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## The NEBLINE, September 2009

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# The NEBLINE

September 2009

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

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



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

## September is Preparedness Month

Lorene Bartos  
UNL Extension  
Educator

The thoughts of the latest major disasters are hidden somewhere in the back of our minds, remember 9/11, the Hallam tornado and Katrina? Would you have been prepared to take action if you were in one of these situations? Many individuals and families have taken the 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 take to be prepared. September is National Preparedness Month and the emphasis this year is to help families learn how preparedness goes beyond the basic steps already being done. The major steps are make a kit, make a plan, be informed and get involved (see below).

Stop and think — what would be the hardest thing to replace if your home was destroyed by a natural disaster, fire, etc. Family photographs are usually at the top of the list. With today's technology one of the best ways to preserve pictures is to put them on a copy on a high quality disk and

store it in a secure place or give a copy to a family member. Then if prints are destroyed they can be replaced.

Scrapbooking is a popular hobby. Many hours of time and energy are spent putting these keepsakes together. They could be gone in a split second with fire or other disaster. Digital photographs can be taken of scrapbooks and shared with family members and store in another location or in a safety deposit book. There are sites online giving instructions for taking these pictures successfully.

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

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



Review and practice your emergency plan. Where do you go, where will your family meet if you are separated? Who is your out of town or state contact and their number?

Know the difference between a weather watch and warning. A watch is conditions are right for severe weather or storms. 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 items or other products so they can be used before the expiration date.

Are you READY?

See page 10 for  
information on:

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



If your family was separated during an emergency, would you know how to get back together? Make sure your family has an emergency plan that includes meeting places and ways to communicate with each other.

## Preparing for an Emergency Makes Sense.

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

**Get ready now.**

### 1 Get a Kit of Emergency Supplies.

Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

**Consider two kits.** In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

You'll need a gallon of **water** per person per day for drinking and sanitation. Include in the kits a three day supply of non-perishable **foods** that are easy to store and prepare such as protein bars, dried fruit or canned foods. If you live in a cold weather climate, include **warm clothes** and a sleeping bag for each member of the family.

Some potential terrorist attacks could send tiny microscopic "junk" into the air. Many of these materials can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination. It's smart to have something for each member of the family that covers **their mouth and nose**, such as two to three layers of a cotton t-shirt, handkerchief or towel or **filter masks**, readily available in hardware stores. It is very important that the mask or other material fit your face snugly so that most of the air you breathe comes through the mask, not around it. Do whatever you can to make the best fit possible for children.

Also, include **duct tape** and **heavyweight garbage bags or plastic sheeting** that can be used to seal windows and doors if you need to create a barrier between yourself and any potential contamination outside.

### 2

Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

**Develop a Family Communications Plan.**

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. **Watch television and listen to the radio for official instructions as they become available.**

**Create a Plan to Shelter-in-Place.**

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. **If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents.** Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits.

Use all available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place. Quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. Watch TV, listen to the radio or check the Internet for instructions.

**Create a Plan to Get Away.**

Plan in advance how you will assemble your family and anticipate where you will go. **Choose several destinations in different directions** so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. Become familiar with alternate routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit, unless you have reason to believe it is contaminated and lock the door behind you. Take pets with you if you are told to evacuate, however, if you are going to a public shelter, keep in mind they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off. Listen to the radio for instructions.

**Know Emergency Plans at School and Work.**

Think about the places where your family spends time: school, work and other places your family frequents. Talk to your children's schools and your employer about emergency plans. Find out how they will communicate with families during an emergency. If you are an employer, be sure you have an emergency preparedness plan. Review and practice it with your employees. A community working together during an emergency also makes sense. **Talk to your neighbors about how you can work together.**

### 3 Be informed About What Might Happen.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are **preparing yourself** to react in an emergency. Go to [www.ready.gov](http://www.ready.gov) to learn more about potential terrorist threats and other emergencies or call 1-800-BE-READY (1-800-237-3239) for a free brochure.

**Be prepared** to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected. **Get ready now.**

### 4 Get Involved in Preparing Your Community

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

Go to [www.citizencorps.gov](http://www.citizencorps.gov) for more information and to get involved.



**READY.GOV**  
U.S. Department of Homeland Security



## Water Young Trees to Prevent Winter Damage

**Dennis Adams**  
*Nebraska Forest Service*

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

Even though deciduous trees do not transpire through their leaves during the winter, they still transpire water to a lesser extent from exposed bark, twigs and buds. Sometimes the loss of moisture exceeds 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 lost through transpiration. Winter drying injury occurs most frequently during warm, dry windy conditions. The side of the tree facing the prevailing winds is most susceptible to damage. Evergreens also are prone to winter drying because their needles still transpire during winter. Evergreens are prone to winter burn which is when temperatures fluctuate between extremes during the day and night resulting in damaged tissue.

Usually large, well-established trees can tolerate temporary droughts without injury, but young trees are more susceptible to drought injury. Younger trees do not have the extensive root system to draw moisture from the soil and need supplemental water

during dry conditions.

To help prevent winter drying injury, trees should be thoroughly watered in the fall. Fall watering may not be necessary when soil moisture is adequate, but when soil moisture is lacking, fall watering may be critical to help the tree survive the rigors of winter. Relying on the lawn sprinkler is not enough. The soil should be thoroughly soaked to a depth of 2–3 feet before the ground freezes. A watering basin, 2–3 inches deep and 3–4 feet wide, constructed around the base of young trees will hold water until it can percolate into the soil.

Symptoms of winter injury usually do not appear until the following spring or summer. When this occurs, it is natural to think the tree suddenly is dying when the damage actually was done several months before. Damaged trees may only exhibit a few dead twigs or entire branches may die, depending on the severity of injury. In severe cases, the entire tree may die. Light brown, dry appearing needles is typical of winter injury on evergreen trees. Fortunately, this type of injury usually is temporary and most evergreens will recover rapidly as the growing season progresses.

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

## Winterizing Your Home

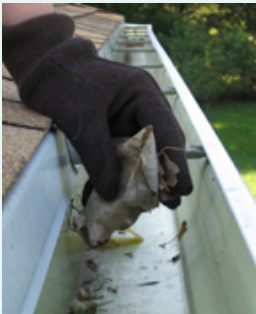
**Lorene Bartos**  
*UNL Extension Educator*

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 wintry weather.

First of all, check around the outside of the home. Make sure the following things are in order.

- Gutters are cleaned and repaired, if needed.
- Hoses are drained and put away.
- Leaves and trash from flowerbeds are removed.
- Replace screens with storm windows, if necessary.
- 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



you need to replace shovels or scrapers now is the time to do it.

After the outside area is taken care of, check the inside of your home. Make sure there are no leaks around windows and doors. Caulk or use weather stripping to repair any problems.

