Preparing for an Emergency Makes Sense.  

The likelihood that you and your family will escape a house fire and survive a disaster as a result of having a working smoke detector and an escape strategy, as well as following the safety and evacuation strategies for other emergency.  

We must have this tool and plans in place to ensure that our families are safe, no matter what. There are no back-up plans, so we need to plan for our own future.  

With today’s technology one of the best ways to preserve your photos is to have them converted to digital format 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 easier to connect pet and owner in case of emergency.  

Be sure to write the family name on all of the prepared pets.  

For children.  

a) Filter mask (surgical type)  

b) Sanitary hat (for use in a shower)  

c) Face mask with a filter  

d) Face mask without a filter  

Another kit should include a set of clothing for outdoor use and a set of clothing for indoor use.  

Pet owners may want to plan an emergency as well.  

Include a copy of the pet’s medical records and a set of photos of the pet.  

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air is the best action. Consider buying a face mask or respirator and a filter. Be sure you know how to change and replace the filter.  

Get ready now.

1 Get a Kit of Emergency Supplies.  

Be prepared in advance and have what you need on hand to make it easier if you are faced with a disaster. Think about what is important to you and your family.  

Consider two kits. It is very important that the mask or other material fit your face snugly so that most of the air you breathe is filtered.  

Consider two kits. It is easier to connect pet and owner in case of emergency. If you have a car, keep at least one in your car.  

2 Pack it wisely where you will be in an emergency. Be prepared to assess the situation.  

When packing for an emergency, you need to consider what is safe to put in your kit.  

3 Be informed About What Might Happen.  

Learn to anticipate the danger. How will you react in an emergency?  

Read the information on the kit.  

4 Get Involved in Preparing Your Community.  

After preparing yourself and your family for possible emergencies, take the next step and get involved.  

September is Preparedness Month

Lorene Bartos
UNL Extension Educator

Changing Service Requested

Lincoln, Nebraska

University of Nebraska–Lincoln Extension in Lancaster County

4-H & Youth

County Fair 4-H summary and photos on back page.

4-H results, photos & videos are online at http://lancaster.unl.edu

See page 10 for information on:

- Disaster Supply Kit
- Family Emergency Plan
- Disaster Preparedness Challenge

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • http://lancaster.unl.edu

441,7180

4-H & Youth  

Urban Agriculture  

Food & Fitness  

Home & Family Living  

Horticulture  

Farm Views  

4-H Youth  

Community Focus  

Miscellaneous  

11–12

Preparing for an Emergency

The thought of the latest major disasters are hidden somewhere in the back of our minds, remember 9/11, the Hallam tornado and Katrina? You would have been prepared to take action if you were in one of these situations! Many individuals and families have become more aware of their steps to make sure their home have smoke detectors, fire alarms, dead-bolt locks and extra food in the pantry. There are still steps to be taken to be prepared. September is National Preparedness Month and the emphasis this year is to help families learn how preparedness goes beyond the basics steps already being done. The major steps are make a kit, make a plan, be informed and get involved (be below).  

Stop and think — what would be the hardest thing to take place if your house were 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 your photos is to have them converted to digital format 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 easier to connect pet and owner in case of emergency. Be sure to write the family name and pets name on the picture.  

You are ready?

Review and practice your emergency plan. Where do you go, when will you be put together, and what to do if you are separated? Who is in charge of taking care of you?  

Know the difference between a weather watch and warning. A watch is conditions are right for severe weather or storm. A warning 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 if your ingredients products so they can be used before the expiration date.

CHANGE SERVICE REQUESTED

2

3

4

ề

September 2009

www.4-h.org
**Water Young Trees to Prevent Winter Damage**

**Denis Adams**
Nebraska Forest Service

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

Even though deciduous trees lose their leaves through their leaves during the winter, they still transport moisture and nutrients from exposed bark, twigs and buds. Sometimes the loss of moisture can cause the amount of water the roots can absorb from dry, frozen soil. Desiccation or drying of tissues is the result of the tree being unable to replace water 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 stay on the tree throughout the winter. Checking around the outside of the home.

