroyed by a natural disaster, fire, etc. Family photographs are usually at the top of the list. With today's technology one of the best ways to preserve precious memories is to put them or a copy on a high quality disk and store it in a secure place or give a copy to a family member. Then if prints are destroyed they can be replaced.

Scrapbooking is a popular hobby. 30 years of time and energy are spent putting these keepsakes together. They could be gone in a moment, seconds with fire or other disaster. Digital photographs can be taken of scrapbooks and shared with family members and stored in another location or in a safety deposit box. There are sites online giving instructions for taking these pictures successfully.

Another thing to consider is a backup system for your computer.

If you have pets, perhaps you could make a kit of pet products and care items. Take a picture of you and your pet so it is easy to connect pet and owner in case of emergency. Be sure to write pet names and pet on the name.

Review and practice your emergency plan. Where do you go, when will you leave, who do you contact and how will you contact them, are you separated? Who is out of town or at work and their number? Know the difference between a weather watch and a warning. A watch is when hazardous conditions are occurring or there is a high probability of occurrence.

Don’t forget to check your emergency kits and replace outdated items and rotate food items so products you can use before the expiration date.

Are you ready?

Create a Plan to Get Away.

First identify where you live and commute. Your address serves as your base. Make a list of how you will get to the nearest shelter. Many individuals and families have practiced their evacuation routes to determine the best route to take to reach a safe area, and a secondary route in case of travel delays. Take a look at your map and see what areas are available for sheltering-in-place.

Create an emergency plan that is different for you, which will allow you to leave your home as quickly as possible. Keep your kit and developing a family communications plan, are the same for both a natural or man-made emergency.

However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are preparing yourself to react in an emergency. Go to www.ready.gov to learn more about potential terrorist threat and other emergencies or call 1-888-421-3342 for a free booklet.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions from your local authorities and your emergency preparedness plan.

Get Involved in Preparing Your Community.

After preparing yourself and your family for possible emergencies, take the next step and get involved in preparing your community. Join Citizen Corps, which actively involves individuals in preparing our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our homes secure from emergencies of all kinds. Citizen Corps works to help people, town and volunteer in their communities.

Visit www.ready.gov/prep for more information and to get involved.
Prevent Winter Damage

Before the landscape is covered in a bed of white, take a good look at your young trees and shrubs. A little preparation will go a long way in keeping them healthy during winter.

Even though deciduous plants will lose their leaves through their leaves during the winter, they still transport moisture from exposed bark, twigs and buds. Sometimes the loss of moisture and the amount of water the roots can absorb from dry, frozen soil. Desiccation or dying of tissues is the result of the tissue being unable to replace water. Loss through transpiration. Winter drying injury occurs most frequently during warm, dry windy conditions. The side of the tree facing the prevailing winds is most susceptible to damage. Evergreens also are prone to winter drying because their needles still transpire during winter. Evergreens are prone to winter burn which is when temperature fluctuations are extreme between extremes during the day and night resulting in damage to the tree’s bark.

Usually large, well-established trees can tolerate temporary droughts without injury, but young plants are more susceptible to damage. Younger trees do not have the extensive root system to draw moisture from the soil and need supplemental water during dry conditions. To help prevent winter drying injury, trees should be thoroughly watered in the fall. Fall watering may not be necessary when soil moisture is adequate, but when soil moisture is lacking, fall watering may be critical to help the tree survive the rigors of winter. Wiping on the lawn sprinkler is not enough. The soil should be thoroughly soaked to a depth of 2–3 feet. A watering basin, 2–3 inches deep and 3–4 feet wide, constructed around the base of your young trees will hold water until it can percolate into the soil. Symptoms of winter injury usually do not appear until the following spring or summer. When this occurs, it is natural to think the tree suddenly is dying when the damage actually has been done several months before. Damaged trees may only exhibit a few dead twigs or entire branches may die, depending on the severity of the injury. In severe cases, the entire tree may die. Light brown, dry appearing needles is typical of winter injury on evergreen trees.

Fortunately, this type of injury usually will not be permanent and most evergreens will recover rapidly as the growing season progresses.

Throw away fallen limbs and if a tree or shrub is very damaged, it should be discarded completely. Check garbage regulations before throwing away debris from plants.

Overseeding Small Areas

Small areas can be prepared by gently raking the thin spots.

Within the next 6–8 weeks we will see the first killing frost, signaling the end of many beautiful summer plants, including many perennials (Buddhia butterfly bush), Caryopteris (blue mist spirea), Coleus, geraniums, Lamium, lavender and many others.

With that in mind, now is a great time to begin taking cuttings from existing plants to generate plants for next summer’s garden. It’s easy to create plants for new locations and expand your plant collection of perennials, shrubs and annual flowers. It is also possible to prepare the site the seed is resting on the thatch lawns and core samples. Fresh aerators, vertical mowers and slit seeders can be used to ensure good seed-to-soil contact.

Overseeding is the sowing of grass seed into an existing lawn. The best time to overseed a lawn is late summer (late August to mid-September).

Site Preparation

Good site preparation is necessary for successful overseeding. If possible, identify and correct any factors causing the lawn to decline. Overseeding may only be a temporary solution if the lawn problems are not corrected.

To reduce the competition from existing turfgrass, mow the lawn at a height of 1½–2 inches. Successful overseeding also requires good seed-to-soil contact. Simply throwing or broadcasting seed over the lawn typically results in poor seed germination because much of the seed is resting on the thatch layer. Rake the thatch, reps. With aerators, vertical mowers and slit seeders can be used to ensure good seed-to-soil contact.

