

# EXTENSION IS ON THE MOVE

Nebraska Extension in Knox County, P.O. Box 45, Center, NE 68724  
[knox-county@unl.edu](mailto:knox-county@unl.edu) – 402-288-5611

September, 2015

Volume 5, Number 4

## What's Inside:

### On the Ranch

- Preconditioning Calves
- Keep an Eye on Cow Condition

### In the Field

- How to Estimate the Bushels of Grain in a Bin
- Grazing Corn Reside
- Graze to Keep Grass Healthy

### Healthy Eating

- Eat Better, Eat Together
- Pasta Month-A New Recipe to Try!

### Today's Future

- Head Lice-Know How, Know Now
- 5 Tips to a Healthier Halloween

### World of Work

- September is National Preparedness Month

### Splash into Extension

- What's up with WOTUS?

### In the Dirt

- Tattered, Discolored Tree Leaves-Ignore Them!
- Fall Lawn & Landscape Chores
- Dermestid Beetles

## September 29<sup>th</sup> is Coffee Day!

### *Is coffee good or bad for me?*

Coffee has a long history of being blamed for many ills — from stunting your growth to claims that it causes heart disease and cancer. But recent research indicates that coffee may not be so bad after all. So which is it — good or bad? The best answer may be that for most people the health benefits outweigh the risks.

Recent studies have generally found no connection between coffee and an increased risk of cancer or heart disease. In fact, most studies find an association between coffee consumption and decreased overall mortality and possibly cardiovascular mortality, although this may not be true in younger people who drink large amounts of coffee.

Why the apparent reversal in the thinking about coffee? Earlier studies didn't always take into account that known high-risk behaviors, such as smoking and physical inactivity, tended to be more common among heavy coffee drinkers at that time.

Studies have shown that coffee may have health benefits, including protecting against Parkinson's disease, type 2 diabetes and liver disease, including liver cancer. It also appears to improve cognitive function and decrease the risk of depression.

However, the research appears to bear out some risks. High consumption of unfiltered coffee (boiled or espresso) has been associated with mild elevations in cholesterol levels. And some studies found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific — and fairly common — genetic mutation that slows the breakdown of caffeine in the body. So, how quickly you metabolize coffee may affect your health risk.

Although coffee may have fewer risks compared with benefits, keep in mind that other beverages, such as milk and some fruit juices, contain nutrients that coffee does not. Also, adding cream and sugar to your coffee adds more fat and calories. Some coffee drinks contain more than 500 calories.

Source: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/coffee-and-health/faq-20058339> - Answers from [Donald Hensrud, M.D.](#)

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.

# ON THE RANCH

Range Beef Cow  
Symposium in  
Loveland,  
Colorado  
November 16-19

For complete details  
go to  
<http://www.rangebeefcow.com/> or  
contact your local  
extension office.

## Preconditioning Calves: Can it Add Value to You as a Cow-Calf Producer?

Weaning time is just around the corner and cow-calf producers are now faced with the decision of calf placement after weaning. Producers have a few options for their calves after weaning. Calves can be sold immediately after weaning, they can undergo a preconditioning period before sale, they can be retained as long or short yearlings and then sold, or they can enter a feedlot with retained ownership.

A preconditioning program is a period of time, typically a minimum of 45 days, in which a cow-calf producer will work to build the health status of the weaned calf prior to sale. Calves are also “bunk broke” during this time and acclimated to a dry feed diet. If calves are sold at the sale barn, sold via an internet auction, or sold to the same feedlot each year, premiums may be awarded to those producers who precondition their calves. Before a producer begins a preconditioning program the economics of the program need to be evaluated carefully.

Two potential gains associated with preconditioning are added premiums at calf sale and added calf weight. Some costs associated with preconditioning programs include: labor, vaccinations, death loss, additional feed costs, and interest expenses on borrowed money. Two additional factors to consider are, the seasonal patterns of the cattle market and the price slide on increased calf weights.

In a recent Drovers article, Dr. John Maday, a Bovine Veterinarian, described the benefits of preconditioning for all aspects of the beef industry. Dr. Maday stated that the long-term average death loss at JBS Five Rivers feedyards, the feedlot he consults for, had always been roughly 1 percent. In the last three years, that value has increased to 2 percent. Initially the increase in death loss was attributed to the drought and poor nutrition early in the calves' lives. However, even after a year of increased moisture the death loss average has not decreased. Dr.

Maday evaluated cattle that had been preconditioned for 45 days prior to feedlot entry and found that those calves experienced one-third the morbidity and one-half the mortality of those calves that were not preconditioned. Preconditioned calves also gained 0.3 more pounds per day compared to calves that were not preconditioned in his study.



A preconditioning program is not for every cow-calf producer. Not only should the factors stated above be considered, but producers have to determine how a 45 day retention of calves will affect their grazing program, if they have the proper facilities to feed calves and bunk break them, and if they have the extra time and labor to dedicate to the weaned calves. As an industry the need to better prepare calves for the feedlot in terms of stress, health, and getting cattle ready to eat a concentrated diet is a must. If more calves are “feedlot ready” the beef industry will see improved cattle health and feedlot performance while potentially reducing the use of antibiotics.