Be sure your furnace is in good working order. Most homes have probably been using heat already this fall. If you use a fireplace or wood-burning stove, check them also.

With the prediction of higher heating bills this winter, take precautions to reduce energy use. Think about dressing warmer and keeping the temperature set lower. Open drapes to let in warm sunlight and close them in the evening to keep out the cold.

Winterizing the home is important. It will save time and money and increase the longevity of your home.

## Overseeding Lawns

**Richard Jauron**  
*Iowa State University  
Extension Horticulture  
Specialist*

Healthy, well maintained lawns are attractive landscape additions. Lawns in poor condition, however, 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 percent desirable grasses can often be improved by overseeding.

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

### Site Preparation

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

To reduce the competition from established turfgrass, mow the lawn at a height of 1½–2 inches. Successful overseeding also requires good seed-to-soil contact. Simply throwing or broadcasting seed over the lawn typically results in poor seed germination because much of the seed is resting on the thatch layer or soil surface. Rakes, core aerators, vertical 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.



Lawns containing more than 50 percent desirable grasses can often be improved by overseeding.

When raking, it's necessary to break the soil surface without pulling out the existing turf-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 run over the lawn. To prepare the site, go over the lawn three or four times with the core aerator. When finished, there should be 20–40 holes per square foot. Apply the seed with a drop seeder. Afterward, drag the area with a piece of chain link fence or drag mat to break up the soil cores and mix the seed into the soil. It's also possible to prepare the site with a vertical mower. When run over the lawn, the knife-like blades of the vertical mower slice through the thatch and penetrate into the upper ¼–½ inch of soil. One or two passes should be sufficient. Afterwards, remove any dislodged 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 with a slit seeder. A slit seeder makes small grooves in the soil and deposits the seed directly into the slits.

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 overseed your lawn.

### Post Seeding Care

Keep the seedbed 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 turfgrass. When the new seedlings reach a height of 1½–2 inches, gradually increase the mowing height over the next several weeks. The final 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, scruffy-looking lawn can be turned into a thick, lush lawn in just a few weeks.

## Propagating plants from cuttings

Within the next 6–8 weeks we will be facing our first fall frost, signaling the end of many beautiful summer plants, including Artemesia, Buddleia (butterfly bush), Caryopteris (blue mist spirea), Coleus, geraniums, Lamium, lavender and many others.

With that in mind, now is a great time to begin taking cuttings from your existing plants to generate plants for next summer's garden. It's easy to create plants for new locations in next year's landscape or to share with friends. Plus, you avoid the expense of buying new plants and get an early start on next spring's growing season.

Begin the process of propagation by choosing a good rooting media and buying a rooting hormone. Sand, perlite, peat moss or vermiculite are all components of a good rooting media, especially when mixed up in a 50/50 combination mixture; sand-perlite, perlite-peat moss, sand-peat moss, sand-vermiculite. The rooting media should be porous, well drained and heavy enough

to firmly hold the cuttings upright.

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, or pot, for the cuttings with drainage holes and is small enough a gallon-sized Ziploc bag will fit over the top.

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 cutting and remove any flowers or flower buds. Dip the cut end in rooting hormone and then push the bare stem of the cutting into the rooting media. Don't allow any remaining leaves to lay on top of the soil or they will quickly begin to rot.

When placing the cuttings in the container, place them far enough apart so their leaves do not touch or overlap since leaves that touch usually rot. Once all the cuttings have been put into the rooting media, water the container to

thoroughly moisten the soil and put the plastic bag over the top of the container. This will create a high level of 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 within 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. Plant the 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 at the same depth in the new container as they were in the rooting medium. Gradually move the plants into more direct light, watering and fertilizing them as needed throughout the remainder of the winter.



# Just Like Kids, Head Lice are Back in School

Barb Ogg  
UNL Extension Educator

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

### Identification

Adult head lice are about 1/10 to 1/8-inch long and grayish in color. Immature lice are smaller. Head lice are wingless and cannot fly. They do not jump.

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

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

There are also other particles confused with head lice eggs, including dandruff, hair castes 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 be not allowed to go to school so it is important to accurately identify head lice and live 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 be checked if their child has lice. Teachers and daycare providers may also be infested.

### Environmental Treatments Unnecessary

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

One head lice researcher conducted a study looking for lice on floors and desks of a school where more than 20% 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 drier. 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.

### Combing

After head lice control products are used, parents should comb their child's hair with a fine nit comb to remove lice and nits not controlled by the product. Vegetable oil or conditioner can be used to lubricate the hair and make it easier to comb. Use a small pair of scissors to clip individual hairs to remove nits.

### 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/lice/>. DVD's are also available for purchase for \$10 plus shipping/handling. Four languages (English, Arabic, Spanish, Russian) are available on one DVD. For more information, contact Barb Ogg (441-7180 or [bogg1@unl.edu](mailto:bogg1@unl.edu)).



## Hands-On Termite Training, Sept. 24-25

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

Presenters will represent UNL, Nebraska Department of Agriculture and major manufacturers of termite control products (Bayer Environmental Sciences, Dow AgroSciences, BASE, FMC and Nisus Corp.) UNL presenters will include Dennis Ferraro, Clyde Ogg, Barb Ogg and Shripat Kamble.

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

This program has been approved for pesticide applicator recertification in Nebraska (08W), Kansas (07a) and Iowa (07b).

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

# When a Bat Gets Indoors

Barb Ogg  
UNL Extension Educator

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

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 and stand motionless next to a wall or in a hallway leading to the room. Patiently wait as the bat swoops around the room trying to find an escape route. It likely will fly out of the room on its own. Do not wave at or try to herd the bat!

If the bat is at rest on a wall (usually behind curtains or window blinds), the following steps will help you safely catch and release the bat outside.

1. Put on a pair of leather gloves.
2. Get a large-mouthed glass,

- cup or plastic container.
3. Approach the bat slowly from one side and place the container over the bat.

4. Slide a piece of cardboard or stiff paper between the container and wall.
5. Carry the bat in the container with the paper lid outdoors.
6. Place the container with lid against the side of a tree 4-6 feet above the ground or other elevated location outdoors.
7. Carefully slide the paper out from between container and tree then slowly lift the container. The bat may not fly immediately, but it will be safe from predators until it flies away.

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

- The bat could be young and inexperienced and hasn't



The big brown bat is found throughout Nebraska.

yet learned how to use its echo-location system properly. This is basically a young bat that has lost its way. This happens frequently in August, when baby bats first become independent from their parents.

- It also could be an adult bat that has accidentally flown through an open window or door.
- If you have had more than one bat incident inside the house during the summer, you may have bats living in or around your house. Common locations include bats roosting behind downspouts or shutters and attics. It would be smart to have your house inspected to see if you need to take measures to keep bats from using your home as a roosting site.

