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Wildlife Rescue Team
Helps Orphaned and Injured Wildlife

Barb Ogg
UNL Extension Educator

After I finished yard work one Saturday morning in June, a baby mourning dove was sitting on the ground next to the grill. It had some body feathers but no flight feathers. Roaming neighborhood cats would love to have this defenseless baby bird for lunch. What should I do? I looked around and didn’t see the parents. I thought about putting the baby bird back in its nest, but couldn’t find it in our yard.

I called Wildlife Rescue to have someone take care of it until it could fly on its own. Wildlife Rescue Team, Inc (WRT) provides care for injured or orphaned animals for release back into the wild. I was directed to take the bird to the home of Lois Moss who is the primary bird caregiver in Lincoln.

Lois greeted me at the door, welcomed me inside and recognized it was a baby dove. She has a wealth of information about birds — she informed me doves and pigeons need a special diet. She showed me baby robins who noisily opened their beaks when they saw her. She also showed me some baby birds so small she didn’t know exactly what species they were.

WRT is an independent, non-profit, completely volunteer organization sanctioned by the Game and Parks Commission, which means Lois and other caregivers have the permits required to house wild animals protected by law. In addition to birds, they also care for orphaned and injured mammals such as bats, raccoons, rabbits, and squirrels.

They do not handle raptors (owls, hawks, eagles, and falcons) which need special food. Raptor Recovery Nebraska takes care of injured and orphaned raptors; www.raptorrecoveynebr.org or (402) 488-7586.

In addition to animal rescue, WRT provides educational programs to senior citizens groups, scout troops, school classes, churches, nature centers, and other groups. Presentations explain the importance of the environment and balance of nature, as well as the role of Nebraska’s Wildlife Rescue Team, Inc.

WRT operates with no federal, state, or city funding but depends totally upon private contributions, membership fees, and donations of supplies and services. WRT meets at 7 p.m. the second Tuesday evening of each month at Grace Lutheran Church, 2225 Washington St., Lincoln. Members and the general public alike are invited to attend.

This organization is always looking for people willing to care for injured or orphaned wildlife. They welcome donations and are always looking for supplies. A few items they need include: cages, heating pads, latex/rubber gloves, bird seed, and dog food. For a more complete list, check out their wish list at http://wildliferescueconnectne.org. All donations are tax deductible.

It is easy to join and help Nebraska’s wildlife. For more information about WRT, contact Diane Bohling at (402) 435-0994 or saveawildchild@gmail.com. Or call the WRT Hotline at (402) 473-1951.

Rescue a Wild Animal if...

• it is presented to you by your pet
• it is bleeding or has an obvious broken limb
• it is a featherless or nearly featherless bird on the ground
• it is a nocturnal animal in the open during the day
• the animal is shivering
• there is evidence of a deceased parent nearby

Injured wild animals may bite. Before you pick it up, put on gloves to prevent getting bitten.

Don’t Rescue These Animals...

• A fawn (baby deer) curled up in the grass appears approachable. His mother is most likely out of sight but nearby and watching. Fawns don’t have flight instincts until a couple weeks after they are born.
• A bird fully feathered on his body with evidence of tail feathers, hopping on the ground but unable to fly. These are fledglings and should be left alone. They are learning to fly and parents will care for them until they fly, which should be in a few days. Keep children and pets away. If you want to do something, watch, listen, and keep track of the time that goes by that the bird has not been communicating with its parents.
• A rabbit, 4” long with open eyes and erect ears, is independent and can fend for itself. Nests of younger rabbits should remain undisturbed. The mother rabbit returns to the nest to feed babies only twice a day: at dusk and dawn. She stays away the rest of the time to distract predators from the nest. One way you can tell if mother rabbit is returning is to watch for her young is to cross-cross yarn or sticks over the nest. If the yarn or sticks have been disturbed, you know she has returned. Another way to tell is to observe if their bellies are plump early in the morning (do this without handling the bunnies). If not, then it is likely the mom is gone.
• An opossum, 9” to 10” or longer (not including the tail) is independent. A squirrel with a full fluffy tail and is able to run and climb is independent.

What to Do When You Find an Orphaned or Injured Animal

Call WRT as quickly as possible at (402) 473-1951. Do not give any food or water unless directed by WRT because the wrong food or water can often do more harm than good. Do not attempt to remove fishing line or anything tangled around the animal. Place the animal in a box, appropriately sized so it will not be able to thrash around and injure itself. Put small air holes in the box. If the animal is cold, place the box on a heating pad set to low or fill a bottle with warm water wrapped with a towel. Keep the animal in a warm, dark, quiet place and transport it as soon as possible.
Tree Planting is Important in Nebraska History

Tree planting is a tradition in Nebraska. Early settlers often transported tree seedlings hundreds of miles to plant on barren homesteads. They realized the value of trees for protection, soil erosion, products, conservation, and beauty. They often took great pains to plant and nurture the fragile seedlings.

The following quotation is an excerpt from an 1891 article describing conditions on the Great Plains: “To see the prairie and the plains is to know their needs. To travel over them, even for a day, will make you feel their greatest want — the want of trees. Windswept every day, every hour, the comparative calm with even a single row of trees creates affords relief from the perpetual activity of the air beyond the influence of the windbreak. Man, beast and plant are constantly being dried out; evaporation can hardly keep the thirsty, ever-moving atmosphere supplied with moisture, and many a rain only touches the ground to be at once evaporated and return the cycle.

Organized tree distribution began in Nebraska as far back as 1904, when Rep. Moses P. Kinkaid introduced legislation that authorized the distribution of trees west of the 100th meridian. This plan affected the western one-half of Nebraska, generally west of the present day Cozad. The success of this operation was more an act of faith, production, and distribution of forest-tree seed and plants, for the purpose of establishing and maintaining a forest or woodland cover on lands owned by the state, the Federal government, or private individuals.

The plan became an instant success. In 1912 and 1924 to 9,298 applicants. On June 7, 1924, the Clarke-McNary Act was passed by Congress. This act authorized the Secretary of Agriculture to cooperate with the various states in the same manner, the promotion, production, and distribution of forest-tree seed and plants, for the purpose of establishing windbreaks, shelterbelts, and farm woodlots on denuded or other lands.