**Winterizing Your Home**

**Lorene Bartos**
UNL Extension Educator

Is your home ready for winter? It’s time to make a check of your home to make sure everything is in order for the cold winter weather.

- First of all, check around the outside of the house.
- Make sure the following things are in order.
  - Gutters are cleaned and repaired, if needed.
  - Hoses are drained and stored out of the way.
  - Leaves and trash from flower beds are removed.
  - Replace screens with storm ones if needed.
  - Cover the air conditioner.
  - Put patio furniture in a protected area.

Next, be sure your equipment for snow removal is available. Check your snow blower—make sure it is working. Put snow shovels in an easy to get to place. If

**Propagating plants from cuttings**

Within the next 6–8 weeks we will be facing our first killing frost, signaling the end of many beautiful summer plants, including 10-12 perennials (Rudbeckia; 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 of your existing plants to generate plants for next summer’s garden. It’s easy to create plants for new locations in your garden.

1. **Begin the process of propagation by choosing a good rooting hormone.** Sand, perlite, peat moss or vermiculite are all good growing media, especially when mixed up in a 50/50 combination mixture, sand-surfactant, perlite-peat moss, sand-peat moss, sand-vermiculite. The rooting media must be porous, well-drained and heavy enough to firm the cuttings upright.

2. **Rooting hormones can be purchased either as a liquid or powder. Several common brands are available through nurseries and garden centers.** Also choose a rooting container, pot, or pots for the cuttings with drainage holes and is small enough a gallon-sized Ziploc bag will serve the purpose.

To begin, take cuttings approximately six inches in length from the growing tips of plants in late summer before the first killing frost. Remove all leaves from the lower half of the plant before placing the cuttings into the rooting medium. Don’t allow any remaining leaves to lay on top of the soil or they will quickly begin to rot. When placing the base of the cuttings into the container, place them far enough apart so leaves that touch usually do not touch or overlap since leaves that touch usually rot. Once all the cuttings have been placed in the rooting media, water the container thoroughly moisten the soil and put the plastic bag over the top of the container. This will create a high humidity inside the bag, keeping the cuttings from wilting while new roots are being formed.

Place the container in a warm location that receives bright, but indirect sun. Avoid excessive heat or humidity build-up inside the bag; if water droplets form on the inside of the bag, remove it and allow it to dry out for several hours before replacing it.

Check the rooting medium for moisture every week. It usually stays fairly moist for several weeks before additional water is needed. Further, make several cuttings into small individual containers filled with a coarse, well-drained soil mix, when new roots are 1/2–1 inch long, this will usually take 3–4 weeks. Pot the cuttings when the depth in the new container are no more than 1/4 inch deep; water the container and grow on the cuttings until the root system is established.

**Overseeding Lawns**

**Richard Jauron**
Iowa State University Extension Turf Culture Specialist

Healthy, well maintained lawns are attractive landscape additions. Lawns in poor condition are somewhat unsightly. The poor condition of a lawn may be due to poor management, heat, drought, diseases, insects or other factors. In severe cases, the existing lawn may have to be destroyed and a new one established. Lawns containing more than 50% desirable grasses can often be improved by overseeding.

**Site Preparation**

Good site preparation is necessary for successful overseeding. If possible, identify and correct the actual problems causing the lawn to decline. Overseeding may only be a temporary solution if these 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 a poor seed germination because much of the seed is resting on the thatch layer. To improve germination rates, aerate, verticular mowers and slit seeders can be used to ensure good seed-to-soil contact.

**Overseeding Small Areas**

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

When raking, it’s necessary to break the soil surface without cutting the existing grass. After raking, sow the seed by hand. Then work the seed into the soil by gently raking the area a second time.

**Overseeding Large Areas**

Large areas can be prepared by using a core aerator. Core aerators are machines with hollow metal tubes or tines. They remove plugs of soil when raking the area. Once the plugs are on the site, go over the lawn three or four times with the core aeration. The plugs should be 20–40 holes per square foot. Apply the seed with a drop seeder. Overseed the area with a piece of chain link fence or drag mat between the rows and mix the seed into the soil. It’s also possible to prepare the site with a vertical mower to break up the lawn. Run over the lawn, the knife-like blades of the vertical mower cut through the thatch and penetrate into the upper ½ inch of soil. One or two passes should be sufficient. Afterwards, remove any disbudded debris from the lawn. Sow grass seed over the lawn with a drop seeder. Work the seed into the soil by again going over the site with the vertical mower.