Bats are important ecological organisms because they feed on night-flying insects, but they also transmit rabies. Since bats are so small, some people

## Mystery Droppings on the Porch?

The call always starts something like this. "Some animal is crawling 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-



Bat droppings (shown approximate size)

pings were left by a bat. Bat droppings are a little larger than those of a mouse, but have a shiny, slightly iridescent see DROPPINGS on page 5

don't even know they were bitten. Therefore, Nebraska has adopted new recommended protocol for handling potential bat-human exposures. Assume a person was bitten if:

- He/she awakens to find a bat in the room.
- A bat is found in the room with someone unable to communicate well (i.e. children, intoxicated or otherwise mentally impaired).
- The bat made contact with a person.

In these situations, do not release the bat. Take care not to damage the bat's head (no tennis racquets, please). In the Lincoln area, contact the Lincoln-Lancaster County Health Department to 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.

Source: NebGuide 1667, Bats In and Around Structures.





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

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 ¼ 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.



Photos by Alice Henneman

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

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

Source: ©2009, Iowa State University Extension and reproduced with permission. For similar recipes from their Spent Smart, Eat Smart materials, visit <http://www.extension.iastate.edu/foodsavings>

Colorful Cole Slaw

Look in your refrigerator or cupboards — 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.

Alice Henneman, MS, RD,  
UNL Extension Educator

If you didn’t make it to the Farmers’ Market this summer, there are still lots of good-tasting foods available this fall. Shopping at a Farmers’ Market is an easy way to eat locally. You know it is fresh because you get to talk directly to the farmer!

Some of the foods you can typically find in the fall include:

- apples
- cabbage
- cantaloupes
- carrots
- egg plant
- greens
- green beans
- peppers
- potatoes
- pumpkin
- tomatoes
- winter squash

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

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



**Community CROPS Farmers’ Market**  
Thursdays, June–September  
4:30–7:30 p.m.  
Pentzer Park, North 27th & Potter Street

**Haymarket Farmers’ Market**  
Saturdays, May 3–Oct. 11  
8 a.m.–noon  
7th Street between P & Q Streets

**Havelock Farmers’ Market**  
Wednesdays, May 6–Oct. 28  
3–6:30 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 Center behind the Lincoln Racquet Club)

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

**St. Paul United Church of Christ Farmers’ Market**  
Tuesdays, June 9–Sept. 8  
4:30–7:30 p.m.  
1302 “F” Street

Eating Locally Grown Food is Good Business

According to the 2006 Census Bureau, there were 700,880 occupied living units in Nebraska. Look at the impact on Nebraska’s economy 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!

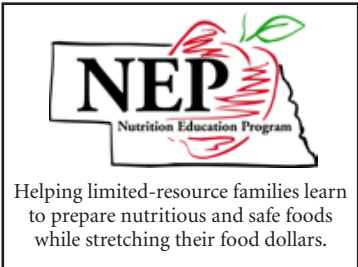
Many shoppers coming to town on farmers’ market day also shop with nearby local businesses supporting the economic, ecologic and personal health of their community and its citizens.

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

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

Source: Michael Braunstein, Founder of Village Pointe Farmers’ Market in “Nebraska Buy Fresh Buy Local 2009 Local Food Guide”

Get Your Grains



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, 5–6 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.

Fruit and Rice Salad

Makes 4 servings

- 3 cups cooked brown rice, cooled
- 3/4 cup dried cranberries
- 1 mango, peach or apple, chopped
- 3/4 cup chopped pecans, toasted
- 3/4 teaspoon ground black pepper
- 1/2 cup raspberry vinaigrette dressing
- 1/4 cup fresh parsley, chopped

Combine all ingredients in a large bowl. Toss well.

Source: Susan Runkle, courtesy of the USA Rice Federation

FREE Program

**“Cook It Quick, Healthy, Delicious...and Cheap!”**

Thursday, Nov. 5, 7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48<sup>th</sup> 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 Henneman, 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.



FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Bonnie’s Bits

Bonnie Krueger  
FCE Council Chair



September brings us the last day of summer and the first day of fall. Labor Day on the 7th always sort of tells us it is time to go back to work and school — vacation and fairs 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-  
Founders Marian McQuade started the holiday in 1973 in West Virginia. She spent five more years bringing all 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 he took the time to give comfort to the old and now we have Grandparents Day as her legacy. Citizenship Day is Sept. 17 (unless it falls on a weekend or a holiday). It marks the anniversary of the ratification of the U.S. Constitution. This is the newest federal holiday to be established by Congress, passed in 2004.

FCE News & Events

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2009 after the last week of August. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

Leader Training, Sept. 22

The FCE and Community Leaders Training Lesson “Design on a Dollar” will be Tuesday, Sept. 22 at 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson. Participants will get ideas on how to make their dollars go further by using what they have around the home, recycling items, being a wise shopper. Bring your ideas. If you are not an FCE member and would like

to attend call Pam at 441-7180 so informational packets can be prepared.

Council Meeting, Sept. 28

The next FCE Council meeting will be Monday, Sept. 28, 7 p.m. at the Lancaster Extension Education Center. The business meeting including election of officers will follow the program. Attorney Andrew Loudon will present the program on Estates, Wills, Trusts and Medicare. All FCE members are invited to attend.



by Lorene Bartos, UNL Extension Educator  
Laundry Tips for Back-to-School  
Garments and Stains

- Separate “lint-givers,” like sweatshirts, chenille robes and towels, from “lint-takers,” such as corduroy, permanent press and synthetic fabrics. Turn “lint-takers” inside out before washing.
- Allow mud stains to dry before washing them. Brush off as much dried mud as possible, then pretreat with a prewash stain remover, a paste of granular laundry detergent and water, or liquid laundry detergent. Launder.
- Dingy socks can be revived by soaking in a presoak product or laundry detergent and water for at least 30 minutes, or overnight if they are really dirty. Launder using a detergent and bleach.

Driver Safety Course, Sept. 15

The AARP Driver Safety Program the nation’s first and largest classroom driver refresher course designed for motorists age 50 and older. The course will be presented in Lincoln as a four-hour session on Tuesday, Sept. 15 from 12:30 to 4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. AARP certified instructor Dwaine Alcorn will teach the sessions. Cost is \$10 payable at the door. To register for the class call 441-7180.

The course is designed to help you:

- Understand the effects of aging on driving.
- Learn driving strategies that take into account the changes we experience as we age.
- Identify the most common crash situations we face and reduce the changes of having a crash.
- Update your knowledge and understanding of today’s roads, vehicles and other road users.
- Think about how you drive and identify when driving may no longer be safe.