From observation of native stands of black walnut, a valuable nut and hardwood lumber source, the black walnut leaf litter or nuts. If a garden is separated from a black walnut tree by a driveway or other physical barrier, then root extension growth into the garden area may be limited and juglone toxicity problems minimized. From observation of native stands of black walnut, decreased toxicity seems to be associated with excellent soil drainage, even among sensitive species. Thus, any steps that can be taken to improve drainage, such as additions of organic matter or replacement of existing soil with a lighter type, should tend to minimize toxicity problems in a garden area.

Leaves, bark, or wood chips of black walnut should not be used to mulch landscape or garden plants. Even after a period of composting, such refuse may release small amounts of juglone.

Juglone Toxicity

Juglone is a natural substance produced by the black walnut (Juglans nigra L.) tree. The canker spread. Because decaying matter on the surface of the black walnut tree, but may not survive directly under its canopy. Alternatively, highly sensitive plants may not tolerate even the small concentration of juglone beyond the canopy spread. Because decaying roots still release juglone, toxicity can persist for several years after a tree is removed.

PLANTS SENSITIVE TO JUGLONE

Vesicles: cabbage, eggplant, pepper, potato, tomato, asparagus, pea

FRUITS: apple, blackberry, blueberry

Landscape plants: azaleas, basswood, white birches, crabapples, hackberries, amur honeysuckle, Japanese larch, lespedeza, lilac, saucer magnolia, shadbush, mountain laurel, lobelia, pine, red pine, scarlet pine, white pine, potentiola, privet, rhododendron, Norway cypress

Flowers & herbaceous plants: peony, chrysanthemum

Black Walnut Toxicity to Nearby Plants

Black walnut (Juglans nigra L.) is a valuable nut and hardwood lumber source. In the home landscape, black walnut is grown as a shade tree and, occasionally, for its edible nuts. While many plants grow well in proximity to black walnut, there are certain plant species whose growth is hindered by this tree. The type of relationship between plants in which one produces a substance which affects the growth of another is known as “allelopathy.”

The Source of Toxicity

Plants adversely affected by being grown near black walnut trees exhibit symptoms such as yellowing, wilting, and eventual death. The chemical agent is a chemical called “juglone” which occurs naturally in all parts of the black walnut. The largest concentrations of juglone occur in the walnut’s nuts, hulls, and roots. However, leaves and stems do contain a smaller quantity; juglone is slightly soluble in water and thus does not move very far in the soil.

Since small amounts of juglone are released by live roots, particularly juglone-sensitive plants may be injured. However, the records show more than 1.9 million trees were distributed from Nebraska’s NRDs annually between 1912 and 1924 to 9,298 applicants.

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 hozing 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
Got Fruit Flies? Simple Trap is Effective and Cheap

Barb Ogg
UNL Extension Educator

You have discarded all the fruit and vegetables in the kitchen and you still have fruit flies. What can you do? This simple trap will catch stray fruit flies.

To make this trap, you will need a one-pint glass jar, a plastic sandwich or storage bag, a jar ring or heavy duty rubber band, a package of dry yeast, 1/4-1/3 cup warm (not boiling) water and one teaspoon sugar.

Add warm water to the jar. Sprinkle a package of dry yeast over the water and swirl the water to dissolve the yeast. Add one teaspoon of sugar. In a few minutes, the sugar will activate the yeast and it will start to bubble and foam.

Take the plastic bag or baggie and make it into a funnel. Clip the corner of the bag. Make sure the hole isn’t too large or the flies will escape out of the jar. Place the funnel in the jar and turn the edges over the top of the jar. Use the jar ring or heavy duty rubber bands to secure it so flies won’t escape.

The trap will begin attracting fruit flies immediately. They will crowd down the plastic funnel and go through the hole and into the jar. Once captured, most of them will be unable to find their way back out.

Female fruit flies in the jar will lay eggs in the yeast mixture. Eggs will hatch into maggots that feed on the yeast liquid in the bottom of the jar. At room temperature (70°F), it will take about 10 days for fruit fly larvae to develop into a second generation of flies.

To prevent your trap from producing its own fruit flies, dump the contents of the jar down the drain after a week, flushing well with water. If there are still fruit flies in your kitchen, you will need to make another trap. Or, maybe you need to search for another breeding site.

Why does this fruit fly trap work?

The yeast trap simulates what happens when fruit becomes overripe — yeasts on the surface of the fruit interact with fruit sugars to produce carbon dioxide. Scientists have learned fruit flies are highly attracted to CO₂; they not only smell CO₂, but they can also taste it. The yeast, warm water, and sugar mixture produce CO₂ (which is why we have air spaces in our bread.)

When bringing your boat, trailer and other equipment out of the water, check for hitchhikers in places water and mud can collect.

Dispose of all bait or feed that may contain live bait or any visible mud, plants, fish, or animals. What may appear harmless could be an invader like the zebra mussel (a small invasive mussel) or Eurasian watermilfoil (an aggressive water weed). Both of these species have been known to travel in ballast water, attach themselves to boats, and transport areas around reservoirs. Some other invasive species of plant and animals can’t be seen by the naked eye, so take extra precautions whenever possible.

Clean, dry, and drain.

If there is a place for water to collect on any equipment you’ve put in the water, there is a chance you could transport something harmful. Be sure you check boats, trailers, equipment, boots, clothing and even your dogs if they enter the water. Again, some of these costly invaders are not visible to the naked eye, and are transported unknowingly. For detailed information on how best to clean your equipment (and pets), visit www.protectyour-waters.net/. If possible, let your equipment dry five days before entering another body of water.

You Can Help Prevent Invasive Species From Entering Nebraska Waterways

Soni Cochran
UNL Extension Associate

There’s nothing better than getting out the boat, kayak, or canoe and heading out to enjoy our local recreation areas and waterways. After having fun at the lake, make sure you check your equipment. You may not know it, but you could be bringing home unwanted hitchhikers. These could include some invading fish, aquatic plants and mollusks, and even fresh water jellyfish.

Aquatic hitchhikers cost millions of dollars in ecological and economic damage. These known invaders harm native fish populations and threaten your waters, your wallet, and the economy.