By Meredith Bremer, Nebraska Extension Educator - Photo courtesy of Troy Walz.

# Keep an Eye on Cow Condition

Fall is one of the most important times to evaluate the condition of your cows. It gives you time to take action to ensure that your cows calve in adequate body condition.

We know that body condition at calving is one of the most important factors that determines a cow's ability to rebreed. As Table 1 and Table 2 illustrate, thin cows take longer to come into heat after calving than do cows that calve in better condition.

Cows that are cycling before the start of the breeding season are more likely to get bred early and are therefore more profitable. The more cows that you can have cycling before the start of the breeding season, the higher your conception rates will be and the more compact your calving season.

If your cows are to have the best chance of cycling before the start of the breeding season, they should be in a body condition score of 5 or higher when they calve.

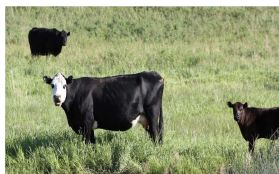
One of the best ways to ensure that your cows are in adequate condition at calving is to make sure that they go into the winter in good condition. Increasing your cows' condition during the winter can be quite expensive. Therefore, it is much more cost effective to fatten thin cows before the onset of winter.

Increasing the body condition of cows in the fall can be accomplished in two ways. You can either increase their nutrient supply by supplementing or moving to better pasture or decrease their nutrient demands by early weaning.

Early weaning is often the more profitable option. This is especially true when grain prices are relatively low. The calves will gain as well, or better, off of the cow as they would on the cow and the cows will gain condition more easily.

Weaning can drop the nutrient requirement of the cow by 25%, or more, depending on the milking ability of the cow and the age of the calf. This will help the thin cows regain body condition more cheaply than they could during the winter.

Once winter approaches, however, options become more limited. Some cows may be too thin to attain a body condition score of five before hay feeding starts. Producers can still save money by sorting and feeding cows according to body condition. Thin cows can be fed the additional feed they need without wasting money by overfeeding cows already in good condition.



Fall is one of the most important times to evaluate the condition of your cows. Photo courtesy of Troy Walz

The reproductive rate of the cowherd is one of the most important factors affecting cow/calf producers' profitability. A cow's reproductive potential is closely related to her body condition at calving. Body Condition Scoring is a tool producers should use to help them get their cows into optimum body condition at calving. For more in-depth information, see the recently revised NebGuide Body Condition Scoring Beef Cows: A Tool for Managing the Nutrition Program for Beef Herds (<http://www.ianrpubs.unl.edu/sendlt/ec281.pdf>.) It describes the 1 to 9 of

body condition scoring, complete with pictures and details for assigning scores.

Nebraska Extension also has Android (<http://go.unl.edu/bcsappandroid>) and Apple (<http://go.unl.edu/bcsappios>) versions of a smartphone app to help you learn to assign body condition scores. Additionally, more information on the role of body condition and body condition scoring are available at <http://beef.unl.edu>.

Table 1. Body Condition at Calving and Heat After Calving

Body Condition at Calving	No. Cows	% in Heat –Days Post-calving	
		60	90
Thin (1-4)	272	46	66
Moderate (5-6)	364	61	92
Good (7-9)	50	91	100

(Whitman, Colorado State University, 1975)

Table 2. Effect of Body Condition Score (BCS) at Calving on Postpartum Interval (PPI)

BCS <sup>a</sup>	PPI, days
3	88.5
4	69.7
5	59.4
6	51.7
7	30.6

<sup>a</sup>Body condition scores have been converted from a 5-point system to a 9-point system. (Houghton et al., Purdue University, 1986)

By Jay Jenkins, Nebraska Extension Educator

# IN THE FIELD

Stay up-to-date on Ag related topics with video segments from the Market Journal

<http://marketjournal.unl.edu/>



## How to Estimate the Bushels of Grain in a Bin

With harvest underway or fast approaching, you may be trying to estimate the number of bushels in a partially filled bin and how much capacity is remaining.



### Round Bins

Use the following calculation to estimate the bushels of grain in a round bin.

$$\text{Bushels} = 0.628 \times D^2 \times H$$

Where:

D is the diameter of the bin, in feet.

H is the height of the grain mass in the bin (depth of grain), in feet.

0.628 is a conversion constant.

### Example

1. Calculate the number of bushels of corn in a 30-foot diameter bin with the eave 18 feet above the concrete foundation with the drying floor, 1 foot above the foundation. This would make the maximum grain depth 17 feet when the bin is full. In this case, to calculate the bushels of grain contained from drying floor to the eave:

$$\text{Bushels} = 0.628 \times D^2 \times H$$

$$\text{Bushels} = 0.628 \times (30 \times 30) \times 17$$

$$\text{Bushels} = 9,608$$

2. If you have peaked grain at the top of the bin, the bushels in the peak can be estimated by using a different conversion constant in the equation.

$$\text{Bushels} = 0.209 \times D^2 \times H$$

Where:

D is the diameter of the bin, in feet.

H is the height of the grain peak above the eave, in feet.

0.209 is a conversion constant for bushels in a cone-shaped pile of grain that extends to the bin wall.