Large areas also can be overseeded after a fall raking. A slit seeder makes small grooves in the soil and deposits the seed directly into the slit. Core aerators, vertical mowers and slit seeders can be rented at many garden centers and rental agencies. If you would rather not do the work yourself, many professional lawn care companies can oversee your lawn.

**Post Seeding Care**

Keep the seeded moist with frequent, light applications of water. It’s usually necessary to water at least once or twice a day. Continue to mow the lawn at a height of 1½–2 inches. Mow the lawn frequently to reduce competition from the established grass. Overseeding is the practice of adding new seedings each fall to improve the quality of the lawn. The next seedings reach a height of 1½–2 inches, gradually increase the height of the mowing each week. Finally, the mowing height should be 2½–3 inches. Approximately six weeks after germination, fertilize the lawn by applying one pound of actual nitrogen per 1,000 square feet. When properly overseeded, a thin, scrubby lawn can be turned into a thick, lush lawn in just a few weeks.

**Laws containing more than 50 percent desirable grasses can often be improved by overseeding.**
Barb Ogg
UNL Extension Educator

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 6–8 mm in length and grayish in color. Immature lice are not visible to the naked eye, but the first step in removing them is needed. In homes, bedding and recently worn clothing may be infested. There are also other particles confused with head lice eggs, including feather dust, hair casts and gel from hair care products. Studies have shown school nurses and parents frequently miss 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 may not be allowed to go to school so it is important to accurately identify head lice and nits.

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 check 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 for lice on floors and desks of a school. There were 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.

Additional Resources
A video, Removing Head Lice Safely, teaches how to comb a child’s hair for head lice. It can be viewed at: http://lancaster.unl.edu/pest/louse/DVDS/ or available on one DVD. For more information, contact Barb Ogg (441-7180 or bogg@1unl.edu).

When a Bat Gets Indoors
Barb Ogg
UNL Extension Educator

Most people are alarmed to find a bat in the house, but the first step in removing the bat from the house 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 house.

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 on so the bat sees how large a room it is in. The bat may not attack the person responsible for detecting the bat. Bat droppings (shown approximate size)

Barb Ogg
UNL Extension Educator

When a Bat Gets Indoors

The big brown bat is found throughout Nebraska.

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-

In these situations, do not release the bat. Take care not to damage the bat’s head (no tennis racquets, please).

The Lincoln area, contact the Lincoln-Lancaster County Health Department to determine 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.

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, registrators 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-
ufacturers of termite control products (Bayer Environmental Sciences, Dow AgroSciences, BASI, FMC and NiKus Corp). UNL presenters will include Dennis Ferrari, Clyde Ogg, Barb Ogg and Shripat Kamble.

This training will include both classroom presentations and hands-on treatment of a house. Topics will include termite biology, termite identification, termite effectiveness and soil disbursement, 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 (08W), Kansas (K03), and Iowa (07B).

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).
Eating Locally Grown Foods in the Fall

Alice Henneeman, 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
- eggs
- greens
- tomatoes
- winter squash

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

Centennial Mall

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

Community CROPS

Farmers’ Market
Thursday, June 2 - Sept. 30 4:30 - 7:30 p.m.
Pentzer Park, North 27th & Potter Street

Haymarket Farmers’ Market
Saturday, May 3 - Oct. 17 8 a.m. - noon
7th Street between P & Q Streets

Havelock Farmers’ Market
Wednesday, May 6 - Oct. 28 6 - 8:30 p.m.
North parking lot behind the businesses between 62nd & 63rd and Havelock Avenue

Old Cheney Road

Farmers’ Market
Sundays, April 26 - Nov. 1 10 a.m. - 2 p.m.
55th and Old Cheney Road (Old Cheney Road behind the Lincoln Racquet Club)

“Cook It Quick, Healthy, Delicious…and Cheap!”