Follow these simple guidelines after leaving the water:

Check your equipment for hitchhikers. Remove any visible mud, plants, fish, or animals. What may appear harmless could be an invader like the zebra mussel (a small invasive mussel) or Eurasian watermilfoil (an aggressive water weed). Both of these species have been known to travel in ballast water, attach themselves to boats, and transport areas around reservoirs. Some other invasive species of plant and animals can’t be seen by the naked eye, so take extra precautions whenever possible.

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Household Hazardous Waste Collections

These collections are for households only, not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

There are several hazardous household waste areas in the area:

- A brochure with details and registration form is available at the extension office and online at http://lancaster.unl.edu/pest/.
- For more information, contact Barb Ogg at (402) 441-7186.

Bed Bug Workshop, Oct. 20

UNL Extension and the Lincoln-Lancaster County Health Department (LLCHD) will present a workshop.

Bed Bugs: What You Need to Know on Wednesday, Oct. 20, 7–9:30 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. Topics will include bed bug identification, biology and behavior and how to inspect a home, apartment or dorm room for bed bugs. Presenters will also discuss bed bug management using chemical and nonchemical actions and discuss LLCHD regulations regarding bed bug and other insect infestations in rental properties.

Presenters include Barb Ogg, UNL Extension in Lancaster County, Clyde Ogg, UNL pesticide safety education program, and Harry Heafer, Lincoln-Lancaster County Health Department.

Registration fee for this program is $15 and will include written reference materials. Pre-registration is required. If you are a UNL student, please contact the extension office for possible scholarships to attend the workshop.

A brochure with details and registration form is available at the extension office and online at http://lancaster.unl.edu/pest/.

SOME ITEMS YOU CAN BRING FOR DISPOSAL:
- Thermometers, containing mercury, solvents, oil-based paints, paint thinners, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB’s (ballast from fluorescent fixtures and capacitors from old appliances). These collections are a good place to dispose of compact fluorescent light bulbs (CFL’s), which contain mercury.
- DO NOT bring asbestos, tires, batteries, used oil, antifreeze, medicines, fertilizers, asbestos, etc.

For more information, call the Lincoln-Lancaster County Health Department at (402) 441-8040.

Friday, Aug. 27 • 9 a.m.–3 p.m.
Saturday, Aug. 28 • 9 a.m.–1 p.m.
Saturday, Sept. 18 • 9 a.m.–1 p.m.
Saturday, Oct. 23 • 9 a.m.–1 p.m.

Usable Latex Paint Exchanges

Three usable latex paint exchanges will be held at the Eco Stores of Nebraska at 330 West P Street, Lincoln. It is free and anyone is welcome to come and take paint! Only full or nearly full cans of good, usable latex paint will be accepted.

Saturday, Sept. 18 • 9 a.m.–2 p.m.
Saturday, Nov. 13 • 9 a.m.–2 p.m.
Food & Fitness

Keeping “Bag” Lunches Safe

Whether it’s off to school or work we go, millions of Americans carry “bag” lunches. Food brought from home can be kept safe if it is kept cold while it is being eaten. To help protect your health, keep food cold. Here are a few suggestions.

Be Prepared

Pack perishable foods such as raw or cooked meat and poultry in a freezer-safe bag, such as a gallon freezer bag. Squish out as much air as possible before sealing them. Lay them in a single layer in the freezer on a flat surface or flat freezer and freeze them for about an hour until they hold their shape. Then place the sandwich bags in a larger freezer-quality bag, such as a gallon freezer bag. Squish out extra air before sealing the thin sandwich bags aren’t satisfactory for maintaining food cold in the freezer. Use three frozen sandwiches within one to three months for best flavor and quality.

Freeze Individual Sandwiches

Whether you prepare or eat food. Wash cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next item. A solution of one tablespoon of unscented, liquid chlorine bleach in one gallon of water may be used to sanitize surfaces and utensils. Keep family pets away from food containers.

Don’t Contaminate

Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and countertops. Always use a clean cutting board. When using a cutting board for food that will not be cooked, such as bread, lettuce, and tomatoes, be sure to wash the board after using it to cut raw meat and poultry. Use one cutting board for fresh produce and a separate one for meat and poultry.

At lunchtime, discard all used food packaging and paper bags. Do not repackage because it is difficult to keep cold or freeze some other food and cause foodborne illness.

Pack the meat and lunch items to keep food like soup, chili, and stew hot. Use an insulated container and keep food hot in a hot vehicle or on a hot stove. Reheat leftovers to at least 140°F or above. Don’t reheat leftovers more than once. To prevent food contamination, store perishable food in to keep food like soup, chili, and stew hot. Use an insulated container and keep food hot in a hot vehicle or on a hot stove. Reheat leftovers to at least 140°F or above. Don’t reheat leftovers more than once. To prevent food contamination, store perishable food in

Lunches Safe.


Microwave Cooking/Reheating

When using the microwave oven to reheat lunches, cover food to hold in moisture and promote safe, even heating. Reheat leftovers to at least 165°F. Food should be steaming hot. Cold, cooked convenience meals according to package instructions.

Tips for a Healthy Lifestyle

Bottom line — you are what you eat. In order to maintain a healthy lifestyle, try to follow the recommendations for dietary fat intake found in the 2005 Dietary Guidelines for Americans recommend keeping the amount of fat you consume to less than 25–35% of the total calories each day. Fat aids in the absorption of fat-soluble vitamins A, D, E, and K. It doesn’t take much fat, by the way, to help the absorption of these important vitamins and nutrients. Fat is also very essential for brain and nervous system development for children under age two. This is why toddlers need to drink whole milk, which has more fat, and older kids can drink low-fat or skim milk. Fat is the main energy source for all operations of the body, important for healthy skin and hair, essential for insulation and protection of organs, and helps regulating body temperature.

Dietary fats can be found in four different categories: saturated, unsaturated, trans fats, and cholesterol. Saturated fats: Animal products usually containing this type of fat include beef, veal, lamb, pork, liverfat, butter, cream, milk, cheese, and other dairy products made from whole and 2% milk. Foods from

Frozen Peanut Butter and Jelly (or Honey) Sandwiches

Make a whole batch of these in advance for “bag” lunches, freeze, and thaw as needed.

The ingredients and general procedure: Jelly (or honey) sandwiches typically appear in a list of foods that don’t freeze well in the sandwich. The reason: They soak into the bread and make it soggy. The trick to making this sandwich successfully is spreading peanut butter on BOTH sides of the bread slices, then spread jelly or honey in the middle so the peanut butter keeps it from soaking into the bread.