For example, if the top of the peak is 6 feet above the normal depth of grain in the bin, the volume of the peaked grain is calculated as follows.

$$\text{Bushels} = 0.209 \times D^2 \times H$$

$$\text{Bushels} = 0.209 \times (30 \times 30) \times 6 = 1,128 \text{ bu}$$

Add the totals from example equation 1 and equation 2. Total grain in the bin is 10,736 bushels (9,608 + 1,128)



## Rectangular, Flat Storage Buildings

For rectangular flat storage buildings, the math is simpler. Multiply length (ft) by width (ft) by grain depth (ft) by 0.8 bushels per cubic foot.

Let's calculate the amount of grain in a flat storage building that is 40 feet by 60 feet and has a grain depth of 10 feet.

$$40 \times 60 \times 10 \times 0.8 = 19,200 \text{ bushels in the bin}$$

Source: Tom Dorn, Extension Educator in Lancaster County



## Grazing Corn Residue

Grazing corn residue can be a win-win for both cattle and crop producers. Nebraska has an abundance of crop residue available for late fall and winter grazing, which may provide a cost-effective and convenient feed source for cattle producers. There are some corn fields that should not be grazed due to topography, landscape or corn yield, but there aren't many of those in Nebraska. For crop producers, residue grazing may provide some extra income and remove some excess residue, but some producers

are concerned that grazing and, therefore, residue removal and compaction, will have a negative effect on subsequent grain yields.

Research conducted at UNL has shown that grazing corn residue at the recommended stocking rate (see Table 1) does not reduce corn or soybean yields in irrigated fields the following year. A 16-year (1997-2013) study on corn and soybean yields from a field managed in an annual corn-soybean rotation at Mead, Neb. showed no effects on crop yields due to grazing. Winter and spring grazing treatments were conducted on ridge-till, conventional till and no-till field operations. Overall, grazing improved soybean yields over ungrazed treatments, including significant improvement in yield in no-till grazed over no-till ungrazed treatments. There was no effect on corn yields the second year after grazing when compared to the ungrazed treatments. This provides a great opportunity for livestock and crop producers to work together and enhance both operations.

Table 1. UNL recommended stocking rates for grazing gestating cows or growing calves on corn residue

Corn Yield bu/ ac	Animal Unit Month <sup>1</sup> (AUM)/ac	No. of 1200 lb cows per ac for 30 days	No. of grazing days if stocked at one 1200 lb cow/ac	No. of 600 lb calves per acre for 30 days	No. of grazing days if stocked at two 600 lb calves/ac
100	1.1	0.9	28	2.2	33
125	1.4	1.2	36	2.8	42
150	1.7	1.4	43	3.3	50
175	2.0	1.7	50	3.9	58
200	2.3	1.9	57	4.4	67
225	2.6	2.1	64	5.0	75
250	2.8	2.4	71	5.6	83

<sup>1</sup>One Animal Unit Month (AUM) is the amount of forage required to sustain a 1,000-pound cow or equivalent for one month. It has been determined that a 1,000-pound cow will consume 702 pounds of dry matter monthly.

## What Are Stalks Worth?

With the increase in pasture rent over the past couple years, many are wondering what that means for the value of grazing crop residues. The owner of the field may consider the cost of nutrients and organic matter removed from the field, the cost of waiting to begin post-harvest field operations and scattering weed seeds. On the other hand, pasturing cornstalks can reduce volunteer corn problems and eliminate the need to shred stalks, and almost all nutrients are returned to the soil in the manure. Research has shown that essentially little to no organic matter or nutrient losses should be attributed to cows grazing the residue, if the current weight is maintained. The grazing of corn stalks

actually provides an overall economic benefit to the landowner from grazing, even without the value of renting the stalks.

There is not a single recommended rental rate due to the variability in fencing and care arrangements, location, value of alternative feed, “supply and demand,” etc. The *Cornstalk Grazing Cow-Q-Lator* found at <http://westcentral.unl.edu/agecon3> can help calculate the value of cornstalks based on feed availability, nutrition, transportation and animal care. In many cases, the costs for transportation and care are nearly as much or more than the cost for renting the stalks.

The value of the crop residue can be estimated on an acre or head-per-day basis. Estimating the value per acre is easier, but weather variability often changes the ideal grazing period, thus limiting the value paid for the grazing. Renting crop residue on a head-per-day basis can reduce the renter’s uncertainty since the rental period can be adjusted based on weather conditions. It is recommended to take the target per-acre price and calculate the head-per-day cost based on the recommended stock rates found in Table 1.

A survey released from Iowa State in August 2015 shows the average rental price was \$7–\$12 per acre in western Iowa for cornstalk grazing. Using the *Cow-Q-Lator*, we can calculate this on a head-per-day basis. Based on the recommended stocking rate, grazing 100 acres with 100 head of 1,200 lb cows at 150 bu/ac corn yield, you can graze for 43 days at 50 percent stalk harvest efficiency. The cost per day would range from \$0.16–\$0.28 per head per day (see Figure 1).

Figure 1.