Mary Abbott, RD, LMNT
UNL Extension Associate

We eat many foods made from grains such as: cereals, breads, pasta, rice, crackers and pancakes. Grain foods provide many nutrients essential for our bodies to work properly. Dietary fiber, B vitamins and minerals can all be found in foods made from grains.

Dietary fiber is contained in foods made from whole grains. Fiber reduces blood cholesterol and helps reduce constipation and diverticulosis. 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 our grain foods should come from whole grain foods. Read food labels to determine if foods are made from whole grains.

B vitamins help the body release energy and are necessary for a healthy nervous system. Folic acid, a 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,
- women, 3–5 ounce equivalents,
- and 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.

Get Your Grains

Fruit and Rice Salad
Makes 4 servings
3 cups cooked brown rice, cooled
3/4 cup dried cranberries
1/2 cup chopped pecans, toasted
1 cup raspberry vinaigrette dressing
1/4 cup fresh parsley, chopped
Combine all ingredients in a large bowl. Toss well.

Source: Susan Nunki, courtesy of the USA Rice Federation

Eating Locally Grown Foods is Good Business

According to the 2006 Census Bureau, there were 700,880 occupied living units in Nebraska. If every household spent $10 weekly on Nebraska-produced food:
- $7,008,800 would stay in the local economy EACH week.
- That’s $30,371,466 every month.
- Over $364,457,600 per year!

Many shoppers coming to town on farmers’ market day also shop with nearby local businesses supporting the economic, ecologic and personal health of their community and its citizens.

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

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
crumbled 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.

Combine all ingredients in a large bowl. Toss well.

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

Source: ©2009, Iowa State University Extension and reproduced with permission. For similar recipes from their Spent Smart, Eat Smart booklet giving tips and recipes.

Healthy Eating Enjoy Nebraska Foods!

By Alice Henneman, MS, RD, UNL Extension Educator

Ever have “odds and ends” of various veggies, fruits, cheeses, meats, etc. hanging out in your refrigerator?

Here are two ideas for combining them together into simple, wholesome meals.

Whole Meal Salad
- 2 cups salad greens
- 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 temper hot weather appetite. Add a few oyster crackers, if you want more crunch.

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Colorful Cole Slaw

Look in your refrigerator or cupboard— you may be amazed at what you find that can be tossed into coleslaw! This coleslaw salad contains snap peas, 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 Nunki, courtesy of the USA Rice Federation

“Cook It Quick, Healthy, Delicious…and Cheap!”

Thursday, Nov. 5, 7–8:30 p.m.
Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48th Street, Lincoln

Learn how to make better tasting, healthier meals in less time and for about half the money of eating out or buying fast food! Plus, save when shopping at the supermarket.

Alice Henneeman, extension educator and registered dietitian with University of Nebraska–Lincoln Extension in Lancaster County, will give you tips how to prepare quick, healthy, delicious and cheap foods! You’ll receive an extensive booklet giving tips and recipes.

Register by calling BryanLGH at 481-8886.

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FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Bonnie’s Bits

Bonnie Krueger
FCE Council Chair
September

Stress can be a very overwhelming feeling for many parents. The first to recognize you are stressed. Then you have had enough. 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. Labor Day constitutes 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 Marain McClure 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 back into town and vote for grand-parents. City Council. This holiday is Sept. 17 (unless it falls on a weekend or a holiday). It marks the anniversary of the ratification of the 15th Amendment to the U.S. Constitution. This is the newest federal holiday to be established by Congress, passed in 2004.

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 communication between parents and teachers is a good opportunity to launch a partnership between parent and teacher. The parent-teacher conference is a good opportunity to launch a partnership between parent and teacher.

When you are feeling stressed, the most important thing you can do is to recognize it. Stress affects the body physically and emotionally. Physical consequences can include dizziness, tiredness, headaches, stomach aches, heartburn, nightmares or sweats. When you are feeling stressed, the most important thing you can do is to recognize it.

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Relaxing. 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. Physical consequences can include dizziness, tiredness, headaches, stomach aches, heartburn, nightmares or sweats. When you are feeling stressed, the most important thing you can do is to recognize it.