Specific steps for successfully freezing these sandwiches:

1. Make your sandwiches “assembly line” fashion, completing one step for all sandwiches before moving on to the next step.

2. A quick way to freeze sandwiches is:
   a. Place them in zip-top self-sealing type plastic sandwich bags, and label the bag with the date and type of sandwich.
   b. Squish out as much air as possible before sealing them.
   c. Lay them in a single layer in the freezer on a flat surface or flat freezer and freeze them for about an hour until they hold their shape. Then place the sandwich bags in a larger freezer-quality bag, such as a gallon freezer bag. Squish out extra air before sealing the thin sandwich bags aren’t satisfactory for maintaining food cold in the freezer.

3. Use frozen sandwiches within one to three months for best flavor and quality.

4. Thaw individual sandwiches in their sandwich bag or other double bagging to help insulate the food. An ice source should be available, store perishable food in to keep food like soup, chili, and stew hot. Use an insulated container and keep food hot in a hot vehicle or on a hot stove. Reheat leftovers to at least 140°F or above. Don’t reheat leftovers more than once. To prevent food contamination, store perishable food in...
The Challenge Sept. 5–25 for a chance to win prizes! For more information how to prepare for an emergency, visit www.ready.gov.

September is National Preparedness Month. Preparing for a disaster makes sense. The major steps are get a kit, make a plan, and be informed. The Lincoln Community Organizations Active in Disaster (LCOAD) invites local residents to participate in a Disaster Preparedness Challenge Sept. 5–25 for a chance to win prizes! For more information how to prepare for an emergency, visit www.ready.gov.

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**Disaster Supply Kits**

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last at least three days. Every family will have different needs for a disaster supply kit 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
- Flashlight/radio/batteries
- Traction items/tow cable
- Fluorescent flag/reflective item/flare
- Scraper/shovel/gloves
- Space blanket/first aid kit
- Snacks/water
- Pet Kit:
  - Food/water
  - Medicines/Medical Records
  - Collar/Leash/ID tags/carrier
  - Waste disposal supplies
  - Picture with pet/toys/comfort item

**Basic Car Kit:**

- Wrench/pliers to turn off utilities
- Whistle/reflective item/flare
- Scraper/shovel/gloves
- Space blanket/first aid kit
- Snacks/water
- Flashlight/radio/batteries

For additional items to consider, please visit www.ready.gov.

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**Pet Kit:**

- Food/water
- Medicines/Medical Records
- Collar/Leash/ID tags/carrier
- Waste disposal supplies
- Picture with pet/toys/comfort item

**Basic Car Kit:**

- Wrench/pliers to turn off utilities
- Whistle/reflective item/flare
- Scraper/shovel/gloves
- Space blanket/first aid kit
- Snacks/water
- Flashlight/radio/batteries

For additional items to consider, please visit www.ready.gov.

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**Entry Form**

**Scorecard:**

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

1. Assemble disaster kit by purchasing containers and getting two items from the list or update/replace to current kit.
2. Learn about disaster common to your area.
3. Complete a Family Communication Plan (how to contact family member in case of disaster – out of town contact).
4. Learn or review the meanings of Watch and Warning.
5. Add at least 5 more items to your disaster kit. If yours is complete check it for outdated items.
6. Learn about tornadoes and steps to take if one is approaching.
7. Review your family plan for fire and/or tornado.
8. Learn the signs of a Thunderstorm and what precautions to take.
9. Add at least 5 more items to your disaster kit if it is complete. 1 point.
10. Discuss winter storms and learn/discuss how to be safe during a storm.
11. Help a friend, relative or neighbor prepare a disaster kit.
12. Learn about steps to take in case of a flood.

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**Prizes will include:**

- Weather Radio with batteries
- Smoke Detector with batteries
- First Aid Kit
- Fire Extinguisher
- Car Disaster Preparedness Kit

**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 scorecard per individual, family, classroom, or workgroup.

**Directions:**

1. Give yourself one point for each completed activity.
2. Total your points at the end of each week (4 point maximum per week).
3. On September 25, 2010 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 2010 Disaster Preparedness Challenge drawing.

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

1. Assemble disaster kit by purchasing containers and getting two items from the list or update/replace to current kit.
2. Learn about disaster common to your area.
3. Complete a Family Communication Plan (how to contact family member in case of disaster – out of town contact).
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**Scoring:**

**Scorecard:** Please Print:

- Name ___________________________ Signature (Must be 18 years of age)
- Home Address ___________________________ School/Business Name ___________________________
- City ___________________________ State ___________________________ Zip Code ___________________________
- Phone Number ___________________________ Other ___________________________
- Number in your group: ___________________________

**Total Points Scored: ___________________________**

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**General Information:**

1. **Weather Radio with batteries**
   - Available at local electronics or hardware stores.
2. **Smoke Detector with batteries**
   - Available at local hardware stores.
3. **First Aid Kit**
   - Available at local drugstores.
4. **Fire Extinguisher**
   - Available at local hardware stores.
5. **Car Disaster Preparedness Kit**
   - Include family name and information about pets.

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Storing Vegetables and Fruit

Mary Jane Frogge
UNL Extension Associate

After a successful garden season, you may have vegetables and fruits you would like to store until you are ready to use them. Proper storage conditions are needed for vegetables and fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. If not stored properly, they will rot and you will lose your produce.

Vegetables

Carrots: Trim carrot tops to one inch. Layer unwashed carrots in a container of moist peat moss. Carrots can be stored in a cool place, 35–40°F for 4-5 months.

Onions: Store cured onions in a dry location at 35–40°F. Store peeled onions in a dark location at 50–60°F for 4-6 months.

Sweet potatoes: Cure fresh dug sweet potatoes at 80–85°F for 4-5 days. Trim turnip tops to one inch. Layer unwashed sweet potatoes in a dry, dark location at 50–60°F for 4-6 months.

Potatoes: Cure fresh dug potatoes 1–2 weeks in a dark, dry location at 50–60°F. Store cured potatoes in a dark location at 50–60°F for 4-5 months.

Fruits

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage possible. Harvest pears when they are fully colored but still green and hard. Pears ripen quickly at 60–65°F. Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors of other fruits and vegetables.