Cost per acre x number of acres rented ÷ number of days grazed = cost per head per day

\$7 [or \$12] x 100 acres ÷ 100 head ÷ 43 days = \$0.16 (or \$0.28) per head per day

The costs for transportation and daily care to the renter are not included in the value and can’t be ignored when deciding the value of grazing the cornstalks. Price could also be adjusted based on value of the alternative feed source and local rental rates.

Source: Tyler Williams, Extension Educator

---

## GRAZE TO KEEP GRASS HEALTHY

Pastures sometimes have lots of weeds remaining this time of year. It’s tempting to graze hard enough to use those weeds, but is this actually good for the pasture?

Many pasture weeds can provide satisfactory protein and energy for cattle when eaten, but cattle avoid them due to poor palatability. That’s why they’re weeds! If pressed hard enough, though, cattle will eat many of them when there is nothing else to eat. While this gets rid of the weeds temporarily, it might not be healthy for the pasture.

Every pasture has millions of weed seeds in the soil and the potential to become weedy. Since some pastures stay relatively clean while other pastures become weedy, other factors undoubtedly influence the weed population. Simply grazing or controlling weeds by spraying or cutting does little to prevent weeds from coming back again unless these other factors are changed to better support desirable plants.

To control weeds, it is much more important to manage grazing to support healthy desirable plants

than to weaken or remove unwanted weeds. Grazing that allows sufficient leaf area to remain following grazing that supports rapid regrowth, allows good winterizing, and holds snow and rain moisture on the land rather than running off will benefit the desirable grasses and legumes. Giving pasture plants adequate time to recover after grazing before grazing again is another way to improve or maintain pasture health and strengthen the competitive ability of desirable plants.

Weeds in a pasture can indicate that the pasture itself and the desired plants in it are not in a healthy condition. For improvement to occur, controlling weeds is not enough. Changing management to strengthen desired grasses and legumes also is essential.

Source: Bruce Anderson, UNL Forage Specialist

# HEALTHY EATING

In November 2010, Congress approved a resolution to designate October as National Farm to School Month to demonstrate the growing importance and role of Farm to School programs in improving child nutrition, supporting local economies, and educating children about the origins of food.



## October: Eat Better, Eat Together

October is National Eat Better, Eat Together Month and when families eat together, meals are likely to be more nutritious and kids who eat regularly with their families are less likely to snack on unhealthy foods and are more likely to eat fruits, vegetables, and whole grains. Beyond health and nutrition, family meals provide a valuable opportunity for children and parents to reconnect. When adults, children and teenagers eat together children do better in school, have fewer behavioral problems, and communication improves. When is the last time you sat down and ate a meal with your family? If you cannot remember, October is a great time to start having a meal with your family as often as you can. Check out the following tips to make family meals happen at your house.

### *Tips on How to have more Family Meals*

#### **Schedule Family Meals.**

- To plan more family meals, look over the calendar and choose a time when everyone can be there. Figure out which obstacles are getting in the way of family meals and see if there are ways to work around them.
- Even if it is only once a week, making it a habit to have family meals once a week is a great start and you can work your way up to 2 to 3 times a week.

- Don't forget that breakfast and lunch are meals as well; there are no rules that say family meals should only happen in the evening.

#### **Prepare Meals Ahead of Time.**

- It is important to make a shopping list and make time to go to the grocery store so you have food on hand to create meals.
- Try doing some prep work for meals on the weekend to get ready for the week ahead. On a night when you have extra time, cook double and put one meal in the freezer so there is a backup plan for busy nights.
- Remember that a meal at home does not have to be complicated or take a long time.



#### **Involve Kids at Family Meals.**

- Family meals can be fun and it is important to involve kids in them.
- Younger kids can put plates on the table, pour beverages, or fold napkins.
- Older kids can get ingredients, wash produce, mix, and stir. You could even have your teens be the cook for a night and you could be their helper in the kitchen.

During mealtime, make your time at the table pleasant and enjoy being together as a family. Remember to keep your interactions positive at the table. Ask your kids about their day and tell them about yours. Give everyone a chance to talk. If you cannot remember the last time you sat down for a family meal, take the time this October to start a family tradition of eating together and eating better.

By Lisa Franzen-Castle, PhD, RD Extension Nutrition Specialist  
UNL Panhandle Research & Extension Center

# October is also Pasta Month – A New Recipe to Try!

## *Butternut Squash Fettuccine Alfredo*

Looking for a creamy new recipe that is nutritious and tasty? Well this Butternut Squash Fettuccine Alfredo from our blogger friend and Dietitian Deanna Segrave-Daly from [Teaspoon of Spice](#) may just be what you need. The butternut squash adds a layer of creaminess and color to this already healthy Fettuccine Alfredo recipe. You can add in some unsalted butter, all-purpose flour and Parmesan cheese and other basic household ingredients to finish it up.