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Relaxing, recognizing common symptoms of stress can be very helpful. When you are feeling stressed, the most important thing you can do is to recognize it. Stress affects the body physically and emotionally. Physical consequences can include dizziness, tiredness, headaches, stomach aches, heartburn, nightmares or sweats. When you are feeling stressed, the most important thing you can do is to recognize it.

Relaxing, recognizing common symptoms of stress can be very helpful.
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. The more we remove invasive and habitat producing native 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.

Chaperone 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

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. Burcucumber 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 milk sap. Fruit pods resemble common milkweed, but are light green, shiny and smooth on the outside. Control with post-emergence applications of glyphosate or 2,4,5-D applied before the vines begin to climb.

—Mary Jane Frogge, UNL Extension Associate

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

Welcome 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

TIPS FOR THE MONTH

To Do

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.

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

Peas should be picked on the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow peas 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 create weed-free beds for next year.

Do not wait for frost warnings to move your plants indoors. Be sure to keep strawberry beds weed free. Every weed you pull now will help create weed-free beds for next year.

Perennial phlox can be divided about every third or fourth year. Divide them in a dry place for the winter.

Collect okra seed pods, gourds, sumac seed heads, rose hips and tropical house plants.

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

FALL PRACTICE

A gold finch eats sunflower seeds in a backyard.

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A gold finch eats sunflower seeds in a backyard.
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 field 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, which makes 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 wavyleaf thistle.

The tops of all species of perennial herbaceous plants that freeze, 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 part of the plant 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 on perennial plants as well.

Biennial Thistles

Fall is also the best time to control biennial thistle species (musk thistle, plumeless thistle, tall thistle, yellowspine thistle and related species).

Fall applied glyphosate or a glyphosate + 2,4-D mix provides good control of henbit, shepherd’s purse, pennycress, downy brome and fair to good control of field bindweed in crop fields following harvest.

For best control of weeds using glyphosate, add 17 pounds of ammonium sulfate per 100 gallons of water andagiteto dissolve prior to adding the glyphosate to the tank. Glyphosate should be applied during bright daylight hours for best results. In the fall, apply between the hours of 10 a.m. and 3 p.m. for best control.

Controlling Winter Annual Grasses in Pastures

Winter annual grass weeds like downy brome, and Japanese brome can be a big problem in pastures. They reduce pasture quality and carrying capacity and without extra care and management, the annual grasses will grow year by year because the cattle or horses will eat the palatable forages and leave the annual bromes, once the heads start to form blossoms and go to seed in June through August. After producing seed, the plants die. Fall is a good time to control biennial thistles because the newly germinated plants are small with a shallow root system and more easily killed. As with the perennial plants, biennial plants not killed outright go into winter in a weakened condition and are much more susceptible to winter kill. Herbicide products recommended for fall thistle control (in alphabetical order) include: Cimarron™, Maxam™, Plus™ or X-Treme™, Cartall™, Grazon™, Overdrive™, Redrem™, Teler™, Transline™, Jordan™, 2,4-D either alone or in combination with dicamba (Banvel™, Clarity™, Sterling™).

Winter Annual Broadleaf Plants

A biennial or biennial-like plant that responds well to fall herbicide treatments are the winter annuals. Winter annual broadleaf plants germinate and begin growth in the fall months, overwinter and begin growing again in the early spring. Examples of common winter annual broadleaf plants are henbit, shepherd’s purse and pennycress. Growth hormone type herbicides (2,4-D and dicamba, or a combination of 2,4-D + dicamba), do a good job of controlling emergent broadleaf plants in pastures, given conditions conducive to weed growth (adequate soil moisture and daytime temperatures above 50 degrees F). Winter annual broadleaf plants have become more prevalent in no-till crop fields. A fall application of 2,4-D and/or dicamba provides excellent control of shepherd’s purse, pennycress and herbist.

Japanese brome spots are guaranteed to get larger year by year because the cattle or horses will eat the palatable forages and leave the annual bromes, once the heads start to appear. This puts extra pressure on the desirable species while the annual bromes go to seed.