Overseeding Large Areas

Large areas can be prepared by using a core aerator. Core aerators are machines with hollow metal tubes or tires. They remove plugs of soil when raking up and transporting them. They are used to prepare the site, go over the lawn three or four times with the core aerator. Areas that should be 20–40 holes per square foot. Apply the seed with a drop seeder, a hand seeder, a power seeder. Do not fill the holes in the seed. The soil is also possible to prepare the site the seed is resting on the thatch layer. Rake the thatch, reps. With aerators, vertical mowers and slit seeders can be used to ensure good seed-to-soil contact.

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Just Like Kids, Head Lice are Back in School

Barb Ogg
UNL Extension Educator

Millions of children in the U.S. get head lice each year. Identifying infestations is the first step toward controlling this human parasite and stopping its spread.

Identification

Adult head lice are about 1/32 inch long and grayish in color. Immature lice are much smaller. Head lice are wingless and cannot fly. They do not jump.

There is a great deal of confusion about what viable eggs (also called nits) look like. Female lice cement eggs to the shaft of the hair, about 1/2-inch from the scalp. Viable eggs, often found at the nape of the neck and above the ears, are brown in color. These eggs are oblong, not round.

When an immature louse crawls across the egg during hatching, the glue is so strong the shell will remain attached to the hair shaft. This shell is white. School nurses and parents often mistake this spent egg for a viable nit.

There are also other particles confused with head lice eggs, including dust, dandruff, hair casts and gel from hair care products. Studies have shown school nurses and parents occasionally mistook head lice that are present. They also frequently identify children as having head lice infestations by mistaking spent eggs and other debris in the hair with viable nits.

When children are identified as having head lice when they aren’t present, those children may be unnecessarily exposed to pesticide products. They also are not allowed to go to school so it is important to accurately identify head lice.

Head lice only feed on humans and do not feed on dogs, cats or other small animals. Head lice primarily infest children, but will also infest parents, who should be checked if their child has lice. Teachers and daycare providers may also be infested.

Environmental Treatments Unnecessary

Head lice spend most of their time on their host because they get all their food and liquid by feeding on blood. Lice begin to desiccate within 12-hours without a host. Experts believe head lice are transmitted from child to child primarily through head-to-head contact. Children with long hair may pick up lice more frequently than short-cropped hair styles.

One head lice researcher conducted a study looking on lice on floors and desks of a school where more than 30% of the children were heavily infested with head lice. He used a special vacuum with a filter to catch the lice. In this study, no lice were found anywhere other than on the children. Because lice are rarely, if ever, found away from children, it makes no sense to spray insecticides in schools or homes. Vacuuming should be all that is needed. In homes, bedding and recently worn clothing may be washed and dried in a hot dryer. This kills all stages of lice.

Control

Controlling head lice should be the responsibility of parents. Controlling head lice has become more difficult because head lice are resistant to the most common over-the-counter medications. Even when products are used correctly, some lice will not be killed. In addition, these products will not kill viable eggs. A second treatment should be done 7-10 days after the first treatment.

Hands-On Termite Training

September 24-25

In September, University of Nebraska-Lincoln Extension’s Community Integrated Pest Management Team will offer a two-day, in-depth training for entry-level termite applicators, home inspectors, regulators and other interested persons. This two-day program will be held Sept. 24-25, 8 a.m.–5 p.m., at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln.

Presenters will represent UNL, Nebraska Department of Agriculture and major manu- facturers of termite control products (Bayer Environmental Sciences, Dow AgroSciences, BASF, FMC and Niusu Corp.). UNL presenters will include Dennis Ferrari, Clyde Ogg, Barb Ogg and Shripat Kamble.

This training will include both classroom presentations and hands-on termite treatment of a house. Topics will include termite biology, termite identification, termite effectiveness and soil dispersion, baiting systems and Nebraska regulations. Participants will have an opportunity to perform perimeter, sub-slab applications and inspect a home for termites. They will also learn how to choose, maintain and calibrate termite equipment.

This program has been approved for pesticide applicator recertification in Nebraska (O8V), Kansas (P68) and Iowa (P76).

Early registration before Sept. 11: $300; after Sept. 11, $325. Registration includes lunches, breaks and reference material. Additional details and registration form is online at http://lancaster.unl.edu/pest/termite.shtml. Number of participants is limited. For more information, contact Barb Ogg (402-441-7180) or Clyde Ogg (402-472-1632).

When a Bat Gets Indoors

Barb Ogg
UNL Extension Educator

Most people are alarmed to find bat droppings in the house, but the first step in removing the bat from the home is to stay calm. If the bat is flying, it is not trying to attack anyone, it is only trying to find a way out of the home.

Open all exterior doors and windows in the room(s) in which the bat is observed. Shut all doors leading to adjacent rooms to confine the bat in the area where entries are opened. Leave the lights off as the bat swoops around the room trying to find an escape route. It likely will fly out the window or door. If the bat is not at rest on a wall (usually behind curtains or window blinds), the following steps will help you safely catch and release the bat outside.

1. Put on a pair of leather gloves.
2. Get a large-mouthed glass, cup or plastic container.
3. Approach the bat slowly from one side and try to place the container over the bat.
4. Slide a piece of cardboard or stiff paper between the container and wall.
5. Carry the bat in the container with the paper lid outdoors.
6. Place the container with lid against the side of the house about 4-6 feet above the ground or other elevated location outdoors.
7. Carefully slide the paper out from between container and tree then slowly lift the container. The bat may not fly immediately, but it will be safe from predators if it flies away.

Once you get the bat removed, it can be important to try to determine why the bat is in the house.

• Bats can be young and inexperienced and haven’t yet learned how to use their echolocation system properly. This is basically a young bat that has lost its way. This happens frequently in August, when baby bats first become independent from their parents.
• It also could be an adult bat that has accidentally flown through an open window or door.
• If you have had more than one bat incident inside the house during the summer, you may have bats living in or around your house. Common locations include bats roosting behind downspouts or shingles. It would be smart to have your house inspected to see if you need to take action to keep bats from using your home as a roosting site.