### Ingredients

#### For the squash puree:

- 1 (3 pound) butternut squash, cut in half and seeds removed (save [seeds for roasting!](#))
- 2 teaspoons olive oil

#### For the pasta:

- 1 pound fettuccine or linguine (I use half whole wheat and half regular pasta)
- 2-3 tablespoons pasta water, as needed

#### For the sauce:

- 2 tablespoons unsalted butter
- 1 tablespoon all-purpose flour
- 1 1/4 cup low-fat milk, warmed in microwave for 1 minute
- 3/4 cup grated Parmesan cheese, divided
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt



### Directions

1. For the squash: preheat oven to 400 degrees F. Place squash, cut sides up on a baking pan with a lip (to catch any juice drippings) and drizzle each half with 1 teaspoon olive oil. Bake for about 45-60 minutes or until flesh is soft. Remove from oven and cool for about 10 minutes.
2. Scoop flesh out of skin and add to blender or food processor. Puree until smooth (sometimes I add a few tablespoons of water or milk to help the process.) This makes about 1 1/2 cups. Set aside.
3. Cook fettuccine in a large pot according to package instructions. Save some pasta water when draining and add pasta to a large serving bowl.
4. While pasta is cooking, make the sauce. In a large saucepan over medium heat, melt butter. Whisk in flour and then slowly, pour warm milk into pot, whisking as you go. Whisk frequently until roux starts to simmer rapidly and thicken a bit. Reduce to low heat and mix in butternut squash puree until well incorporated. Mix in 1/2 cup Parmesan cheese and add a few tablespoons of pasta water if the sauce is too thick. Remove from heat.
5. Pour butternut squash sauce over hot pasta, add pepper and salt and toss well. Sprinkle with remaining 1/4 cup Parmesan cheese and serve.



# TODAY'S FUTURE

Couples and families have it in their power to be happy with each other and create a pleasant and peaceful home environment in which they live together.

## Head Lice – Know How, Know Now

Oh no...I saw something shimmer in the light as we walked out of the building. No, it cannot be! But yes, it was – the dreaded lice egg, AKA a nit.

As soon as I saw a nit on one child, I checked the other...BAM – she has them too. I had a mini panic attack (my husband would say it was more than “mini”) before I pulled myself together and told myself I can handle this. Two girls with long, thick tresses. Oh boy.

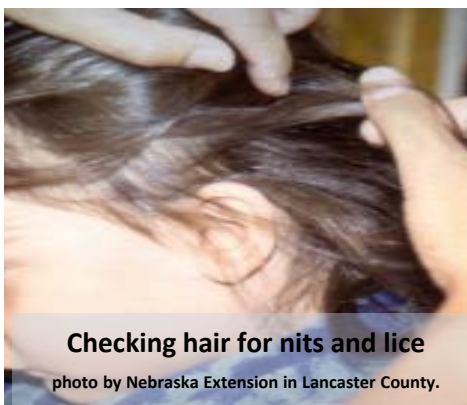
Off to Target (but pretty much any superstore or pharmacy will carry a brand or two) to purchase the correct amount of lice killing Shampoo. The amount of lice killing shampoo you will need varies on hair length and the number of heads you are treating. Meanwhile, in my head I have this crazy person ranting over and over. “How did you miss this last week when the oldest said her head was itchy?!” “You give the little one a bath and scrub her – head to toe every day or two, how did you not see those?!” “Who have the girls been around that gave them this...or worse, who have they shared this with?!”



Adult louse

photo by Nebraska Extension in Lancaster County

Stop, take a deep breath.



Checking hair for nits and lice

photo by Nebraska Extension in Lancaster County.

It is important for you to know that live lice are only 1/10-1/8 inches long and are tan to grey in color. This makes them hard to see unless you are looking very carefully for them. Lice eggs (nits) are white in color, but turn coffee colored when they are about to hatch. Nits are found 1/4-1/2 inch from the scalp. You know you have found a nit if the object doesn't flake off the hair or brush off when you touch it. A female louse will glue her eggs tightly to an individual hair, usually behind the ears and at the nape of the scalp, but they could be anywhere. If you find something questionable try and pull it off the single hair.

If the object slides up and down the hair, but won't come off it is probably a nit. I recommend just pulling out or clipping off the hair strand with the egg on it and flushing it down the toilet, that way you know that one will not be back! In addition, I strongly recommend purchasing a comb designed specifically to remove live lice – this is not the same as the comb that comes in the box with the lice killing shampoo. Combing is the key to taking care of a lice problem and it can be done every day along with the nit picking. Since lice may be resistant to the over the counter shampoo you must be diligent about combing out any remaining live lice. You can find step by step videos and a Family Guide for combing correctly at

<http://lancaster.unl.edu/pest/lice>.



Nit (viable – alive)

photo by James Kalisch UNL Entomology.

Depending on how long lice have been making a home on the head will determine how many live lice and nits you will see. Lice lay around 6 eggs per day. Eggs hatch in about 7-10 days and it takes another 9-10 days before the immature female louse can lay her own eggs. This is why it is important to follow the directions on the lice killing shampoo. Shampoo's will have you apply them when you first notice nits or live lice and then apply for a second time in 7-10 days. I would argue that it is important to comb and "nit pick" daily from the day you applied the lice killing shampoo through the second

application 7-10 days later. After that, it is recommended that you look carefully through the infected person's hair at least once a week to check for re-infestation. If you are finding more live lice or nits you probably missed a nit.

Human head lice love humans, so you do not need to worry about spreading your head lice to pets. Also, head lice love a nice warm head. Most likely, if they fall off onto a pillow or the carpet they will not survive, so focus on the infected persons head. It is important to check family members and anyone who may have shared combs, brushes and hair ties with the infected person.