For more information

University of Nebraska–Lincoln Extension NebGuide (G1264) “Storing Fresh Fruits and Vegetables” available at the extension office and online at http://www.unlpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=529.
Control Winter Annual Broadleaf Weeds in Cropland

Tom Dorn
UNL Extension Educator

Winter annual broadleaf weeds such as henbit, marestail and the mustards (field pennycress, shepherds purse, tanacetum mustards, etc.) germinate in the fall, overwinter as a green plant, begin growing again in early spring, then complete their life cycle and go to seed in the spring or early summer.

The best time to apply post-emergent control measures to winter annuals is in the fall when the seedling plants are small and the plant has not had time to store much energy in the root system. Timing is not critical, so there is an extended window to apply herbicides after harvest in most years. Best control will be achieved if daytime temperatures are above 60°F, but good control can be obtained even when temperatures are in the 50s.

Too often, producers wait until spring to attempt control of winter annual weeds. Unfortunately, several factors are working against you in the spring. In the early spring, the weather is more unpredictable. It can be warm one day and cold the next. Second is the growth stage of winter annual weeds. In the spring, winter annuals are in the reproductive mode. They bolt quickly, flower, and before you know it, they are setting seed. The plant is larger with a more developed root system and is flowering, so it is less likely to receive a lethal dose of herbicide from your application.

In the fall, the weather is usually more cooperative and weeds are in the rosette (vegetative) stage and more susceptible to herbicides. Winter annuals can typically be sprayed from late September to early December, weather permitting. As far as rates are concerned, fall applications typically require less herbicide and thus, less expense.

The common winter annual broadleaf weeds can be readily controlled with just 1.5–2 pints of 2,4-D ester or 1 pint 2,4-D + 4 ounces dicamba, 24 ounces of glyphosate, or 1 pint 24-D + 16 ounces glyphosate. Note: Glyphosate-resistant Marestail is beginning to show up in Nebraska fields where glyphosate has been used for a number of years. If Marestail is present, choose another herbicide or tank mix glyphosate with 2,4-D or dicamba. Note: atrazine is no longer labeled for fall application in Nebraska.

Control Winter Annual Grasses in Pastures

Tom Dorn
UNL Extension Educator

Winter annual grass weeds like Downy brome, and Japanese brome can be a big problem in pastures. They reduce pasture quality and carrying capacity. Without extra care and management, the annual brome spots are guaranteed to get larger year by year. The cattle or horses will eat the palatable forages and leave the annual bromes when 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 once in late July or early August. Roundup, per acre on the newly-emerged winter annual grasses in July or early August. By October after the warm-season grasses have completely dormant and the weedy grasses have some top growth. 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 60s. Studies have shown the level of control achieved by glyphosate is directly related to the time of day it is applied. The brighter the sunshine the better the control.

Cool-Season Pastures

Getting control of grassy weeds in cool-season grass pastures is trickier than in warm-season pastures. Since the cool-season grasses don’t go dormant, you can’t use glyphosate without killing most or all of the cool-season species in the sprayed area. Gramoxone is a better herbicide choice in cool-season pastures because it kills the plant tissue it comes in contact with. Spray Gramoxone in the spring when the weedy grasses are about 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 be utilized by grazing animals early in the spring when other grasses are just coming out of dormancy. The annual bromes also make acceptable grass hay when cut early — before the seedheads appear. Since the goal is to reduce the weedy brome invaders and increase the desirable species, it makes sense to get as much utilization from the weedy species as possible while letting the desirable species grow as long as possible. You likely will need to put up temporary electric fences to confine the animals on the weedy brome areas. Get small acreages, consider staking your cow or horse to confine their grazing to the weedy brome spots in early spring.

The weedy bromes will become less palatable as they mature. Once the seedhead emerges, they are essentially worthless as a forage. When the winter annuals start to head out, allow the animals to graze the entire padock and begin mowing the weedy spots to prevent seed production. Mow the weedy area whenever the plants start to produce a head. You might need to mow a couple of times between mid-April and July.

Be Diligent

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

Practice Good Pasture Management

Be sure to graze the pasture properly to maintain the vigor and competitiveness of your desired grasses. A best management practice, no matter the size of the farm, is to cross-fence the pasture creating two or more padocks. Confining the animals to smaller padocks further utilizes all the forages and the forage supply needed to feed your livestock through the winter. It also makes some of the protein become indigestible. Unfortunately, tests for crude protein cannot distinguish between regular crude protein and this heat- damaged protein. As a result, your forage test can mislead you into thinking you have more usable protein in your forage than actually is there.

If your forage test is done using NIR, heat-damaged protein is one of the analyses reported. If the heat-damaged protein is high enough, the test also will report an adjusted crude protein lower than the regular crude protein. However, I’ve found the NIR test for heat-damage may not be accurate enough for producers. If your ration contains a lot of this forage and your ration has little or no extra protein, then use the results wisely. What you need to do when heat-damaged protein is suspected; request from your lab a chemical analysis for heat-damage. Then have them use this test to correctly adjust the amount of crude protein your ration will actually provide to your animals. Forage tests can tell us a lot about the nutrient-supplying ability of our forages. But we need to make sure we read the right tests and then use the results wisely.

Source: Bruce Anderson, UNL Extension Forages Specialist
4-H at the State Fair

Get ready for fun at the 2010 Nebraska State Fair, Friday, Aug. 27 through Monday, Sept. 6 at Fonner Park in Grand Island. For a schedule of 4-H at the state fair, results, and more, go to http://ah.unl.edu/programs/statefair.

The Lancaster County extension office is selling $4 exhibitor tickets through Aug. 25. These are for 4-H’ers and their immediate family only.

Public gate admission will be $8, with $2 days on Monday, Tuesday, and Wednesday. Children 6–12 will be $2 every day and children 5 and under will be free every day. Parking on the fairgrounds is free this year.

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.

Ak-Sar-Ben 4-H Horse Show, Sept. 18–19

New this year, the Ak-Sar-Ben 4-H Horse Show will be held at a different date and location, on Sept. 18–19 at the Lancaster Event Center in Lincoln. A veterinarian health check is required within 15 days of the exhibition date.

Schedule of Events

SATURDAY SEPT. 18
Reining, Pole Bending, Barrel Racing: 5 p.m.