Bats are important ecolog- ical organisms because they feed on night-flying insects, but they also transmit rabies. Since bats are so small, some people don’t even know they were bitten. Therefore, Nebraska has adopted new recommended protocol for handling potential human exposures. Assume a person was bitten if:
• He/she awakens to find a bat in the room.
• A bat is found in the room with someone unable to communicate well (i.e. chil- dren, intoxicated or otherwise mentally impaired).
• The bat made contact with a person.

In these situations, do not release the bat. Take care not to damage the bat’s head (no tennis racquets, please). In the Lincoln area, contact the Lincoln-Lancaster County Health Department to deter- mine where the bat needs to be sent for rabies testing. If the bat is not found within a couple of hours, consult health professionals about needed treatment.

Mystery Droppings on the Porch?

The call always starts something like this. “Some animal is crowing on my front porch every night and I can’t figure out what it is. It isn’t there when I get up in the morning, but its droppings are. Every day I have to sweep droppings off my porch and I am getting really, really tired of doing this. I have put out mouse traps to catch it, but we haven’t caught anything.”

People are always surprised to hear these drop- pings were left by a bat. Bat droppings are a little larger than those of a mouse, but they have a shiny, slightly irides- cent appearance.

Bat droppings (shown approximate size)

When the big brown bat emerged from its den at just after midnight, it was about 1/2-mile from my house. I watched it fly through the sky, then dive into a nearby tree. The bat made contact with a branch and hung there for about 15-20 minutes. This is a big brown bat, which is common in Nebraska. Some of the possibilities include these species:
• Silver-haired bat, which has a white fur and hangs upside down.
• Hoary bat, which can be found in the eastern United States.
• Medium-sized bat, which is common in Nebraska.

The big brown bat is found throughout Nebraska.

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Eating Locally Grown Foods in the Fall

Alice Henneman, MS, RD, UNL Extension Educator

If you didn’t make it to the Farmers’ Market this summer, there are still lots of good-tasting foods available this fall. Shopping at a Farmers’ Market is an easy way to eat locally. You know it is fresh because you get to talk directly to the farmer! Some of the foods you can typically find in the fall include:
- apples
- cabbage
- cantaloupes
- carrots
- eggplant
- greens
- green beans
- peppers
- potatoes
- pumpkin
- tomatoes
- winter squash

Here is a schedule of 2009 Farmers’ Markets you can still visit this fall. Some are open through October.

Centennial Mall
- Market
- Garden Market
- Wednesdays, July 1 - Sept. 30
- Noon - 4 p.m.
- 301 Centennial Mall South, 14th & M Streets

Community CROPS
- Farmers’ Market
- Thursdays, May 7 - Oct. 14
- 4:30 - 7:30 p.m.
- Pestaloon Park, 27th North & 57th Street

Haymarket Farmers’ Market
- Saturdays, May 3 - Oct. 10
- 8 a.m. - noon
- 7th Street between P & Q Streets

Havelock Farmers’ Market
- Wednesdays, May 6 - Oct. 28
- 4:30 - 7:30 p.m.
- North parking lot behind the businesses between 62nd & 63rd and Havelock Avenue

Old Cheney Road
- Farmers’ Market
- Saturdays, May 2 - Sept. 26
- 10 a.m. - 2 p.m.
- 55th and Old Cheney Road

Piedmont Shops Farmers’ Market
- Saturdays, May - September
- 8 a.m. - noon
- Piedmont Shopping Center parking lot, 1265 South Cotter Blvd

St. Paul United Church of Christ Farmers’ Market
- Tuesdays, June - Sept. 8
- 4:30 - 7:30 p.m.
- 1302 “F” Street

Eating Locally Grown Food is Good Business

According to the 2006 Census Bureau, there were 770,880 occupied living units in Nebraska. Many shoppers coming to town on farmers’ market day also shop with nearby local businesses supporting the economic, ecological and personal health of their community and its citizens.

Source: “Nebraska Buy Fresh Buy Local 2009 Local Food Guide”

Get Your Grains

Constitution and diversification. Increase fiber in your diet by choosing whole grain breads, cereals, pasta, crackers and brown rice. The USDA (United States Department of Agriculture) recommends at least half of your grain foods should come from whole grain foods. Read food labels to determine if foods are made from whole grains.

8 vitamins help the body release energy and are necessary for a healthy nervous system. Folic acid, B vitamin, helps reduce the risk of neural tube defects during fetal development and helps our body make red blood cells. Whole and enriched grains contain iron which carries oxygen in the blood.

The USDA recommends the following daily intake of grains:
- for children 2–8 years old, 3–5 ounce equivalents,
- for youth 9–18 years old, 5–7 ounce equivalents,
- for men, 6–8 ounce equivalents.

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. For more information about what counts as an ounce, go to MyPyramid.gov.

Fruit and Rice Salad

Makes 4 servings

3 cups cooked brown rice, cooled
3/4 cup dried cranberries
3/4 cup diced mango
3/4 cup diced apples, chopped
3/4 cup chopped pecans, toasted
3/4 teaspoon ground black pepper
1/2 cup raspberry vinaigrette dressing
1/4 cup fresh parsley, chopped
Combine all ingredients in a large bowl. Toss well.

Source: Susan Norkle, courtesy of the USA Rice Federation

Food & Fitness

September 2009

Eating Locally Grown Foods! By Alice Henneman, MS, RD, UNL Extension Educator

Whole Meal Salad

Makes 1 serving
- 2 cups salad greens (romaine, spinach or mixture)
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas (thawed), onion, tomato, mango, avocado, carrots or salsa
- 1 ounce* chopped cooked chicken, beef, pork or 1/4 cup canned beans, drained
- 1 tablespoon chopped dried fruit, shredded cheese or chopped nuts
- 2 tablespoons low-fat salad dressing

Wash hands. Arrange greens on large plate or bowl. Add vegetables and/or fruits plus meat or beans. Add dried fruit, cheese or nuts. Add dressing.