Parent-Teacher Communication

Research shows children do better in school when parents talk often with teachers and become involved in the school. There are a number of ways parents and teachers can communicate with each other, rather than relying on the scheduled parent-teacher conferences. Close communications between parents and teachers can help the student. Parents who participate in school activities and events will have added opportunities to communicate with teachers. Becoming involved with parent-teacher organizations (PTO, PTA, and Booster Clubs) gives the teacher and parent the possibility to interact outside the classroom. In addition, the parent also will have input into decisions that may affect their child’s education.

Teachers usually welcome meeting their students’ parents early in the school year. Making an effort to do this will help the teacher better understand you, your child and how you will support the education of your child. Teachers appreciate knowing parents are concerned and interested in their child’s progress. This helps open the lines of communication. Another good investment in your child’s education is to volunteer. Depending upon parent’s availability, interests, and the needs of the school, the opportunities are endless. Some suggestions include: lunchroom monitor, tutoring, library aid, classroom speaker on a specific topic of interest and concession worker at school events. Parents should take stock of their skills and interests to

volunteer. School personnel may not know what parents want to do as a volunteer. Phone calls, e-mails and visits to the classroom are also good ways to cooperate with teachers and keep informed about your child’s progress. Discuss appropriate times and means of contact with the teacher. Parent-teacher conferences are often scheduled at the time of the first report card for the school year. For parents and teachers, this is a chance to talk one-on-one about the student. The parent-teacher conference is a good opportunity to launch a partnership between parent and teacher.

Source: University of Illinois Extension at Urbana-Champaign

Bat Droppings What can be done?

*continued from page 3*  
cent sheen to them. They are very dry and fall apart.

During the summer months, bats fly at night feeding on insects. A single bat can eat 1,200 insects each night. After several hours of flying and feeding, the tired bat finds a secluded place to roost. Covered porches are ideal, allowing the bat to rest and digest its food. These porches almost always are brick, which allows the bat to hang onto the side of the house.

Every year, the extension office gets these calls, but this year, there have been more calls than usual. Why? We don’t know.

People have tried turning the porch light on all night and this doesn’t work. There is no spray or repellent to prevent bats from roosting under a covered porch. Because bats are creatures of habit, they will use the same porch, night after night. The only way to stop this is to temporarily drape the sides of the porch with bird netting or some other screening material. Do this for several days to a week and the bat will be forced to find another roost in the neighborhood, probably a neighbor’s porch. But, if you have a brick-faced covered porch, it will always be an ideal location for a temporary nighttime bat roost. Plan on sweeping some bat droppings off your porch each year.

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 mentally. Negative physical consequences can include dizzy spells, tiredness, headaches, stomach aches, heartburn, tightness in the back and insomnia. Mentally, stress can lead to depression. You may feel like you are not worth anything. You may have thoughts of suicide. The best way to deal with stress is first to recognize you are stressed. Then you can deal with it in a way that best suits you. One way to deal with stress is by

relaxing. Relaxation means different things to different people. For some, relaxation may come through a leisurely walk. For others it’s running or another form of exercise. For some it’s listening to music. Coping doesn’t have to require physical movement, however. Simply taking a mental vacation can help release stress. Relax and think about your perfect vacation spot and imagine yourself being there. Diet plays an important role in relieving stress as well. While it’s OK to have indulge in some favorite comfort foods like ice cream, be aware of what you are eating. It is important to eat the right foods when going through stress.

Communication is key when stress is present. Sharing your feelings and talking to another person can relieve stress because you have been able to express what you are feeling. When stresses build up in families it’s important to step back and look at the “big picture.” The “big picture” has much to do with the way families look at things. One family member sees a situation as a problem, another sees it as a challenge. The way you look at a situation influences how you react and handle stress. Sharing your feelings and then looking for the solution together can be a great way to relieve stress. It is good to focus on something positive in a difficult situation. Know

how to laugh and know how to cry, as both are essential to maintain an emotional balance in life. Laughing together with others can be the element needed to relieve stress in daily life. Remember, it’s not always a bad thing when bad things happen to you. For example, many people have lost their jobs due to the bad economy. Losing your job may present the perfect opportunity to explore a new area. Go back to school to be trained for a different career. Or simply take the time to find a job you would really like to do. If you really look at the possibilities around you, you will be surprised how you can reduce stress.



# 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. They threaten food 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, birdbaths 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](http://www.lawnsandenvironment.org)*



A gold finch eats sunflower seeds in a backyard.

Mary Jane Frogge, UNL Extension in Lancaster County

# Weedy Vines: Identification and Control



Vicki Jedlicka, UNL Extension in Lancaster County

Burcucumber

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



Mary Jane Frogge, UNL Extension in Lancaster County

Honeyvine milkweed

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

# 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



Larry Allein @ USDA-NRCS PLANTS Database

Chickweed



Lee Davis @ USDA-NRCS PLANTS Database

Henbit



Robert H. Mohlenbrock @ USDA-NRCS PLANTS Database / USDA SCS. 1991. Southern wetland flora: Field office guide to plant species. South National Technical Center, Fort Worth

Shepherd's purse

## Garden Guide

### THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

- Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.
- Plant peonies 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, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year’s garden.
- Pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.
- Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.
- Do not wait for frost warnings to move your plants indoors. Temperatures of 45 degrees Fahrenheit or lower can damage many tropical house plants.
- Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.
- Before the first frost dig up caladiums. Allow them to dry and store them in a dry place for the winter.
- Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.
- Divide lily-of-the-valley.
- Pot up chives, parsley and other herbs to extend the growing season in the house.

- Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.
- Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

## Sign Up for Free E-mail Horticulture Newsletter

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





# Fall is a Good Time to Control Weeds

Tom Dorn  
UNL Extension Educator

**Fall is the safest time to control weeds with herbicides.** In addition to obtaining excellent control on the target weeds with a fall treatment, the potential for herbicide drift damage to non-target species is lessened in the fall. Most 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 for winter making them less susceptible to damage as well.

## Perennial Thistle Species

Fall is an excellent time to control perennial thistle species in pastures and waste areas. The most common thistles in eastern Nebraska classified as perennial plants include **Canada thistle<sup>N</sup>**, **Platte thistle**, and **wavyleaf thistle**.



Canada thistle flowers

The tops of all species of perennial herbaceous plants are killed by hard freezes, but the roots and rhizomes survive the winter and grow new tops the next spring. Perennial plants translocate much of the products of photosynthesis out of the upper plant parts into the root system in the fall, building food reserves which keep the below-ground structures alive through the winter months and to be a ready source of energy to produce new top growth next spring.

Systemic herbicides applied when the plants are translocating from the leaves and stems into the root system, readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the herbicide doesn't completely kill the plant, it goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made anytime after mid-September but before hard freezes occur. Treatments can even be made after a light frost has occurred as long as the plants are still active and growing. Daytime temperatures in the 50's are satisfactory for effective control. Since perennial thistles reproduce from seed as well as rhizomes, fall herbicide treatments will provide very effective control of seedling plants as well.