SUNDAY SEPT. 19
Western Horsemanship and Showmanship: 8 a.m.
Western Pleasure and English classes: 2 p.m.

THURSDAY, SEPT. 23
Market Dairy Steer Show: 5 p.m.
Ak-Sar-Ben Rodeo: 7:30 p.m.

FRIDAY, SEPT. 24
Dairy Show: 7:30 p.m.
First Round Fitting Contest: 11 a.m.
Feeder Calf Show: 1:30 p.m.
Meat Goat Show: 3 p.m.
Ak-Sar-Ben 4-H Rodeo: 7:30 p.m.

Horse Awards Night, Oct. 5

Mark your calendars! The annual Lancaster County 4-H Awards Night will be Tuesday, Oct. 5, 7 p.m. at the Lancaster Event Center – Pavilion 3. Please RSVP by at least by Sept. 24 with Marty at marcushahn3@unl.edu or 441-7180.

Ak-Sar-Ben 4-H Livestock Expo, Sept. 23–26

The 83rd Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 23–26 at the Qwest Center Expo. More than 2,000 4-H families from eight state areas participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf, breeding beef, market beef, market broilers, meat goats, market lamb, and market swine. For more information, go to www.4h.nebraska.gov.

State 4-H Horse Expo Results

The 2010 Fonner Park State 4-H Horse Exposition was held July 11–15 at Grand Island. Here are the Lancaster County 4-H’er purple ribbon placings. Complete results are online at http://4h.unl.edu/horse Expo/. Congratulations to all who participated!

HORSE JUDGING RESULTS

1st Place Team: Hannah Ronnau (1st Place Individual), Elli Daemmert (2nd Place Individual), Megan Luedtke (3rd Place Individual), Bailee Peters (5th Place Individual)

INDIVIDUAL TOP PLACINGS

Brittany Altieri – 3 year-old Western Pleasure

Ashley Anderson – Western Pleasure Ponies

Josie Ang – Jr. Western Pleasure 12–14

Chelsie Beach – Working Ranch Horse

Chelsea Beach – Jr. Showmanship

McKenzie Beach – Jr. Showmanship 12–14

Chloe Brinson – Jr. English Equitation 12–14

Vanessa Butterfield Jr. English Equitation 12–14


Elli Daemmert – Advanced English Pleasure

Ashley Danielberger Jr. English Equitation 15 & Up

Courtney Goering – Jr. Showmanship

Kyle Goering – Jr. Showmanship

Danielle Hardisty – Jr. Showmanship

Alyssa Heusinger – Sr. English Equitation 15 & Up

Anna Heusinger – Jr. Showmanship

Jessenia Hammer – Yearling Geldings (Lunging Halter)


Josh Krueger – Calf Roping

Avery Melcher – Advanced English Equitation

Mattison Merritt – Advanced English Pleasure

Sierra Nelson – Jr. English Equitation 12–14

Bailee Peters – Jr. English Equitation 12–14

Bailey Peterson – Jr. Showmanship

Jr. Western Horsemanship 12–14

Jr. Western Pleasure 12–14

Blake Preston – Jr. Western Pleasure 15 & Up

Brooke Preston – Jr. Western Pleasure 15 & Up

Kate Rawlinson – Advanced English Pleasure

Hannah Ronnau – Jr. English Equitation 12–14

Camille Sneed – Jr. English Equitation 15 & Up

Alex Schledicker – Advanced Western Horsemanship


Sydney Scow – Jr. Western Pleasure 12–14

Jessian Smith – Elementary Dressage


Heather Welch – Jr. Western Pleasure 12–14

Level Testing, Oct. 2

The final 2010 4-H group level testing will be held Saturday, Oct. 2 beginning at 9 a.m. at the Lancaster Event Center – Pavilion 3. Please RSVP at least by Sept. 24 with Marty at marcushahn3@unl.edu or 441-7180.

Horse Bits

The Heart of 4-H Award

Lancaster County 4-H is proud to announce Elva Janak as winner of September’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Elva has volunteered for 4-H for about 36 years. Her son and daughter were members of the Happy Go Lucky 4-H club and Elva helped with various projects. Now she has two grandsons in the club.

For several years, Elva has been a co-superintendent for the 4-H Home Environment, Heritage and Child Development areas at the Lancaster County Fair. “4-H projects are very educational for our young people and I want to do whatever I can to help young people stay involved in the good things in life,” Elva says. “My favorite experience as a 4-H volunteer is seeing the joy a well done brings to the 4-H’ers.”

Congratulations to Elva. Volunteers like her are indeed 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.

4-H & Youth
4-H results and photos are online at http://lancaster.unl.edu/4h

Top Static Exhibits

Horticulture

Vegetable Exhibit - Jarydn Bottrell
Herb Exhibit - Hannah Rohda
Annual Flower Exhibit - Caleb Nielsen
Perennial Flower Exhibit - Rachel Pickel
Rose Exhibit - Hannah Rohda
Specimen Plant - Jessica Albin

Conservation & Wildlife and Forestry

Conservation and Wildlife Exhibit - Starr Fawell
Forestry Exhibit - Morgan Cutlets

Contest Top Awards

Presentation

Senior Preceptor & Premier Preceptor - Jessica Stephenson
Junior Preceptor - Jacob Rushman

Plant Science Contests

Corn, Soybeans, And Wheat - Katelyn Linnke

Style Revue

Grand Champion Style Revue - Emily Steinbach
Reserve Grand Champion Style Revue - Molly Kasperek
Grand Champion Shopping in Style - Paige Roach
Clothing I - Chloe Hammond
Decorate Your Duets - Emily Steinbach
Make One/Buy One - Jessica Albin
Attention Shoppers - Chloe Hammond
Recycled Garment - Paige Roach

Table Setting

Junior Casual - Patricia grapes
Junior Casual - Alyssa Zymour
Junior Casual Reserve Champion - Megan Van Vleken
Junior Birthday - Chloe Hammond
Junior Picnic - Karlee Brown
Senior Casual - Emily Steinbach
Senior Birthday - Paige Roach
Senior Farm - Rachel Pickel