Use fresh produce to tempt hot weather appetites. Add a few oyster crackers, if you want more crunch.

*1 ounce is about 1/3 the thickness of a deck of playing cards.

Colorful Cole Slaw

Look in your refriger- ator or cupboards—you may be amazed at what you find that can be lassoed into coleslaw! This coleslaw salad contains soap, mandarin oranges, dried cranberries and chopped onion. Mix together with your favorite dressing.

Other possible add-ins include: shredded carrots, coarsely chopped almonds or cashews, different colors of chopped peppers, pineapple, raisins, coconut and celery.

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Source: Susan Norkle, courtesy of the USA Rice Federation

In 2004, I saw renowned restaurateur Rick Bayless speak at a trade show. His Chicago restaurants, Frontera Grill and Topolobampo are top shelf and famous for using local and organic foods. Bayless announced the primary reason he used local was not as ‘a flag-waving tree-hugger,’ but ‘first and foremost, I’m an entrepreneur, a business man.’ He puts local foods on his tables because of the flavor, trusting if he puts the best feasible taste on the plate, his business will grow. Try to get a reservation at either of his places in Chicago and you’ll see what he means.

Source: Michael Braunstein, Founder of Village Pointe Farmers’ Market in the San Francisco Bay Area. "In 2004, I saw renowned restaurateur Rick Bayless speak at a trade show. His Chicago restaurants, Frontera Grill and Topolobampo are top shelf and famous for using local and organic foods. Bayless announced the primary reason he used local was not as ‘a flag-waving tree-hugger,’ but ‘first and foremost, I’m an entrepreneur, an business man.’ He puts local foods on his tables because of the flavor, trusting if he puts the best feasible taste on the plate, his business will grow. Try to get a reservation at either of his places in Chicago and you’ll see what he means."
September brings us the last day of summer and the first day of fall. Labor Day on the 7th always sort of tells us it is time to go back to work and school — vacation and fun are over. Labs and classes constitute a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country. Sept. 13 is a national holiday for grand-parents.

Founder Marian McCuade started the holiday in 1973 in West Virginia. She spent five more years trying to get the states on board. There is music set to this story of her, it goes like this ... she was a coal miner’s wife, raising 15 children in their family. Still she took the time to go to college to help the old and now we have Grandparents Day. In the heat of Citizenship Day is Sept. 17 (unless it falls on a weekend or a holiday). It marks the anniversary of the ratification of the U.S. Constitution. This is the newest federal holiday to be established by Congress, passed in 2004.

FCE News & Events

Leader Training, Sept. 22

The FCE and Community Leaders Training Lesson “Design on a Dollar” will be Tuesday, Sept. 22 at 2 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson. Participants will get ideas on how to make their dollars go further by using what they have around the house, remodeling items, being a wise shopper. Bring your ideas. If you are not an FCE member and would like to attend call Pam at 441-7180 so informational packets can be prepared.

Council Meeting, Sept. 28

The next FCE Council meeting will be Monday, Sept. 28, 7 p.m. at the Lancaster Extension Education Center.

Parent-Teacher Communication

Research shows children do better in school when parents talk often with teachers and become involved in the school. There are a number of ways parents and teachers can communicate with each other, rather than relying on the scheduled parent-teacher conferences. Close communica- tion between parents and teachers today is very important to help students achieve success.

Parents who participate in school activities and events will have added opportunities to communicate with teachers. Becoming involved with parent-teacher organizations (PTO, PTA, and Booster Clubs) gives the teacher and parent the opportunity to interact outside the classroom. In addition, the parent also will have input into decisions that may affect their child’s education.

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Recognize Symptoms of Stress

When you are feeling stressed, the most important thing you can do is to recognize it. Stress affects the body physically and emotionally as well. Physical consequences can include dizzy spells, tiredness, headaches, stomach aches, heartburn, and feeling nauseated. Emotionally, stress can cause anxiety, anger, depression, irritability, and other mood swings.

The best way to deal with stress is first to recognize you are stressed. Then you can deal with it in a way that best suits you.

One way to deal with stress is by relaxing. Relaxation means different things to different people. For some, relaxation may come through a leisurely walk. For others it’s running or another form of exercise. For some it’s listening to music.

Another way to deal with stress is by changing your thinking. Coping doesn’t have to require physical action. Simply having a mental vacation can help reduce stress as well. Think about your favorite vacation spot and imagine yourself being there.

Diet plays an important role in reducing stress as well. While it’s OK to have indulges in some favorite comfort foods like ice cream, be aware of what you eat as well. Right foods when going through stress.

Communication is key when stress is present. Sharing your stress with another person can relieve stress because you have been able to express what you are feeling. But, if you have a brick-faced covered porch, it will always be an ideal location for a temporary nighttime bathroost, Plan on sweeping some bats off your porch each year.
Ten Tips for Welcoming Wildlife into Your Landscape

Be a Happy Homemaker — Provide nesting boxes for cavity-nesting birds and roosting boxes for bats.

Cook Up Something Special — Add plants to your landscape that provide food (fruits, nuts, berries) and cover (shrubs, evergreens, etc.) for wildlife.

Be Small Minded — Do not forget the butterflies, bees and other important pollinators. Add flowering plants that will attract and feed the little ones.

Get It Wet — Adding a small backyard pond will provide water for birds and other wildlife.

Stop the Invasion — Remove invasive plant species. This can help to lower fuel and habitat producing invasive plants.

Let Them Eat Bugs — Birds, bats and beneficial insects eat insect pests and enhance ecological balance. Do not kill them.