## Biennial Thistles

Fall is also the best time to control biennial thistle species (**musk thistle<sup>N</sup>**, **plumless thistle<sup>N</sup>**, **tall thistle**, **yellowspine thistle** and related species).



Musk thistle rosette



Musk thistle flowers and seed heads

Biennial thistles reproduce only by seeds. Most plants germinate from seed in the summer months and will have a rosette form in the fall (a round cluster of leaves that lies nearly flat on the soil). They overwinter in the rosette form and those with sufficient growth then shoot up (bolt) in spring (May and June), form blossoms and go to seed in June through August. After producing seed, the plant dies. 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<sup>TM</sup>, (Max<sup>TM</sup>, Plus<sup>TM</sup> or X-tra<sup>TM</sup>) Curtail<sup>TM</sup>, Grazon<sup>TM</sup>, Overdrive<sup>TM</sup>, Redeem<sup>TM</sup>, Telar<sup>TM</sup>, Transline<sup>TM</sup>, Tordon<sup>TM</sup>, 2,4-D either alone or in combination with dicamba (Banvel<sup>TM</sup>, Clarity<sup>TM</sup>, Sterling<sup>TM</sup>).

## Winter Annual Broadleaf Plants

A third category of plants that respond 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



Pennycress

herbicides (2,4-D and dicamba, or a combination of 2,4-D + dicamba), do a good job of controlling emerged 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 henbit.

Fall applied glyphosate or a glyphosate + 2,4-D mix provides good control of henbit, shepherds' 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 and agitate to dissolve prior to adding the glyphosate to the tank. Glyphosate should be applied during bright daytime 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



Downy brome



Japanese brome

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<sup>TM</sup>, per acre on the newly emerged winter annual grasses in mid- to late-October after the warm-season grasses have gone completely dormant and the weedy grasses have some top growth. Note: This treatment will also kill perennial cool-season grass species like smooth brome 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 60's. 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<sup>TM</sup> is a better herbicide choice in cool-season pastures because it only kills the plant tissue it comes in contact with. Wait until spring to spray Gramoxone<sup>TM</sup> 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. 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 to the weedy brome areas in early spring. On small acreages consider staking your cow or horse to confine their grazing to the weedy brome spots.

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 paddock 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.

## Be Diligent

The seed of these grasses can last several 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 pasture, is to cross-fence the pasture creating two or more paddocks. Confining the animals to a smaller area results in better utilization of all 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 recommendations on specific 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.

<sup>N</sup> indicates the weed is on the Nebraska noxious weed list.





September

Pat & Kim Wiseman

Lancaster County 4-H is proud to announce Pat and Kim Wiseman as co-winners of September's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Pat began volunteering for 4-H about 49 years ago as a club leader. Her daughter, Kim was active in 4-H at the time. In the 1970s, Kim assisted in writing environmental curriculum for 4-H. Both have continued to help with various 4-H activities to this day. Since 2003, they have been superintendents of the Lancaster County Fair 4-H General Areas (which includes posters, banners, Consumer Management, Citizenship, Entomology and more). Previously they assisted with county fair 4-H Home Environment.

Pat and Kim also help 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 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 at the State Fair

Get ready for fun at the 2009 Nebraska State Fair Friday, Aug. 28 through Monday, Sept. 7! Parking on the fairgrounds is free this year. For a schedule of 4-H at the state fair and more, go to <http://4h.unl.edu/programs/statefair>



Tickets for 4-H Families

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 fairgoers, 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/sfvolunteers.htm>. For more information, contact Doug Swanson at 472-2805.

4-H Teen Council Invites New Members!



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 4-H Teen Council members:

- participate in several community service activities
- organize the Ice Cream Social and Cookie Eating Contest at the Lancaster County Fair
- plan, set up and facilitate the annual 4th & 5th grade Lock-In
- are involved in other leadership activities

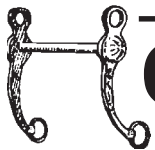
Call Tracy at 441-7180 for more information or to join!

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 NEBLINE.



HORSE BITS

State 4-H Expo Results

The 2009 Fonner Park Sate 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/horshow/index.htm>. Congratulations to all who participated!

INDIVIDUAL TOP PLACINGS

Brittany Albers.....Jr. Western Pleasure	Purple
2 yr-old snaffle Western Pleasure	Purple
Ashley Anderson....Jr. Showmanship	Champion
Jr. Western Pleasure	Purple
Jr. Western Horsemanship	Purple
Chelsea Beach.....Trail Horse	Purple
Sr. English Pleasure	Purple
Individual Judging	16th Place
Lisa Bradbury .....Sr. Western Pleasure	Purple
Alexis Christen.....Jr. Pole Bending	Purple
Jr. Barrel Racing	Reserve
Daniel Hardesty ...Sr. Showmanship	Purple
Abbie Heusinger...Sr. Pole Bending	Purple
Sr. Barrel Racing	Purple
Individual Judging	3rd Place
Alyssa Heusinger...Sr. Showmanship	Purple
Sr. English Pleasure	Purple
Josh Krueger.....Break-Away-Roping	Champion
Ben Leach.....Trail	Reserve
Katie Lloyd .....Trail	Purple
Megan Luedtke.....Elementary Dressage	Purple
Mattison Merritt ...Jr. Western Horsemanship	Purple
Bailee Peters .....Jr. English Pleasure	Purple
Cara Peters .....Sr. Western Pleasure	Purple
Bailee Peterson.....Jr. Western Pleasure	Purple
Brooke Preston .....Sr. Western Horsemanship	Purple
Hannah Sass.....Trail	Purple
Alex Scheideler .....Trail	Purple
Western Riding	Champion
Advanced Western Horsemanship	Purple
Hannah Scow...Sr. Western Horsemanship	Purple
Sydney Scow.....4 & 5 Yr. Old Geldings	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 Boender, Elizabeth Frobish, Cory Peters, Maria Luedtke

Third Place Senior Hippology Team: Erika Warner, Alex Scheideler, Courtney Goering

Champion Junior Hippology Team: Hannah Ronnau, Elli Dearmont

Reserve Champion Junior Hippology Team: Kate Rawlinson, Reagan Myers

Third Place Junior Hippology Team: Josie Ang, Brooke Bennett

5th Place Junior Hippology Team: Megan Luedtke, Mackenzie Wolfe

Level Testing, Sept. 26

The final 2009 4-H group level testing will be held Saturday, Sept. 26 beginning at 9 a.m. at the Lancaster Event Center. Please RSVP at least by Sept. 18 with Marty at [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu) or 441-7180.

Horse Awards Night, Oct. 1

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards!

The evening includes a 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!