Warm-Season Pastures

In pastures dominated by warm-season grasses (big bluestem, little bluestem, indiangrass, switchgrass, etc.) one control option is to spray one pint of glyphosate, like Roundup™, per acre on newly emerged winter annual grasses in mid- to late-October after the warm-season grasses have gone completely dormant and the annual grasses have some top growth. Note, this treatment will also kill perennial cool-season grass species like smooth bromegrass and Kentucky bluegrass, so only use this treatment if you want to reduce or eliminate the cool-season grasses in your warm-season pasture along with the annual bromes. For best control, pick a day with temperatures in the 50’s and do not have a history of control achieved by glyphosate is directly related to the time of day it is applied. The sun will dry the moisture on the surface of the plant and improve the better the control.

Cool-Season Pastures

Getting control of grassy weeds in cool-season grass pastures is trickier than other production systems. Since the cool-season grasses don’t go dormant, you can’t use glyphosate without killing most or all of the cool-season grass in the sprayed area. Gramoxone™ is a better herbicide choice in cool-season pasture situations. After the crop tissue it comes in contact with. Wait until spring to spray Gramoxone™ when the weedy grasses are out to form seed heads. Since the weedy bromes are nearing the end of their life cycle, killing the top at this growth stage should keep them from producing seed. The top growth of the perennial grass species will be killed as well, but these species should regrow from the crowns in two to three weeks (about like regrowing following a controlled burn).

Non-Chemical Control

Downy brome and Japanese brome will become less palatable as they mature. Once the seed heads are mature, they are generally worthless as a forage. When the winter annuals start to head out, allow the animals to plow the dead seed head and begin moving the weedy spots to prevent seed production. Move the weeds when the infected plants start to produce a head. You might need to mow a couple of times.

Be Diligent

The seed of these grasses can last for many years in the soil, which means you should plan to continue your treatment regimen for several years. After preventing seed production for two years, consider inter-seeding the affected areas with a mixture of desirable grasses.

Practice Good Pasture Management

Be sure to graze the pasture properly to maintain the vigor and competitiveness of the desired grasses. A best management practice, no matter the size of the farm, is to cross-fence the pasture creating two or more paddocks. Confining the animals to a smaller area results in better utilization of species of plants. It also allows the most palatable species an equal chance to recover when the paddock is not being grazed.

FOR MORE INFORMATION

For more information on the recommendations for control of weeds in crops, pastures and non-crop areas, consult the "2009 Guide for Weed Management in Nebraska" (EC 03-130 D) available for $5 when picked up at the extension office.

* indicates the word is in the Nebraskanickname word list.

Tom Dorn
UNL Extension Educator
The heart of 4-H!

Earth Wellness Festival for 5th graders. Focus group. Recently participated in a state 4-H Web site development. They are superintendent of the Lancaster County 4-H General Areas (which includes posters, banners, Consumer Management, Citizenship, Entomology and more). Previously they assisted with county 4-H Home Environment, Horticulture and Food areas. They recently participated in a state 4-H Web site development. They are superintendent of the Lancaster County 4-H General Areas (which includes posters, banners, Consumer Management, Citizenship, Entomology and more). Previously they assisted with county 4-H Home Environment.

Pat and Kim also helped at the Nebraska State Fair in the 4-H Home Environment, Horticulture and Food areas. They recently participated in a state 4-H Web site development focus group.

For many years, they have volunteered with the annual Earth Wellness Festival for 5th graders. Congratulations to Pat and Kim. Volunteers like them are the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available online at http://lancaster.unl.edu or at the extension office. Nominations of co-volunteers welcome.

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!

INDIVIDUAL TOP PLACINGS

Brittany Alberts ….. Jr. Western Pleasure Purple
Ashley Anderson….. Jr. Showmanship Purple
Daniel Hardesty ….. Sr. English Pleasure Champion
Abbie Haeusinger…… Sr. Pole Bending Purple
Alyssa Haeusinger …… Sr. Showmanship Reserve
Josh Kuegler …….. Break Away Roping Purple
Ben Leach …………. Trail Purple
Katie Lloyd …………. Trail Purple
Megan Luethke ……. Elementary Dressage Purple
Mattison Merritt …. Jr. Western Horsemanship Purple
Jake Peters …………. Jr. English Pleasure Purple
Carla Peters …………. Sr. Western Pleasure Purple
Bailie Peterson……….. Jr. Western Pleasure Purple
Brooke Preston …. Sr. Horsemanship Purple
Hannah Sass …….. Trail Purple
Alex Schleder ……. Trail Purple
Mackenzie Wolfe ….. Jr. Western Horsemanship Purple