Bridge the Gaps — Connect “wild” areas together to create habitat corridors for wildlife cover and travel.

Cherapone the Party — If guests such as deer, skunks, rats, etc., become a problem, get help from local wildlife agencies.

Go Native — Preserve native vegetation through sensitive site planning. Native plants are adapted to local conditions and supply food to wildlife.

Enjoy Your Work — Place bird feeders, bird baths and other wildlife features where you can easily observe the wild visitors to your yard.

This information was adapted from the Environmental Guidelines for Responsible Lawn Care and Landscaping as developed by the members of the Lawns and Environment Initiative (L&E). To learn more about the development of the Environmental Guidelines for Responsible Lawn Care and Landscaping and the L&E Initiative go to www.lawnsandenvironment.org.

Landscaping and the L&E Initiative go to www.lawnsandenvironment.org

Winter Annual Weeds in Lawn

Annual broadleaf weeds such as chickweed, henbit and shepherd’s purse are winter annuals that germinate in the fall. If you had these weeds in your yard or garden this spring, the seeds will germinate soon. The appropriate pre-emergence herbicide should be applied early to mid-September for control of these weeds.

—Mary Jane Frogge, UNL Extension Associate

Weedy Vines: Identification and Control

This time of year it is common to see mature evergreens or windbreak trees covered with weedy vines. A common question is what are they and more importantly, how do you get rid of it.

Weedy vines, like burcucumber and honeyvine milkweed, are more prevalent in wet years. Burcumber is an annual vine with 5-lobed leaves, whitish flowers and small prickly seed pods that grow in clusters. It is common in shelterbelts. In trees, control with hoeing or the pre-emergence herbicide Princep (active ingredient = simazine) applied in May.

Honeyvine milkweed is a perennial broadleaf vine with heart-shaped leaves and no milky sap. Fruit pods resemble common milkweed, but are light green, shiny and smooth on the outside. Control with post-emergence applications of glyphosate or 2,4-D applied before the vines begin to climb.

—Mary Jane Frogge, UNL Extension Associate

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Plant perennials now, but make sure the crowns are buried only 1 1/2 to 2 inches below ground level. Planting them deeper than two inches may keep them from blooming.

Rout cuttings from annual bedding plants such as begonias, calceolarias, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year’s garden.

Pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45 degrees Fahrenheit or lower can damage many tropical house plants.

Collect dry seed pods, guards, sumin seeds head and base and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.

Before the first frost dig up calendulas. Allow them to dry and store them in a dry place for the winter.

Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them. Divide lily-of-the-valley.

Put up chives, parsley and other herbs to extend the growing season in the house.

Select native plants for your landscape that will provide autumn color. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and butterfly bush.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal “To Do” list. To subscribe, go to http://extensionhorticulture.unl.edu
Fall is a Good Time to Control Weeds

Tom Dorn
UNL Extension Educator

Fall is the safest time to control weeds with herbicides. In addition to obtaining excellent control on the target weeds with a fall treatment, the potential for herbicide drift damage to non-target species is lessened in the fall. Most food crops and gardens are finished producing by the end of September and the current year’s growth on perennial shrubs and trees is hardened off for winter making them less susceptible to damage as well.

Perennial Thistle Species
Fall is an excellent time to control perennial thistle species in pastures and waste areas. The most common thistles in eastern Nebraska classified as perennial plants include Canada thistle*, Platte thistle, and wavel Yok thistle.

The tops of all species of perennial herbaceous plants are killed outright, and if frozen, but the roots and rhizomes survive the winter and grow new tops the next spring. Perennial plants translocate much of the products of photosynthesis out of the upper plant parts into the root system in the fall, building food reserves which keep the below-ground structures alive through the winter months and to be a ready source of energy to produce new top growth next spring. Systemic herbicides applied when the plants are translocating from the leaves and stems into the root system, readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the herbicide doesn’t completely kill the plant, it goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made anytime after mid-September but before hard freezes occur. Treatments can even be made after a light frost has occurred as long as the plants are still active and growing. Daytime temperatures in the 50’s are satisfactory for effective control. Since perennial thistles reproduce from seed as well as rhizomes, fall herbicide treatments will provide very effective control not only of the target plants but less thistle (Canada thistle*, Platte thistle, yellowspine thistle and related species).
**State 4-H Expo Results**

The 2009 Fonner Park State 4-H Horse Exposition was held July 12-16 at Grand Island. Below are the top Lancaster County 4-H placings. Complete results are online at http://4h.unl.edu/horseshow/index.htm. Congratulations to all who participated!