Top Animal Exhibits

BEEF

Champion Supreme Breeding Heifer - Kylie Gana
Reserve Champion Supreme Breeding Heifer - Dylan Hafer
Champion Supreme Feeder - Logan Parde
Reserve Champion Supreme Feeder - Payton Goracke
Grand Champion Market Heifer - Caitlyn Bidelbrecht
Reserve Grand Champion Market Heifer - Jordan Nelson
Grand Champion Market Steer - Dylan Hafer
Reserve Grand Champion Market Steer - Jarek Neeman
Champion Senior Showmanship - Madiyln Scott
Champion Intermediate Showmanship - Renee Sieck
Champion Junior Showmanship - Jacklyn Heinrich

Dairy Cattle

Champion Grand & Senior Holstein Champion - 3 Year - Lauren Chapman
Champion Grand & Reserve Senior Jersey Champion - Dry Cow - Justin Harper
Top Champion Producing Cows - Ben Chevreaux
Advanced Showmanship Champion - Tessa Klein
Champion Senior Showmanship - Trevor Cochrane
Champion Intermediate Showmanship - Ben Rice
Champion Junior Showmanship - Makenna Anderson

Sheep

Grand Champion Sheep - Riley Scott Reserve Grand Champion Market Lamb - Madelyn Scott
Supreme Champion Breeding Ewe - Jaime Jarek Nielsen
Champion Senior Showmanship - Alexis Lampietto
Champion Intermediate Showmanship - Logan Scott

Top English Shows

Champion Junior Showmanship – Riley Scott
Reserve Grand Champion Market Lamb – Grand Champion Market Lamb – Riley Scott
Reserve Champion Supreme Breeding Heifer – Kylie Gana
Reserve Intermediate Showmanship – Jacey Klein
Reserve Senior Showmanship – Kaiya Green
Reserve Overall Market Swine – Kylie Gana
Champion Mini Goat Showmanship – Genevieve Moyer

Horse

Grand Champion English Showmanship - Daniell Hardesty
Grand Champion Western Showmanship - McKenzie Beach
Champion Senior Showmanship - Ashley Bradbury
Champion Western Senior Showmanship - Ashley Anderson
Champion Western Junior Showmanship - Shelby Bruns
Champion Western Elementary Showmanship - Michael Anderson

General Areas

Hesser Doeschot

Top Static Exhibits

Hess<br>Crawford Family Shorthorns
Condon Family<br>Four Winds Farms<br>Anders Interiors Inc<br>Animal Haven Pet Hospital<br>Ameritas<br>Superior Vet Care<br>Jim & Cindy Bauman<br>Janet Ball<br>Arends Interiors Inc<br>Twilight Equipment<br>Calvin & Rochelle Schrock and Schoettger Orthodontics<br>Ameritas<br>Michael Anderson<br>Kenji Kato<br>Condon Family<br>Four Winds Farms<br>Todd Bailey<br>Karin Seaberg<br>Charles Wiechert Family<br>County 4-H youth development program<br>The Yard Shop<br>Windstream Communications<br>Don Dierberger Family<br>Optimist Club of Lincoln<br>Waverly – CA<br>Corbett County 4-H<br>Traveller's Feet<br>WoolWorx<br>Triple H Rabbitry<br>Triple RRR RRs<br>Glen Bast<br>Family of Glenn Unger<br>UNICO Group, Inc.<br>United Way of Lincoln<br>Viken Acres<br>Virgil Implementation - Wahoo<br>Vision Underground<br>Joan Vlasic<br>Voice Newspaper<br>Wochal Pet Health Center<br>Wolfgang<br>Coleen & Wayne<br>Warren Cheney Family<br>Waverly Grade 369<br>Welp Hatcher<br>Wether-Ewe Farm - Doug & Cheryl Johnson<br>Charles Wiechert Family<br>Wilhelm Services Inc<br>Jay Wilkinson<br>Wilkinson Sheep Farm<br>R.C. & K.L. Wilson<br>Dwayne & Joan Wittstruck<br>Conway Wolf<br>Wolfe Family<br>Womens Clinic of Lincoln PC<br>WW Corrals LLC – Curry Bouc<br>The Yard Shop<br>Chad & Jane Zabokrtski

To all of our volunteers, we apologize for any inaccuracies. If you notice any corrections, please call us and we will include the information in next month’s Nebline.

Thank You to Volunteers

University of Nebraska-Lincoln Extension in Lancaster County thanks all of the people who have time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.
Lancaster County Public Rural Transit

**Tips and Tricks to Save Gas and Reduce Pollution**

**Speed** — Driving at high speeds causes the engine to work harder, decreasing fuel efficiency. For the average car, every five miles per hour (mph) increase over 60 mph costs an additional 24 cents per gallon. That means, driving at 80 mph costs almost a dollar more per gallon than at 60 mph! “Jackrabbit” starts and rapid braking is also hard on the engine. Gradual speed changes are better for your car and your wallet. Using cruise control is also a good idea on level highways as it further reduces changes in speed. But be careful to disengage it on hilly terrain or you might use more gas than by operating the accelerator yourself. By maintaining speed while climbing up a steeper incline, the engine will work harder and less efficient.

**Cruising** — On hot summer days it’s tempting to crank up the air conditioning, but what kind of effect does it have on your fuel efficiency? Depending on the vehicle, air conditioning can cut down on efficiency by three to ten percent and even more in extreme heat. On the other hand, rolling down the windows isn’t always the best option either, as it creates drag on the car at high speeds. A good rule of thumb is to roll down the windows when in town and use the air conditioning on the highway.

**Idling** — Idling equates to wasting gas. According to the Consumer Energy Center, idling for two minutes uses the same amount of gas as driving almost one mile. While consuming almost a gallon of gas used to reignite the engine! Unless you drive a car that is 10 years old or older, the process is very efficient and it doesn’t use much gas to start up. While it is true that excessively turning the car on and off can wear on the car over time, reasonable use will have minimal effect. A general rule of thumb is to turn off the car if waiting for more than 30 seconds.

**Extra Weight** — Carrying extra weight in the cargo area is a drag on fuel efficiency. An extra 100 pounds in the back can cost you up to 4% fuel efficiency as determined by several different studies. A loaded cargo rack can cut it by five percent. When possible, opt to store these items in the trunk.