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

Hippology Team Results

Reserve Champion Senior Hippology Team: Elizabeth Boener, Elizabeth Frobisch, Cory Peters, Maria Luedtke
Third Place Senior Hippology Team: Erika Warner, Alex Scheidler, Courtney Geering
Third Place Junior Hippology Team: Hannah Rennou, Elis Dearnott
Reserve Champion Junior Hippology Team: Kate Rowlinson, Reagan Myers
Reserve Champion Junior Hippology Team: Makenzie Wolfe

Lancaster County Fair 4-H General Areas (which includes posters, banners, Consumer Management, Citizenship, Entomology and more). Previously they assisted with county 4-H Home Environment.

State Fair tickets for 4-H’ers and their immediate family may be purchased for $4 at the extension office. Children, 5 years or younger, are admitted for free.

Still Accepting Volunteers!

Hundreds of people volunteer their time and energy in making 4-H at the Nebraska State Fair incredibly successful. Along with the opportunity to participate in this great event, meet new people and provide assistance to fairs-goers, each volunteer will receive a free gate entrance pass to the State Fair for the day(s) they volunteer. A schedule of volunteer times, as well as a volunteer interest form are online at http://4h.unl.edu/ volunteers/s/volunteers.htm. For more information, contact Doug Swanson at 472-2803.

September Teen Council Meeting, Sept. 20

The September 4-H Teen Council Meeting is being changed to Sunday, Sept. 20 at 3 p.m.

4-H Leader Training, Oct. 22

Plan to attend the fall 4-H Leader training scheduled for Thursday, Oct. 22, 6:30 p.m. More information will be included in the next Neblin.

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 Cherryreek Rd. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herbmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards. The evening includes a pot luck 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!
The 82nd Ak-Sar-Ben 4-H Youth Livestock Expo will be held Sept. 22-27 at the Qwest Center in Omaha. More than 2,000 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, meat goats, market lambs, 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.

Friday, September 25

Market Beef: 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.

Saturday, September 26

Market Lamb: 7:30 a.m.

Market Swine: 7:30 a.m.

Breeding Giraffe: Immediately following Market Beef Show

Breeding Swine: 7:30 a.m.

Purple Ribbon Auction: 6 p.m.
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/reflexive 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/tow/comfort item

**Basic Car Kit:**
- Traction items/tow cable
- Fluorescent flag/reflective item/fire flare
- Scraper/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.

---

**Family Emergency Plan**

**EMERGENCY CONTACT NAME:**
**TELEPHONE:**
**OUT-OF-TOWN CONTACT NAME:**
**TELEPHONE:**
**NEIGHBORHOOD MEETING PLACE:**
**TELEPHONE:**

**OTHER IMPORTANT INFORMATION:**

**DIAL 911 FOR EMERGENCIES**

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**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 by

"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 essentially 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!

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**Extension Educator Alice Henneman**

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**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 Nebraska to participate and be eligible for prizes.
2. Individuals, families, classrooms, or workgroups are eligible to participate.
3. Only one scorecard per individual, family, classroom, or workgroup.

**Scores**

<table>
<thead>
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<th>Categories</th>
<th>Points</th>
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<tbody>
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<td>5</td>
</tr>
<tr>
<td>Family Emergency Plan</td>
<td>5</td>
</tr>
<tr>
<td>Total Points Scored</td>
<td>10</td>
</tr>
</tbody>
</table>

**Directions:**

1. Give yourself one point for each completed activity.
2. Total your points at the end of each week. (4 points maximum per week)
3. On September 20, 2009 add up the total points for the 3 weeks (12 point maximum).
4. If you have accumulated at least 8 points, return your scorecard to be eligible for the 2009 Disaster Preparedness Challenge drawing.
5. Tour or cut your scorecard on the dotted line. Fold and tape your scorecard, place in a safe location. (birth certificates, social security card, marriage license, passport, etc.)
6. Locate, update, and review important documents and place in a safe location. (birth certificates, social security card, marriage license, passport, etc.)