<table>
<thead>
<tr>
<th>Category</th>
<th>Place</th>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Top Placings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brittany Albers</td>
<td>1st</td>
<td>Jr. Western Pleasure</td>
<td>2 yr-old Gelding Western Pleasure</td>
</tr>
<tr>
<td>Ashley Anderson</td>
<td>2nd</td>
<td>Jr. Showmanship</td>
<td>Purple</td>
</tr>
<tr>
<td>Jr. Western Pleasure</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
<tr>
<td>Jr. Western Horsemanship</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
<tr>
<td>Chloe Bean</td>
<td>3rd</td>
<td>Trail Horse</td>
<td>Purple</td>
</tr>
<tr>
<td>Sr. English Pleasure</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
<tr>
<td>Individual Judging</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lisa Bradbury</td>
<td>1st</td>
<td>Sr. Western Pleasure</td>
<td>Purple</td>
</tr>
<tr>
<td>Alex Christen</td>
<td>2nd</td>
<td>Jr. Pole Bending</td>
<td>Purple</td>
</tr>
<tr>
<td>Jr. Barrel Racing</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
<tr>
<td>Daniel Hartsey</td>
<td>3rd</td>
<td>Sr. Showmanship</td>
<td>Purple</td>
</tr>
<tr>
<td>Abby Heusinger</td>
<td>4th</td>
<td>Sr. Pole Bending</td>
<td>Purple</td>
</tr>
<tr>
<td>Sr. Barrel Racing</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
<tr>
<td>Alyssa Housinger</td>
<td>5th</td>
<td>Sr. Showmanship</td>
<td>Purple</td>
</tr>
<tr>
<td>Jr. English Pleasure</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
<tr>
<td>Josh Kreuger</td>
<td>6th</td>
<td>Break-Away-Roping</td>
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</tr>
<tr>
<td>Ben Leach</td>
<td>7th</td>
<td>Trail</td>
<td>Purple</td>
</tr>
<tr>
<td>Katie Lloyd</td>
<td>8th</td>
<td>Trail</td>
<td>Purple</td>
</tr>
<tr>
<td>Megan Lueldke</td>
<td>9th</td>
<td>Elementary Dressage</td>
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<tr>
<td>Mattison Merritt</td>
<td>10th</td>
<td>Jr. Western Horsemanship</td>
<td>Purple</td>
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<td>Balie Peters</td>
<td>11th</td>
<td>Jr. English Pleasure</td>
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<td>Sara Peters</td>
<td>12th</td>
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</tr>
<tr>
<td>Balie Peterson</td>
<td>13th</td>
<td>Jr. Western Pleasure</td>
<td>Purple</td>
</tr>
<tr>
<td>Brooke Preston</td>
<td>14th</td>
<td>Sr. Western Horsemanship</td>
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</tr>
<tr>
<td>Hannah Sass</td>
<td>15th</td>
<td>Trail</td>
<td>Purple</td>
</tr>
<tr>
<td>Alex Schindler</td>
<td>16th</td>
<td>Trail</td>
<td>Purple</td>
</tr>
<tr>
<td>Western Riding</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced Western Horsemanship</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
</tr>
</tbody>
</table>

**Hippology Team Results**

Lancaster County had five 4-H Hippology Teams at state – all placing in the Top 5!

<table>
<thead>
<tr>
<th>Team</th>
<th>Place</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th Place Junior Hippology Team</td>
<td>1st</td>
<td>Hannah Ronnau, Alex Scheideler, Courtney Goering</td>
</tr>
<tr>
<td>3rd Place Senior Hippology Team</td>
<td>2nd</td>
<td>Erika Warner, Alex Scheideler, Courtney Goering</td>
</tr>
<tr>
<td>Reserve Champion Senior Hippology Team</td>
<td>3rd</td>
<td>Elizabeth Boender, Elizabeth Froebish, Cory Peters, Moria Lueldke</td>
</tr>
<tr>
<td>Reserve Champion Junior Hippology Team</td>
<td>4th</td>
<td>Hannah Ronnau, Alex Scheideler, Courtney Goering</td>
</tr>
<tr>
<td>Champion Junior Hippology Team</td>
<td>5th</td>
<td>Hannah Ronnau, Elii Dearmont</td>
</tr>
</tbody>
</table>

**Horse Awards Night, Oct. 1**

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards. The evening includes a potluck dinner. Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. Come help celebrate the outstanding accomplishments of the 2009 Lancaster County 4-H Horsemen!
Contest Top Awards

PRESENTATION
Jessica Stephenson – Senior Presenter & Premier DJTJ Angus
Katie Cruickshank
Crete Lumber
Country Riders
Conroy Family
The Cookie Company
Capital City Horse and Pony

Horticulture
Maddie Gabel — Clothing 1
Ellen Friesen — Make One
Maddie Gabel — Clothing 1

Style Revue
Maddie Gabel — Clothing 1
Sophia Swanson — Picnic
Jessica Albin — Make One
Ellen Friesen — Make One
Maddie Gabel — Clothing 1

Food & Nutrition
Nicole Oestmann — Cookie
Mike True — Quick Bread
Rebecca Norton — Cake & Pie
Christina Mayer — Yeast Bread

Clothing
Nicole Oestmann — Cookie
Mike True — Quick Bread
Rebecca Norton — Cake & Pie
Christina Mayer — Yeast Bread

Contest Top Awards

General Areas
Brenna Dosscheul — Quilt Quest
Core Clowers — 4-H Club — Banner
Galen Under — Bricklayer

Photography
Courtney Sandell — Unit 1
Paige Roach — Unit 2
Cassie Gabel — Unit 3
Erica Peterson — Nebraska Image

Engineering & Technology
Jeffrey Harrung — Safety
Jonathon Gerdes — Rocket
Daniel Cashurn — Woodworking

Home Environment
Joci Nadra — Wolf Hoglin Farm
Carrie Reinke — Outdoor Living
Kyle Yelle — Wolf Hanging for Bath

Family Life
Paige Roach — Child Development

4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses, organizations and individuals that supported this 4-H event, activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

4-H Teen Council
4-H County Fair Sponsors
Ace Rent To Own
Ace Doone
Amber’s
Anserdson Equine
Myron and Jani Ang
H & C Feeds
Anonymous
Arends Interiors Inc.
Chat Atcham Memorial Cup
In Memory of Carolyn Bailey
Kalo Ball
Tom and Laurie Bellinghausen
Gary C. Bergman
Bluestem Valley Farms
Ryan Bourke
Brisson Family
Camelot Concessions
Dick Mitchell — Cookie Confrer
Capital City Horse and Pony Club
In Memory of Gordon Chapelle
Dwight & Kim Cheney Family
Warren Cheney Family
The Cookie Company
Cordon Family
Conrey Family
Country Riders
Creta Lumber
Steve and Marty Cruickshank
Katie Cruickshank

4-H & Youth

The 4th Annual 4-H Youth Livestock Expo will be held Sept. 22-27 at the Qwest Center in Omaha. More than 2,600 4-H families from an eight-state area participate in the Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, horse, market beef, market hogs, market sheep, market lamb, market swine and breeding swine. For more information, go to www.rivercityroundup.org

Schedule of Events

Tuesday, September 22
Horse Western and Speed Events: 8:30 a.m.