2009  
LANCASTER COUNTY FAIR

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

Contest Top Awards

PRESENTATION

Jessica Stephenson – Senior Presenter & Premier  
Presenter  
Jacob Rushman – Junior Presenter

HORTICULTURE

Grace Farley – Horticulture Contest  
Monica Claesson – Tree Identification Contest  
Grace Farley – Grass & Weed Identification Contest

STYLE REVUE

Maddie Gabel – Clothing 1  
Samantha Gowen –  
Decorate Your Duds 9  
and under  
Ellen Friesen – Make One/  
Buy One 8-11  
Jessica Albin – Make One/  
Buy One 12 and over  
Carlie Reineke – Attention  
Shoppers

TABLE SETTING

Molly Kasperek – Formal  
8-11  
Kathleen Duncan –  
Birthday 8-11  
Emily Steinbach – Birthday  
12-18  
Austin Lowell – Casual 8-11  
Carlie Reineke – Casual  
8-11  
Ross Pickel – Casual 12-18  
Sophia Swanson – Picnic  
8-11  
Emilia Woepfel – Picnic  
12-18



Top Banner

Static Exhibit  
Top Awards

GENERAL AREAS

Brenna Doeschot – Quilt Quest  
Cool Clovers 4-H Club – Banner  
Gideon Badeer – Poster

PHOTOGRAPHY

Courtney Sandell – Unit 1  
Paige Roach – Unit 2  
Cassie Gabel – Unit 3  
Erica Peterson – Nebraska Theme

ENGINEERING & TECHNOLOGY

Jeffrey Hornung – Safety  
Jonathan Gerdes – Rocket  
Daniel Casburn – Woodworking

HOME ENVIRONMENT

Jasi Maahs – Wall Hanging for Bedroom  
Carlie Reineke – Outdoor Living  
Tyler Hattan – Wall Hanging for Bath

FAMILY LIFE

Paige Roach – Child Development

FOOD & NUTRITION

Christina Mayer – Yeast Bread  
Rebecca Norton – Cake & Pie  
Mike True – Quick Bread  
Nicole Oestmann – Cookie  
Christina Mayer – Preservation

CLOTHING

Madeline Gabel – Clothing Level I  
Kathleen Duncan – Clothing Level II  
Helen Dowd – Sewing For You  
Paige Roach – Decorate Your Duds  
Hayden Brock – Knitting  
Maria Luedtke – Crocheting

HORTICULTURE & AGRONOMY

Tyler Henshaw –Vegetable  
Kyle Pedersen – Herb  
Rebekka Erks – Annual Flower Exhibit  
Jacob Callaway – Perennial Flower  
Kyle Pedersen – Rose  
Rebekka Erks – Specimen Plant

CONSERVATION & OUTDOOR EDUCATION

Joshua Gerdes – Conservation & Wildlife  
Grace Dowd – Forestry

Ak-Sar-Ben 4-H Youth  
Expo, Sept. 22–27

The 82nd Ak-Sar-Ben 4-H Youth Livestock Exposition 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 broilers, meat goats, market lamb, market swine and breeding swine. For more information, go to [www.rivercityroundup.org](http://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

Ak-Sar-Ben Rodeo: 7 p.m.

FRIDAY, SEPTEMBER 25

Dairy Show: 7:30 a.m.  
1st Round Fitting Contest: 11 a.m.  
Feeder Calf: 1:30 p.m.  
Meat Goat: 3 p.m.  
Ak-Sar-Ben Rodeo: 7 p.m.

SATURDAY, SEPTEMBER 26

Market Lamb: 7:30 a.m.  
Market Beef: 7:30 a.m.  
Final Round Fitting Contest: Following Market  
Beef Show  
Market Broilers: 1 p.m.  
Market Swine Showmanship: 7 p.m.  
Ak-Sar-Ben Rodeo: 7 p.m.

SUNDAY, SEPTEMBER 27

Market Swine: 7:30 a.m.  
Breeding Gilt: Immediately following Market  
Swine  
Breeding Beef: 7:30 a.m.  
Purple Ribbon Auction: 6 p.m.

4-H Thanks  
Sponsors

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

4-H Teen Council  
4-H Council  
Ace Rent To Own  
Alice Doane  
Ameritas  
Anderson Equine  
Myron and Joni Ang  
R & J Angus  
Anonymous  
Arends Interiors Inc.  
Chet Axthelm Memorial Cup  
In Memory of Carolyn Bailly  
Kala Ball  
Tom and Laurie Bellinghausen  
Gary C. Bergman  
Bluestem Valley Farms  
Ryan Bourek  
Brinson Family  
Camelot Concessions  
Dick and Cookie Confer  
Capital City Horse and Pony  
Club  
In Memory of Gordon Chapelle  
Dave & Kim Cheney Family  
Warren Cheney Family  
The Cookie Company  
Condon Family  
Conroy Family  
Country Riders  
Crete Lumber  
Steve and Marty Cruickshank  
Katie Cruickshank  
DJTJ Angus

Andy & Suzi Dearmont  
Martha and Jake DeNell  
Denim & Diamonds 4-H Club  
Pete & Deb DeWald Family  
Don Dierberger Family  
Ted & Alice Doane  
Ted Doane Hampshires  
Tammy Douglas-Hill  
Ron Dowding Family  
Dowding Shorthorns  
Robert and Sandra Dresser  
Brian and Kerri Duran  
Martin and Marilyn Dye  
Richard Earl  
East Campus Starrs  
EC Speakers  
EducationQuest Foundation  
Esprit de Corps  
Express Stop  
Fairbury Livestock Co./Larry  
Junker  
Farm Credit Services of  
America  
Farmers Cooperative  
Farmers Cooperative -  
Dorchester  
Farmers Cooperative Co.  
Martell Branch – Jim  
Bauman  
Farmland  
Fitch Trucking, Inc  
Flying Hoofs 4-H Club  
The Fort  
Four Winds Farms  
French-Plugge Show Cattle  
Melvin & Linda Gagner  
Doug and Anne Gahn  
Gana/Nisley Show Cattle  
Blayne Glissman Family  
Gossin Agency  
Rob and Shari Green  
Grimm-Axthelm Memorial  
Haes Contracting  
Hancock Fabrics  
Linda and Richard Hanigan  
Laura Hardesty  
Heidtbrink Feeds  
Renee and Joel Heusinger