The information shared in this blog is researched-based. Lice are nuisance pests and are not a health risk. Nebraska Extension does not recommend any insecticide sprays, foggers or bombs to control lice. Some of these methods, along with overuse of the shampoo can be dangerous! Please remember to read the label on the shampoo and combs you purchase and follow the directions EXACTLY.

If you cannot seem to get rid of lice and nits I would recommend you contact your physician for next steps.

Author: Jaci Foged, Extension Educator – Learning Child

---

## 5 Tips to a Healthier Halloween

- Hand out healthier treats rather than just candy (granola bars; snack packs such as trail mix, raisins, crackers, or pretzels; 100% juice boxes; non-candy Halloween treats such as stickers, bookmarks, tattoos, erasers, and pencils).
- Eat a nutritious meal before going trick-or-treating, so children



- are not hungry and only want to eat candy for supper.
- Limit the number of treats your child can have each day. (Make sure to decide the appropriate number ahead of time and let children know the limits and why it is important to limit candy)
  - Keep candy out of reach to prevent continuous and mindless eating of candy.
  - Eat a piece of candy with a glass of milk or apple slices to add some healthy nutrients.

# WORLD OF WORK

## What is SARE?

Funded by the USDA, the national Sustainable Agriculture Research and Education program supports and promotes sustainable farming and ranching. They offer competitive grants and educational opportunities for producers, scientists, educators, institutions, organizations and others exploring sustainable agriculture.

Visit <http://nesare.unl.edu/> for more information.

## September is National Preparedness Month

*Ashley Mueller, Nebraska Extension Disaster Education Coordinator*

Disasters and emergencies can happen anywhere. And anytime. Are you ready?

September is National Preparedness Month, and it's a good time to focus on ways you can prepare yourself, your family, and others for large-scale and smaller local events. This year's theme is "Don't wait. Communicate. Make your emergency plan today."

Participating in National Preparedness Month is easy, and anyone can do it. Weather-Ready Nation encourages people to know their risks, take action, and be an example. So what can you do?

### Know Your Risk

- Stay updated on severe weather by bookmarking a weather website or by downloading a weather or radar app on your smartphone.
- Consider your exit plan at home or work and figure out what is feasible. Communicate with those that share the space so they know what to do in the event of an emergency.
- Learn about Wireless Emergency Alerts. These messages are sent to your phone during a disastrous incident.

### Take Action

- Test smoke detectors and carbon monoxide detectors and replace the batteries. This should be done on an annual basis.
- Prepare a disaster kit with food and supplies that could last three days. If you have a disaster kit, this month is a good time to check on supplies and replace flashlight batteries, check food and medicine expiration dates, and winterize the kit to include blankets, gloves, and hats. Living outside city limits, you might not have access to city resources as easily if something happens.
- This year's National Preparedness Month theme is focused on making an emergency plan, so now's the time to develop your own. These plans can be tailored to adults or children. Make sure you include your emergency contact's information, meeting place(s), and other important details.

### Be an Example

- Practice your emergency plan. Put your plan into action and see if it needs to be adjusted. Just like schools prepare students for incidents with fire and tornado drills, individuals can prepare, too.
- Consider ways to get involved locally. Community Organizations Active in Disaster (COAD) and Community Emergency Response Teams meet in various locations across the state. Contact your local emergency management director for more information.
- Start a conversation about preparedness. Be sure to share what preparedness activities you're doing with family, friends, and neighbors.



If you use social media, be sure to find Nebraska Extension – Disasters for the latest information on National Preparedness Month.

# SPLASH INTO EXTENSION

Backyard Farmer  
on YouTube!  
Landscape Design  
and Care

Check it out at  
<https://www.youtube.com/user/bucslim>

## What's up with WOTUS?

What does the temporary injunction of WOTUS mean for Nebraska farmers?

Implementation of the Clean Water Rule: Definition of “Waters of the United States” (usually referred to as the WOTUS rule) was set to become effective on August 28, 2015. Several lawsuits were filed by agricultural groups, among others, requesting a preliminary injunction, or order, to halt the rule’s implementation until lawsuits could be settled. Late in the afternoon on August 27, a District Court judge in North Dakota issued a preliminary injunction stopping the WOTUS rule from going into effect for thirteen states, including Nebraska. For all other states who didn’t have preliminary injunctions issued, the rule took effect as planned on August 28.

**WHY WERE LAWSUITS FILED AGAINST THE EPA AND ARMY CORP OF ENGINEERS (CORP) FOLLOWING RELEASE OF THE FINAL WOTUS RULE?** Several lawsuits were filed following publication of the final WOTUS rule in the Federal Register. Twenty-seven states, along with industries from petroleum to construction, and agricultural groups such as the American Farm Bureau Federation, National Cattlemen’s Beef Association, National Corn Growers Association, and National Pork Producers Council all filed separate lawsuits. These numerous lawsuits have since been consolidated into a single lawsuit that identifies three arguments for vacating the rule. The first argument is that the finalized WOTUS rule exceeds the intended purposes of the Clean Water Act and represents an unconstitutional overreach by the federal government on land. Second, the rule-making process is designed to give the public an opportunity to comment on all aspects of a rule. In this case, EPA added items to the final rule that were not in the proposed rule. The third, and perhaps most concerning argument, is that the EPA may have inappropriately worked with environmental activists to lobby for the rule and support the agency’s agenda. If true, this represents an abuse of the federal rulemaking process by the EPA.