Wednesday, September 23
Horse English Events: 8:30 a.m.

Thursday, September 24
1st Round Fitting Contest: 11 a.m.
1st Round Calf: 1:30 p.m.
Market Goat: 3 p.m.

Saturday, September 26
Market Lamb: 7:30 a.m.
Market Beef: 7:30 a.m.
Final Round Fitting Contest: Following Market Beef Show
Market Broilers: 1 p.m.
Market Swine Showmanship: 7 p.m.

Sunday, September 27
Market Swine: 7:30 a.m.
Breed Judging: Immediately following Market Swine
Breed Judging: 7:30 a.m.
Purple Ribbon Auction: 6 p.m.

Thank You to Volunteers

University of Nebraska – Lincoln Extension
Lancaster County would thank all of the people who devoted their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.
## Disaster Supply Kits

Every family will have different needs for a disaster supply kits so it is important that each family assess their personal needs.

**Basic Kits Include:**
- Water/food/can opener
- Radio/flashlight/batteries
- First aid kit/medicines
- Personal hygiene/waste disposal supplies
- Whistle/reflective item
- Wrench or pliers to turn off utilities

**Pet Kit:**
- Food/water
- Medicines/Medical Records
- Collar/Leash/ID tags/collar
- Waste disposal supplies
- Picture with pet/tort/comfort item

**Basic Car Kit:**
- Traction items/tow cable
- Fluorescent flag/reflective item/lure
- Scarper/shovel/gloves
- Space heater/first aid kit/snacks/water
- Flashlight/radio/batteries

For additional items to consider please visit www.nema.ne.gov and click on the "Are you ready?” button.

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## Extension News

### Henneman Receives Society of Nutrition Education Award of Excellence

Alice Henneman, registered dietitian and extension educator with University of Nebraska-Lincoln Extension in Lancaster County, received the Helen Denning Ulrich Annual Award of Excellence at the recent Society for Nutrition Education (SNE) Annual Conference. This award is given for outstanding achievement in the field of nutrition education to a SNE member in honor of Helen Ulrich, a loyal member of the SNE and first editor of the Journal of Nutrition Education and Behavior. SNE is an international organization of nutrition education professionals who are dedicated to promoting effective nutrition education and communication.

Suey Pelican, University of Wyoming Cooperative Extension Service Food and Nutrition Specialist, nominated Henneman, writing:

"Alice's in-person presentation style is warm and engaging, but most educators within and beyond SNE know her through her cutting-edge web-based technology approaches to nutrition education. These methods are cost-effective for her and her county office, allowing her to develop materials to use in her locale while sharing them with others, truly, around the world. "Alice’s methods also save other educators money because she makes essentials all materials available for downloading from the Web at no charge. UNL Extension in Lancaster County’s Food Web site is a treasure trove of free resources for other educators.

"And her creations are very popular, exemplified by the number of annual file downloads (not just site hits) of her slide presentations, for example, nearly 6,000 for ‘Wash Those Hands’ and nearly 5,700 for ‘Avoiding Portion Distortion with MyPyramid’s Specific Guidelines’ in 2007, and of her posters, for example, over 14,000 downloads in 2007 of ‘Wash Those Hands!’ in English and Spanish.”

Congratulations Alice!

---

## Make sure your family has a plan in case of an emergency.

Fill out these cards, and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency. For more information on how to make a family emergency plan, or for additional cards, go to ready.gov.

### Family Emergency Plan

<table>
<thead>
<tr>
<th>EMERGENCY CONTACT NAME</th>
<th>TELEPHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUT-OF-TOWN CONTACT NAME</td>
<td>TELEPHONE</td>
</tr>
<tr>
<td>NEIGHBORHOOD MEETING PLACE</td>
<td>TELEPHONE</td>
</tr>
<tr>
<td>OTHER IMPORTANT INFORMATION</td>
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</tbody>
</table>

Family Emergency Plan

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<td>NEIGHBORHOOD MEETING PLACE</td>
</tr>
<tr>
<td>OTHER IMPORTANT INFORMATION</td>
</tr>
</tbody>
</table>

### Enter Disaster Preparedness Challenge to Win Prizes!

Offered by Lincoln Community Organizations Active in Disaster (LCOAD)

**Eligibility Information:**
1. You must live, work or attend school in southeast Nebraska to participate and be eligible for prizes.
2. Individuals, families, classrooms, or workgroups are eligible to participate.
3. Only one scoredcard per individual, family, classroom, or workgroup.

**Prizes will include:**
- Weather Radio with batteries
- Carbon Monoxide Detector with batteries
- Smoke Detector with batteries
- Drop Cooler (for ice escape from 2nd floor)
- Assembled Disaster Preparedness Kit
- First Aid Kits
- Fire Extinguisher
- Car Disaster Preparedness Kit

**Scoring:**

**Activity (1 point per activity):**

**Week 1 (September 9 – September 19):**
- Add at least 3 more items to your disaster kits (if kit is complete, 1 point).
- Develop family plan for the immediate family or other disaster and identify your out of area contact.
- Locate, update, and review important documents and place in a safe location (birth certificates, social security cards, marriage/passport, etc.).

**Week 2 (September 12 – September 19):**
- Add at least 1 more item to your disaster kit. If you are compliant, help someone start a kit.
- Identify what to do in a power outage. LES customers call 475-4211 or visit les.com.
- Practice your tornado plan and/or fire drill.
- Add entertainment items to your kit (board game, coloring book and crayons, card game, etc.).