Hillcrest Animal Clinic  
Darlene Hoesche  
Rod Hollman  
Holtus Family  
Wayne, Joyce & Eric Houser  
Larry & Senator Carol Hudkins  
HyVee  
Michael Kelsey Family  
Mueller Farms  
Steve & Deanna Karmazin  
Family  
Kiwanis - Lincoln Capital City  
Club  
Kiwanis - Lincoln Center Club  
Kiwanis - Lincoln Cornhusker  
Club  
Kiwanis - Lincoln Northeast  
Club  
Kiwanis - Lincoln Sunrise Club  
KV Equine  
Gordon and Nancy Kyhn/  
Whispering Pines  
LaKaBrTyDe Farms  
Lancaster County Agricultural  
Society (Fair Board)  
Lancaster County Extension  
Board  
Lancaster Event Center  
Lancaster Livestock Booster  
Club  
John Lebsack  
Richard and Deb Leuty  
Brandi Leyden Family  
Lincoln Bethany Lions Club  
Lincoln Downtown Optimist  
Club  
Lincoln Women’s Chamber of  
Commerce  
Mike and Tracie Lloyd  
The Longhorn Saloon  
Kent E. Lovelace, D.D.S.  
Ruth and Greg Luedtke  
Ken Majors  
June McConnell  
Mirage Arabians  
John & Nancy Moser Family  
Dan and Nicole Moss

Nebraska Animal Medical  
Center  
Nebraska Corn Board  
Nebraska Horse Council  
Nebraska Investment Finance  
Authority  
Nebraska Soybean Board  
Nebraska Wheat Board  
Abby & Cortney Neemann  
Steven & Stephanie Nelson  
Norris FFA  
Nutro Products  
Oak Creek Plants & Flowers  
Gary & Diane Ossenkop  
Oxbow Animal Health  
Duane Parrish Family  
Parrott & Walbrecht Cattle  
Larry Pershing  
Chris and Brock Peters  
Greg and Lynda Peterson  
Pfizer United Way Campaign  
Terry Pitts, DVM  
Tim Powers Memorial  
Prairieland Dairy  
Ken and Virginia Prey  
Rabbits R Us 4-H Club  
Rainbow Ends  
Randy’s Donuts  
Rick, Tammy, Nick and Andra  
Rasby  
Jennifer and Jeff Rawlinson  
Raymond Grange #391  
Barbara Reifschneider  
Peg and Glen Reutzel  
Rock Creek Ranchers  
Bruce and Kendra Ronnau  
Rough Riders 4-H Club  
Russ’s Market  
Sam’s Club  
Calvin & Rochelle Schrock and  
Family  
Schoettger Orthodontics  
Sheila Scheideler Family  
Chris and Tracy Scow Family  
Mike and Lanna Shrader  
Silver Spurs 4-H Club  
Ron & Donna Snover  
Janet Stander

Stewart & Kris Spath Family  
Super Saver  
Ron and Barb Suing  
Tractor Supply Company  
Triple H Rabbitry  
Triple RRR Farms  
In Memory of Mike Tyrrell -  
Circle D Ranch  
Valentino’s  
Jodi Vlasin  
Vo-Acres Dairy  
Lawrence & Kathy Vogler  
Wachal Pet Health Center  
Walmart  
Kelly and Coleen Warner  
Waverly FFA  
Waverly Grange #369  
Welp, Inc  
Wether-Ewe Farm Doug &  
Cheryl Johnson  
Charles Wiechert Family  
Wilkinson Sheep Farm  
Windstream Communications  
Dwayne & Joan Wittstruck  
Wilhelmina Wittstruck Family  
Carol Wolf  
Wolf Bro., Inc.  
Women’s Clinic of Lincoln

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 would  
thank all of the people who  
donate their time and talents  
to help enrich the lives of the  
youth in the Lancaster County  
4-H youth development  
program.



## Disaster Supply Kits

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

### Basic Kits Include:

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

### Pet Kit:

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

### Basic Car Kit:

- Traction items/tow cable
- Fluorescent flag/reflective item/flare
- Scraper/shovel/gloves
- Space blanket/first aid kit/snacks/water
- Flashlight/radio/batteries

For additional items to consider please visit [www.nema.ne.gov](http://www.nema.ne.gov) and click on the “Are you ready” button.

## EXTENSION NEWS

# Henneman Receives Society of Nutrition Education Award of Excellence

Alice Henneman, registered dietitian and extension educator with University of Nebraska-Lincoln Extension in Lancaster County, received the Helen Denning Ullrich 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 Ullrich, 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.

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



Extension Educator Alice Henneman

“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!

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

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

### Family Emergency Plan

EMERGENCY CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_

DIAL 911 FOR EMERGENCIES

Ready

### Family Emergency Plan

EMERGENCY CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_


DIAL 911 FOR EMERGENCIES

Ready

Courtesy of The Ad Council and the U.S. Department of Homeland Security

# Enter Disaster Preparedness Challenge to Win Prizes!


Offered by Lincoln Community Organizations Active in Disaster (LCOAD)



### Eligibility Information:

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

### Prizes will include:




- Weather Radio with batteries
- Carbon Monoxide Detector with batteries
- Smoke Detector with batteries
- Drop Ladder (for fire escape from 2<sup>nd</sup> floor)
- Assembled Disaster Preparedness Kit
- First Aid Kits
- Fire Extinguisher
- Car Disaster Preparedness Kit

Prize winners will be notified by mail or phone. Grand prize winners will be announced in October 2009. Individuals need not be present to win.

Please keep this portion of the scorecard for information on prize drawing.

### 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 26, 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. Tear or cut your scorecard on the dotted line. Fold and tape your scorecard, place a stamp on it, and mail. All scorecards must be postmarked or delivered by September 30, 2009 to be eligible for prize drawings. Mail to:  
  
Lancaster County Extension  
Attn: Lorene Bartos  
444 Cherrycreek Road, Suite A  
Lincoln, NE 68528

### Scorecard:

Please Print:

Name

Signature ( Must be 19 years of age)

Home Address

School/Business Name

City

State

Zip Code

Phone Number

How did you participate: Individual    Family    Classroom    Workgroup    Other: \_\_\_\_\_

Number in your group: \_\_\_\_\_    Total Points Scored: \_\_\_\_\_

### Activity (1 point per activity):

	SCORES
<b>Week 1 (September 6– September 12)</b>	
1. Assemble disaster kits by purchasing containers and getting two items from the lists above or update/add to current kits.	
2. Prepare/review tornado watch and warning information card and post in a prominent area.	
3. Develop family plan for fire/tornado/flood or other disaster and identify your out of state contact.	
4. Locate, update, and review important documents and place in a safe location. (birth certificates, social security card, marriage license, passport, etc.)	
<b>Week 2 (September 13– September 19)</b>	
1. Add at least 3 more items to your disaster kits. If yours are complete, help someone start a kit.	
2. Identify what to do in a power outage. LES customers call 475-4211 or visit <a href="http://les.com">les.com</a> Norris call 223-4038 or visit <a href="http://norrisppd.com">norrisppd.com</a> .	
3. Practice your tornado plan and/or fire drill.	
4. Add entertainment items to your kit (board game, coloring book and crayons, card game, etc.).	
<b>Week 3 (September 20– September 26)</b>	
1. Add at least 3 more items to your disaster kits (if kit is complete, 1 point).	
2. Learn to cook using at least one alternative method (grill, charcoal, wood fire, camp stove, etc.).	
3. Identify potential hazards around your neighborhood (industrial, radiological, chemical, etc.).	
4. Complete the disaster preparedness survey online at <a href="http://www.nema.ne.gov">www.nema.ne.gov</a> (click the “Are you ready” button).	