**WHAT DOES THE TEMPORARY INJUNCTION MEAN FOR NEBRASKA FARMERS?** It means that, for now, the status quo will be maintained. So current guidance documents and existing regulations for making “jurisdictional determination” will continue to be used by the Corp. New definitions and parameters outlined in the WOTUS rule will not be part of the Corp’s checklist when making these determinations in Nebraska. Jurisdictional determination simply means that the Corp reviews the necessary checklist regarding features of a water body, and possibly conducts an on-site inspection, to make a decision about whether the water body should be under their jurisdiction as “waters of the U.S.” The temporary injunction does not halt the rule entirely; it simply postpones implementation of the rule until legal proceedings are completed (which could take months or even years as we saw with the new AFO/CAFO regulations a few years back). If the pending lawsuits are not successful, and the WOTUS rule is eventually implemented in Nebraska, it remains to be seen what parts of the rule will remain and which will not. In Nebraska, we’ll cross that bridge when we get there.





# IN THE DIRT

Fall invaders are pests such as spiders, boxelder bugs, clover mites, wood roaches, and lady beetles that accidentally move indoors as they seek overwintering locations. Most are a nuisance. For crawling pests, a perimeter insecticide spray will help control them. For flying insects, use a silicone caulk to close openings.

## Tattered, Discolored Tree Leaves – Ignore Them!

During late summer and autumn, Extension offices often receive calls about- or have samples brought in- of deciduous tree and shrub leaves that appear chewed or discolored.

Along with asking what is causing the damage, we are often asked if a pesticide application is needed. The answer is usually no to applying pesticides this late in the season, after early August, for minor pests and many major pests.

When I visit with clientele, I remind them that if we stood outside all summer we would look a little chewed up, tattered and discolored too.

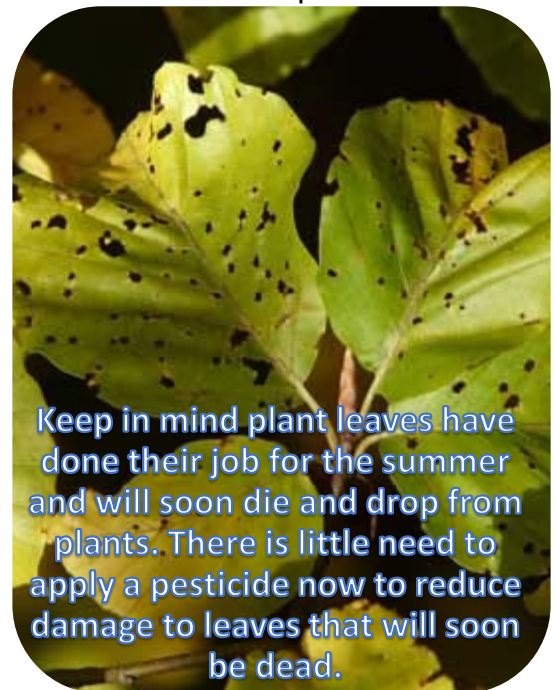
### Use Pesticides Responsibly

Pesticides such as insect killers (insecticides), disease preventers (fungicides) or weed killers (herbicides) are chemicals that need to be used responsibly. Insecticides kill many non-target insects like pollinators and other beneficial insects. Herbicides can drift and damage ornamental or edible plants.

By over applying or using pesticides when they are not justified, or at a time when they are not effective, pests can develop resistance to the chemical. And it is harmful pests that seem to build resistance more so than beneficial insects.

One factor leading to a decline in honeybees is the irresponsible use of pesticides. Insecticides can kill or weaken honeybees and increase their susceptibility to predators, diseases and environmental stresses. Pesticides are an important tool in pest management. But they should only be applied after the following steps are taken. The cause of the damage is positively identified as a pest rather mechanical or environmental injury. The identified pest can cause economic damage or damage that leads to plant death, not minor injury that only detracts from a plants appearance.

If it is determined the pest is one where control is justified, first consider all control options. If pesticides are a good option, determine when during the season or during a pests life cycle a pesticide is best applied to be effective. By the time plant damage is noticed, it is often too late for a pesticide application.



Keep in mind plant leaves have done their job for the summer and will soon die and drop from plants. There is little need to apply a pesticide now to reduce damage to leaves that will soon be dead.

## But Why Are Tattered Tree Leaves Not A Problem?

And now back to tree and shrub leaves appearing chewed, tattered or discolored at this time of year. Keep in mind plant leaves have done their job for the summer and will soon die and drop from plants. There is little need to apply a pesticide now to reduce damage to leaves that will soon be dead. This is not a responsible use of a pesticide.

It is sometimes believed that if a pest is killed now then the problem will not reoccur next season, but this is rarely true. Pesticides applied now may reduce a few overwintering pests, but are very unlikely to prevent or control damage next season.