**Conclusion** — There are many ways to add fuel efficiency to your driving habits and reduce gas and preventing pollution. Even though these tips will help you while on the road, the best way to save money on gas is to avoid driving! When possible, replace driving with biking, carpooling or public transportation. Combining trips is another way to reduce miles driven. For more information about fuel efficiency and for other energy saving tips, visit www.fueleconomy.gov.

**Route Schedule**

- Lancaster County Public Rural Transit provides riders with an early morning curbside pick-up and a mid-morning curbside return.
- Lancaster County is divided into two areas: The City of Lincoln and points north and the City of Lincoln and points south.

**Transportation Service North:** Monday and Wednesday, beginning or ending in Lincoln, includes the communities and rural residences of Agnew, Ceresco, Davey, Eagle, Emerald, Greenwood, Malcom, Prairie Home, Raymond, Waverly, Waverly, and points in between.

**Transportation Service South:** Tuesday and Thursday, beginning or ending in Lincoln, includes the communities and rural residences of Adams, Bennett, Cheney, Corrland, Denton, Fairfield, Hickman, Holland, Kramer, Martell, Panama, Princeton, Roca, Rokeby, and points in between.

Call (402) 441-7031 to schedule transportation and additional information.

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**Expanded service by Lancaster County Public Rural Transit** makes it easier than ever for residents to get to appointments and visit family, friends or a favorite local attraction.

Lancaster County Board of Commissioners, in cooperation with Aging Partners, provides accessible public rural transportation for all residents of Lancaster County and selected bordering communities.

As of July 1, the service will offer transportation for riders residing within Lincoln city limits to destinations in rural Lancaster County.

Program coordinator Carol Meyerhoff is excited about the newly expanded service area and the benefit it brings to Lincoln residents who need to travel to any rural destination in Lancaster County. She hopes the word spreads and that citizens take advantage of the free service.

“We’re anticipating an increase in ridership. We will gain the ability to serve residents within the city limits who may no longer feel comfortable driving to rural communities or rural points of interest,” she said.

Not only can the transit service connect riders with such local tourist spots as Roca Berry Farm and James Arthur Vineyards, Meyerhoff said the buses can also bring families closer together.

An affordable fare of $2 per boarding allows access to all riders, even those living on a limited budget. A round trip fare is $4 with additional stops available for $2 per stop. Riders can utilize the transit service for any purpose or destination in the county.

If the transit’s new incentive doesn’t entice riders — first time riders ride free — its new buses are sure to attract attention.

The buses went into service July 1. Each bus offers easy access for boarding and disembarking with a lift available for riders who need wheelchair access. Each bus has a 12-passenger seating capacity and can accommodate two wheelchairs. The buses allow for ample headroom, giving riders the ability to move easily to and from their seats, and offers additional space to carry packages and personal belongings.

“These new buses greatly enhance our fleet of vehicles and follows us in the needs of a broad range of riders,” Meyerhoff said. “They allow Lancaster County to offer a top-notch public transportation option and we want the service to be a popular transportation choice for people in our county.”

Stairs make it easy for passengers to both board and disembark the buses.


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**University of Nebraska-Lincoln Extension Horticulturist Don Jansen retired July 31.** After earning a Bachelor’s Degree in Agronomy and Master’s Degree in Horticulture and Forestry from UNL, he worked nine years for the UNL Horticulture and Forestry Departments before joining Lancaster County Extension in 1980.

Throughout his career, Don diagnosed thousands of plant diseases, insects and related turf, tree, fruit, and garden problems while conducting numerous timely clinics and workshops within the Lincoln and Lancaster County area. He also promoted ornamental plants and their landscape value to property owners for their aesthetic and functional needs. To advance the public’s horticultural knowledge, he served as a panelist for Backyard Farmer, started the Lancaster County Master Gardeners Program and authored numerous extension publications, and the Garden Gossip featured in the Sunday Lincoln Journal Star. In most recent years, he has also concentrated on an Acreage Owners newsletter, Web site, and series of related workshops throughout the Southeast Extension District.

We wish Don the very best in his retirement.
Dietary Fats

continued from page 4

and don’t forget to be physically active. Below are tips promoting a healthy lifestyle for you and your family.

• Read nutrition fact labels before purchasing any food items to help in selecting healthy products.
• Use cooking methods such as baking, broiling, grilling, stewing, boiling, and steaming instead of frying.
• Use polyunsaturated or monounsaturated fats as a substitute for butter.
• Consume two servings of fish a week to get an adequate amount of omega-3 fatty acids.
• Add flaxseeds to your salad, cereal, and bread to increase fiber intake.
• Limit consumption of fried fast food.
• Choose food rich in fruits, vegetables, whole grain products, high-fiber food, and low-fat dairy products.
• Keep an eye on your portion size intake.

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, Nov. 6
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, golf 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 casnr.unl.edu/openhouse
Registration deadline: Nov. 1
4-H Youth Showcase Skills at Super Fair

Many 4-H youth choose to exhibit their project(s) and participate in contests at county and state fairs. The 2010 Lancaster County Super Fair was held Aug. 5–14 at the Lancaster Event Center. This was the first year the Lancaster County Fair was expanded to ten days. 4-H & FFA exhibits and events were held Aug. 5–6. Nearly 700 exhibitors showcased more than 5,000 4-H/FFA exhibits (includes static exhibits, Clover Kids, animals, and contest entries). Complete 4-H ribbon results, more photographs, and some videos are online at http://lancaster.unl.edu/4h.

Since 4-H static exhibits were not displayed at the same time as Open Class, all static exhibits gained more space. 4-H top exhibits were prominently displayed, including top Table Settings. New display boards were built for photographs and also used by 4-H posters and some home environment projects.

New this year, the 4-H livestock booster committee established a 4-H and FFA livestock auction in Lancaster County. The auction gave top market beef, sheep, and swine exhibitors financial incentives for their hard work and dedication to the livestock industry. A portion of all proceeds was set aside to start a scholarship program for local 4-H and FFA members.

Nearly 160 youth and adult volunteers helped staff the 4-H food booth. A fundraiser for 4-H Council, all proceeds support 4-H youth programs, activities, and scholarships.

UNL Extension Web Site: Acreage Insights
Helping acreage owners manage their rural living environment.
http://acreage.unl.edu
NEW information every month!
Join us on YouTube, Twitter, and Facebook!

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

4-H Kick Off
Thursday, Sept. 30
6 p.m.
Prizes!

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

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