**Week 3 (September 28 – October 6):**
- Add at least one more item to the disaster kits of 3 friends. (points)
- Learn to cook using at least one alternative method (grill, charcoal, wood fire, camp stove, etc.)
- Identify prepared hazards around your neighborhood (ex: radon, radon, lead, etc.)
- Complete an emergency preparedness survey via www.ne.gov/ready or call 223-4038 or visit norrisppd.com.

**Scorecard:**

- **Date:**
- **Name:**
- **School/ Business Name:**
- **Signature: (Must be 18 years of age):**
- **Number in your group:**
- **Total Points Scored:**

| Activity | Points
<table>
<thead>
<tr>
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<th></th>
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</thead>
<tbody>
<tr>
<td>1. Add at least 3 more items to your disaster kits (if kit is complete, 1 point).</td>
<td>1</td>
</tr>
<tr>
<td>2. Develop family plan for the immediate family or other disaster and identify your out of area contact.</td>
<td>1</td>
</tr>
<tr>
<td>3. Locate, update, and review important documents and place in a safe location (birth certificates, social security cards, marriage/passport, etc.).</td>
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<tr>
<td>4. Add at least 1 more item to your disaster kit. If you are compliant, help someone start a kit.</td>
<td>1</td>
</tr>
<tr>
<td>5. Identify what to do in a power outage. LES customers call 475-4211 or visit les.com.</td>
<td>1</td>
</tr>
<tr>
<td>6. Practice your tornado plan and/or fire drill.</td>
<td>1</td>
</tr>
<tr>
<td>7. Add entertainment items to your kit (board game, coloring book and crayons, card game, etc.).</td>
<td>1</td>
</tr>
<tr>
<td>8. Add at least one more item to the disaster kits of 3 friends.</td>
<td>1</td>
</tr>
<tr>
<td>9. Learn to cook using at least one alternative method (grill, charcoal, wood fire, camp stove, etc.).</td>
<td>1</td>
</tr>
<tr>
<td>10. Identify prepared hazards around your neighborhood (ex: radon, radon, lead, etc.).</td>
<td>1</td>
</tr>
<tr>
<td>11. Complete an emergency preparedness survey via <a href="http://www.ne.gov/ready">www.ne.gov/ready</a> or call 223-4038 or visit norrisppd.com.</td>
<td>1</td>
</tr>
</tbody>
</table>

**Total Points Scored:**

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**Hands! in English and Spanish.** Congratulations Alice!
Congratulations to Lancaster County Farm Families

The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers recognized two Lancaster County farm families at the Lancaster County Fair. Titled the “Nebraska Pioneer Farm Award,” the award recognizes families who have continuously owned their farm for more than a century. This year’s Lancaster County honorees are John & Mary Anne Juricek and Ardell & Fran Steck.

Washington D.C. Group Has Five Openings

Five more spots have opened up for the June 10–14 Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14-18 can join CWF, a summer civic trip to Washington D.C. and New York. CWF delegates learn about the democratic process and their role as citizens. Youth who sign up now are able to start earning funds through organized fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

Experience the Power of Red

An open house for high school students and their families sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Oct. 10
9 a.m.–2 p.m. • Nebraska East Union

- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, gull to business, mechanization to leadership, food to forensic science
- Meet current students, faculty and staff
- Experience East Campus
- Register for a scholarship and other cool prizes
To register or more information, (800) 742-8800, ext. 2541 or go to www.cosnr.unl.edu
Registration deadline: Oct. 2
There is no charge to attend this event

Free Subscription
Subscriptions to The Nebline are free to Lancaster County residents. There is an annual $5 mailing and handling fee to addresses in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

Order subscription • Change of address
4-H'ers “Learn By Doing” at the Lancaster County Fair

Many 4-H youth choose to exhibit their project(s) at the county fair. The 2009 Lancaster County Fair was held Aug. 5–9 at the Lancaster Event Center. More than 600 exhibitors showcased nearly 4,800 4-H/FFA exhibits (includes static exhibits, Clover Kids, animals and contest entries). Complete 4-H ribbon results, many more photographs and some videos are online at http://lancaster.unl.edu

This year, 4-H Council’s food booth was moved to the Exhibit Hall and renamed “Clover Kitchen.” Many of the 4-H Horse shows were held at the Amy Countryman Arena in Pavilion 4, which was under construction during last year’s fair. The 4-H Household Pets show was held in the new business center.

Next year’s Lancaster County Super Fair will be expanded to 10 days, Aug. 6–15. 4-H exhibits, shows and activities are planned for the first five days, Aug. 6–10.

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu

Did you guess it from the August Nebraska?
Parsley

Vicki Jedlicka, UNL Extension in Lancaster County

As of Aug. 11, Lancaster County was partially abnormally dry and partially in moderate drought.

U.S. Drought Monitor Map

ESI: EntrepreneurShip Investigation is a new Nebraska 4-H project with county and state fair exhibits.

Aprons were a new Lancaster County Fair 4-H exhibit.

This year, a 4-H Horse Hunter Show replaced the jumper show and had 30 entries.

Nine youth participated in the new 4-H Pick-a-Pig project, which gave urban youth an opportunity to help raise and show a pig.

Many 4-H clubs, including the 4-H Explorers, volunteered for a shift at the 4-H Clover Kitchen concession stand.

After being on hiatus for two years, the 4-H Llama show returned to the fair, with alpacas added to the show.

The Table Setting Contest continues to give 4-H’ers an opportunity to learn how to properly set a table, plan a nutritious meal, express creativity and present to the judge.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln
Tuesday, Oct. 6
6 p.m.
Prizes!

4-H Kick Off

Tuesday, Oct. 6
6 p.m.

Learn about 4-H!

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

4-H’ers will share completed projects!

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