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

**Week 1 (September 6 – September 12):**
- Random disaster kits by purchasing commodities and getting two items from the list above or update/add to current kits.
- Prepare/assemble tote and weather warming information card and post in a prominent area.
- Develop family plan for the household/family or other disaster and identify your out of state contact.
- Locate, update, and review important documents and place in a safe location. (birth certificates, social security card, marriage license, passport, etc.)
- Practice your tornado plan and/or fire drill.
- Avoid entertainment items in your kit (board games, coloring book and crayons, card game, etc.)
- Trip or cut your scorecard on the dotted line. Fold and tape your scorecard, place in a safe location. (birth certificates, social security card, marriage license, passport, etc.)
- Practice your tornado plan and/or fire drill.

**Week 3 (September 19 – September 26):**
- Add at least 1 more item to your disaster kit. If you are complete, help someone start a kit.
- Identify what to do if a power outage. LES customers call 475-4211 or visit les.com to report an outage or call 223-4038 or visit norrisppd.com.
- Practice your tornado plan and/or fire drill.
- Avoid entertainment items in your kit (board games, coloring book and crayons, card game, etc.)
- Identify what to do in a power outage. LES customers call 475-4211 or visit les.com to report an outage or call 223-4038 or visit norrisppd.com.

**Scorecard:**

- Name:
- Signature (Must be 19 years of age)
- Home Address:
- School/Business Name:
- City:
- State:
- Zip Code:
- Phone Number:
- Number in your group:
- Total Points Scored:
- How did you participate:
- Individual
- Family
- Classroom
- Workgroup
- Other:

**Scorecard:**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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<tbody>
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- Practice your tornado plan and/or fire drill.
- Avoid entertainment items in your kit (board games, coloring book and crayons, card game, etc.).
Congratulations to Lancaster County Farm Families
The Knights of Ak-Sar-Ben and the Nebraska Association of Farm Managers recognized two Lancaster County farm families at the Lancaster County Fair. Titled the “Nebraska Pioneers 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 Jurick and Ardell & Fran Steck.

Washington D.C. Group Has Five Openings
Five more spots have opened up for the June 2010 4-H Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14-18 can join CWF, a summer citizenship program which culminates in a nine-day, intensive 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.

Household Hazardous Waste Collections
No latex paint will be accepted at these household hazardous waste collections. These collections are for household only, not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections. For more information, call the Lincoln-Lancaster County Health Department at 441-8040.

Saturday, Aug. 29
9 a.m.–1 p.m. • Nebraska East Union
Lincoln Industries, 600 W. E St.
Saturday, Sept. 19
9 a.m.–1 p.m. • Veyance Tech, 4021 N. 56 St.
Saturday, Oct. 24
9 a.m.–1 p.m. • Woods Park (31 & J St.)

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
Participate in an open house for high school students and their families, and experience East Campus firsthand!

4-H Club in Parade at Eagle Fun Days
The Jolly Ranchers 4-H club had a float in the Eagle Fun Days Parade which was on July 11.

The Nebraska
The Nebraska is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

Free Subscription
Subscriptions to The Nebraska 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

Name ____________________________
Address ____________________________
City  State  Zip ____________________________
Phone ____________________________
We will only use your phone number if there is a problem with your mailing address.
Mail to: UNL Extension in Lancaster County
444 Cherry creek Road, Suite A • Lincoln, Nebraska 68528-1507
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.

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

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

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.

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

University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18

Learn about 4-H!

Tuesday, Oct. 6
6 p.m.

Come Find Out How to Join 4-H!
- Help form a new 4-H club
- Be an independent member
- Join an existing 4-H club (limited availability)
- Participate in 4-H activities such as camps

4-H’ers will share completed projects!

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

441-7180 • lancaster.unl.edu/4h

U.S. Drought Monitor Map

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

Source: National Drought Mitigation Center, University of Nebraska-Lincoln

For the most recent map, visit http://www.drought.unl.edu/dmr