Fall sanitation, such as cleaning up and destroying fallen leaves and fruit, is much more helpful in reducing overwintering pests at this point in the season.

Also, while leaves may be tattered or chewed, as long as the leaf remains mostly green then photosynthesis is still occurring. A few holes or tears in leaves now or even earlier in the season will not interfere with production of carbohydrates and sugars (plant food).

Source: Kelly Feehan, Nebraska Extension Horticulture Educator

---

## Fall Lawn and Landscape Chores

Fall will be here before we know it. Take the time to read this to help you through all of your horticulture and insect issues during the fall months.



Control of perennial weeds, like dandelions, is most effective in fall.

### Lawn Care

September is a good month for overseeding, fertilizing, and aerating your lawn. If you have bare or thin spots, overseed before September 15th to make sure the seedlings are well establishment before winter, Kentucky bluegrass and tall fescue are the best choices for seed in Nebraska. Remember to fertilize with the holidays - Labor Day and Halloween are coming up for our final two applications for this year.

If your lawn has a deep thatch layer, over 1/2 inch, consider aerating your lawn. Fall is a good time for aeration as well.

### Fall Weed Control

Weed control is better in the fall. This year has been a great growing season for many of our lawn weeds, especially clover. Perennial weeds such as dandelions, creeping Charlie or ground ivy, and clover, are best controlled in the fall with either 2,4-D or triclopyr products. Remember to apply these chemicals on days when the temperatures are predicted to be at or below 80 degrees for 72 hours. This is the time of the year when these weeds are taking their nutrients back into their roots for next season's growth, so the herbicide moves more readily into the roots too, resulting in a better kill.

The winter annuals such as henbit are just beginning their growth in the fall so it is best to treat them now rather than in the spring when they are almost done with their growing season.

### Fall Clean Up of Landscape Beds

It is finally getting close to the time of the year when we can begin cutting back our perennial plants. Once these plants die back in the fall, when their leaves turn brown, we can cut them back for the year.

Peonies and Iris are two plants that should be cut back in the fall to avoid diseases spreading from this season to next since these plants tend to get leaf spot diseases annually. When you go to

remove the spent leaves, you can also divide these plants and transplant them if you need them in a different location.

Avoid pruning roses and butterfly bushes until the early spring to avoid problems with moisture getting into the hollow stems of these plants.

If you have a shrub that blooms early in the spring, such as lilac, forsythia, weigela, some spireas, and some hydrangeas, wait to cut those back until after bloom next spring to avoid removing flower buds that are already on the shrub for next year.



Prevent home invaders, like this wolf spider, from coming indoors in fall.

### Prevent Insect Invaders

Watch for fall invading insects in your home in the fall. This is the time of year when many insects will begin to invade our homes. As it begins to get cooler outside, insects move into our homes to stay warm. Many of the insects we see in the fall inside our homes include boxelder bugs, Asian multicolored ladybeetles, stinkbugs, spiders, millipedes, centipedes, and ants. These insects are mostly just a nuisance to us when they come into our homes.

The best control for these would be to seal up all cracks where they can enter our homes and to use the insect barrier sprays around the home, especially around doors and windows.

Source: Nicole Stoner, Nebraska Extension Horticulture Educator

## DermeStid Beetles

These common insects scavenge and feed on animal matter like dried meats, dead insects, hides and woolens. The species that feed on wool and other natural fibers or blends are sometimes called carpet beetles. Closely related species, such as the warehouse beetle, varied carpet beetle and larder beetle, have expanded their diet and also feed on grain and grain-based products. They are especially common in flour and cereals, but also are found in candy, cocoa, cookies, corn meal, nuts, pasta, dried spices and many other dry foods.



Larder Beetle Adult (DermeStid)

The adult beetles are small, oval and variously colored. The full grown larvae are similar in size to the adults for each species and tend to be cigar-shaped and banded with dark, long hairs. In some species, the larvae have a tuft of hair at the tail-end of the body.



Cast (shed) skins from dermeStid beetle larvae

Typically, only larvae will be seen in infested food because the adults feed on pollen and leave the food once they have emerged from their pupal stage. Sometimes only the larval "skins" will be found. Dead adults are often found in window sills because they fly to the light, trying to get outside.

Because some of these species feed on woolens, infestations in the pantry may spread and damage valuable clothing, woolens and furs. Proper cleaning and storage of natural fabrics will help prevent damage.

Source: <http://lancaster.unl.edu/pest/resources/pantrypests304.shtml>

**EXTENSION**  
INSTITUTE OF AGRICULTURE AND NATURAL RESOURCES  
Knox County  
P.O. Box 45  
Center, NE 68724-0045

Address Service Requested

Source: [www.dailynebraskan.com](http://www.dailynebraskan.com)



- A law passed in Nebraska in 1912 really set down some hard rules of the road. Drivers in the country at night were required to stop every 150 yards, send up a skyrocket, then wait eight minutes for the road to clear before proceeding cautiously, all the while blowing their horn and shooting off flares.
- It is illegal to go whale fishing.
- Mothers can't give their daughters perms without a state license.

**Did You Know?**