\*\*These weekly deadlines are just a suggestion. Points can be counted for any of the above activities that are completed between September 6–26, 2009

are YOU ready?





# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## August

**Aug. 28–Sept. 7 Nebraska State Fair, State Fair Park, Lincoln**

## September

1	4-H Council Meeting . . . . .	7:30 p.m.
10	4-H Rabbit VIPS Committee Meeting, Lancaster Event Center, 4-H Office . . . . .	7 p.m.
11	Extension Board Meeting . . . . .	8 a.m.
15	AARP Driver Safety Program . . . . .	12:30–4:30 p.m.
19	Composting Demonstration, Pioneers Park Nature Center's backyard composting demonstration area . . . . .	10 a.m.
20	4-H Teen Council Meeting . . . . .	3 p.m.
22	Guardian/Conservator Training . . . . .	1:30–4:30 p.m.
24–25	Termite Applicator Training . . . . .	8 a.m.–5 p.m.
24–27	Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha	
26	4-H Horse Level Testing, Lancaster Event Center . . . . .	9 a.m.

## Congratulations to Lancaster County Farm Families

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

## 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.**  
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.)

## 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.

## Experience the Power of Red

An open house for high school students and their families

Sponsored by the College of Agricultural Sciences and Natural Resources

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



- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, 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 [www.casnr.unl.edu](http://www.casnr.unl.edu)**  
Registration deadline: Oct. 2  
There is no charge to attend this even

UNIVERSITY OF  
**Nebraska**  
Lincoln



UNIVERSITY OF  
**Nebraska**  
Lincoln

# EXTENSION

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

**University of Nebraska–Lincoln Extension  
in Lancaster County**

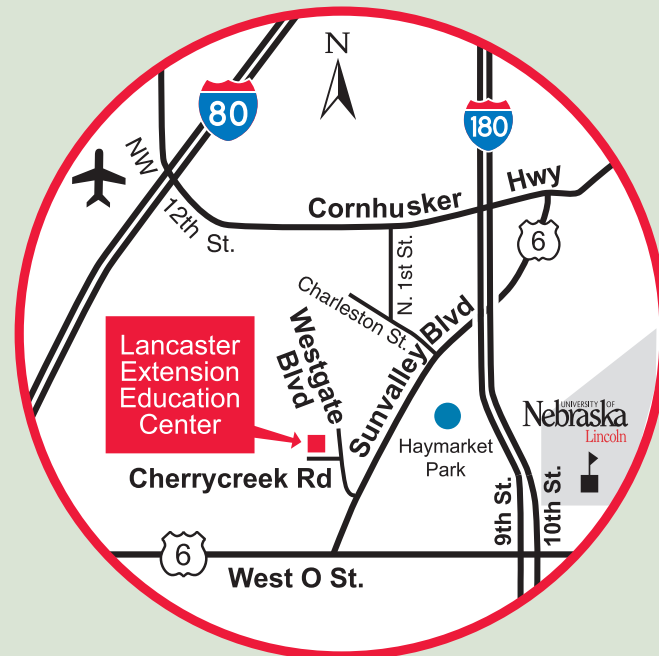
**444 Cherrycreek Road, Suite A  
Lincoln, NE 68528-1507  
(402) 441-7180**

**<http://lancaster.unl.edu>**

**E-mail: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 441-7148**

**Join us on YouTube, Twitter and Facebook  
<http://lancaster.unl.edu/media>**

Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

### Extension Educator & Unit Leader

Gary C. Bergman

#### Extension Educators

Lorene Bartos  
Maureen Burson  
Tom Dorn  
Alice Henneman  
Don Janssen  
Barb Ogg  
Karen Wobig

#### Extension Associates

Mary Abbott  
Soni Cochran  
Marty Cruickshank  
Mary Jane Frogge  
Deanna Karmazin  
Tracy Kulm  
Mardel Meinke  
Julie Rasmussen  
Zainab Rida

#### Extension Technologist

David Smith

#### Extension Assistants

Teri Hlava  
Emily Hulse  
Vicki Jedlicka  
Jim Wies  
Dana Willeford

#### Support Staff

Pam Branson  
Kay Coffey  
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Karen Evasco  
Virginia Piening  
Chris Rosenthal  
Karen Wedding

## THE NEBLINE

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

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## Free Subscription

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

☐ Order subscription ☐ Change of address

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

We will only use your phone number in case there is a problem with your mailing address.

**Mail to: UNL Extension in Lancaster County  
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507**



# 4-H'ers "Learn By Doing" at the Lancaster County Fair

Many 4-H youth choose to exhibit their project(s) at the county fair. The 2009 Lancaster County Fair was held Aug. 5–9 at the Lancaster Event Center. More than 600 exhibitors showcased nearly 4,850 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.



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



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



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



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



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



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



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

## Can You Guess It?

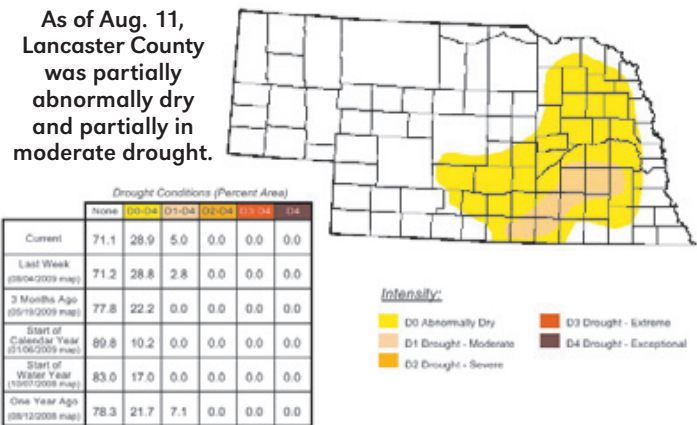


Did you guess it? Find out at <http://lancaster.unl.edu>

Did you guess it from the August NEBLINE?  
Parsley

## U.S. Drought Monitor Map

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



For the most recent map, visit <http://www.drought.unl.edu/dm>

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

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

Nebraska UNIVERSITY OF  
Lincoln EXTENSION

Learn about 4-H!

N IANR

# 4-H Kick Off

## Tuesday, Oct. 6

Q & A!

## 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](http://lancaster.unl.edu/4h)

