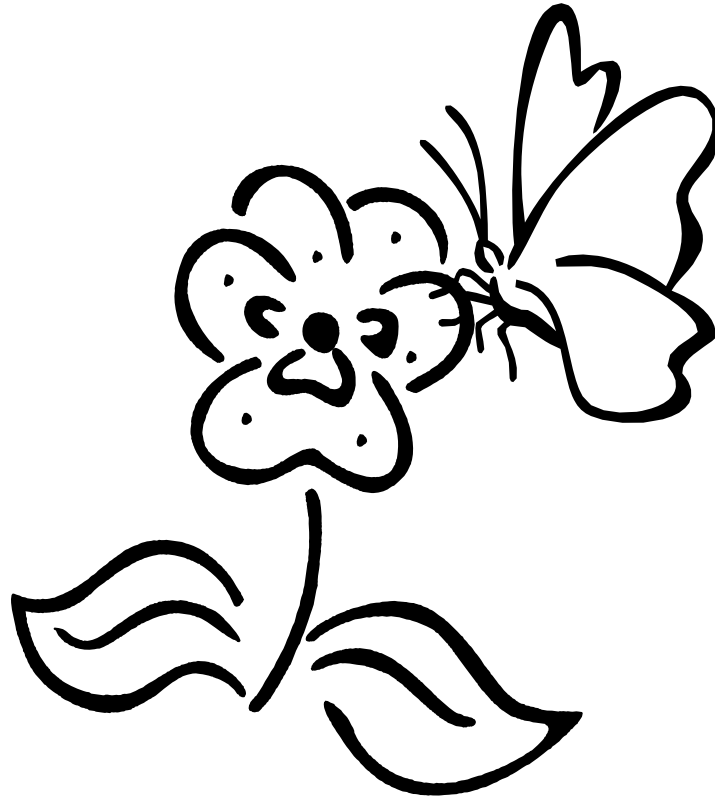


# Gardens & Gables 2009

*A tour of seven beautiful gardens in North Platte.*



“A Garden Potpourri”

**Saturday, July 11, 2009**

8:00 AM – 1:00 PM

Tour and Workshops

# Welcome!

Thank you for joining us on the 2009 Gardens and Gables Tour. This year's theme, "A Garden Potpourri" describes the wide variety of gardens and gardening strategies, techniques, attitudes -- you will see highly-planned gardens, and gardens that Mother Nature runs. You'll see an amazing pond, some ways to solve problems, and interesting ways to accent your yard. This year we added features that we hope will inspire young gardeners, and refreshments at three locations. We welcome your comments.

*Please visit our web site for next year's tour information!*

*[npplfoundation.org](http://npplfoundation.org)*

## Things to Know

- Visit the homes in any order you want. We estimate the tour can be completed in 2 1/2 to 3 hours, spending 15-20 minutes at each home.
- Water will be available at each home. Please listen to your body and drink plenty of fluids.
- Wear a sun hat or bring an umbrella.
- Most of the homes have some shady areas; all the homes will have places to sit if you need to rest. Your tour book will include information about heat illness; please review those precautions.
- **VAN SHUTTLE:** Three vans will drive a continual route with stops at Centennial Park and each home. There is no schedule, and no reservations are required. We would appreciate a \$1.00 contribution per person to help pay for gas. Our thanks to Bob Mayber and to Crossroads Chrysler Dodge Jeep for loaning the vans again this year!

## Acknowledgements

Ben Franklin (Raffle Prize)  
Bob Mayber Motors (Shuttle Vans)  
Celine Sawyer (Raffle Grand Prize)  
City of North Platte – Public Service (Parking Cones)  
Dan Carlyle (Raffle Prize)  
Do It Center (Raffle Prize)  
Garden Glove Landscaping and Garden Center  
(Raffle Prizes, Support, and Ticket Sales)  
Grandy's Greenhouse (Raffle Prize)  
Great Plains Regional Medical Center (Raffle Prizes)  
Huebner's Lawn & Garden (Raffle Prize)  
Jay Turnbull Landscaping (Raffle Prize, Support)  
Keep North Platte & Lincoln County Beautiful (Vests)  
Knoll's Country Inn Bed and Breakfast (Raffle Prize)  
KNOP TV (Publicity)  
KODY Radio (Publicity)  
McFarland's Greenhouse (Raffle Prize)  
North Platte Library Foundation Board Members  
North Platte Public Library Staff (Support)  
North Platte Telegraph (Publicity)  
Sandhills Koi (Raffle Prize)

South Fork Vineyard (Raffle Prize)  
Tractor Supply Co. (Raffle Prize)  
UNL Lincoln/McPherson County Extension (Workshop)  
University of Nebraska Master Gardener Volunteers  
Village Inn (Complimentary Coffee)  
  
Linda Broge (Raffle Ticket Selling Queen, again!)  
Stephen Granger, AIA (Architectural Descriptions)  
Robert Martinson II, Colin Taylor, and Marv Rankin  
(Van Drivers)  
Brian Hirsch (Tour Day Assistance)  
Morgan Greenwood & Traci McKeon (Tour Coordinators)

*And many other volunteers at each home and  
those who have helped in so many ways  
to make this event a success!*

*A special thanks to the home owners who allowed us to  
peek into their beautiful gardens !*

*...and everyone who purchased tour and raffle tickets!*

Event proceeds benefit the North Platte Public Library Foundation, a Mid-Nebraska Community Foundation Fund. The North Platte Public Library Foundation exists to enhance the facility and services of the North Platte Public Library.

# Workshops

*University of Nebraska-Lincoln Master Gardeners and other volunteers offer informal workshops and information at each home.*

## At The Nolan Home:

### *“Children’s Garden Party Table Decoration”*

*4H Groups Display Award-Winning Table Decoration From Recent Competitions. The youth are available for questions - be sure to see their menu and recipe cards, and have a refreshment!*

### *“Garden And Landscape Resources At Your Fingertips!”*

*by Randy Saner and Julie Jacobsen, for the Lincoln/McPherson County Extension  
Solid, research-based information is abundant, but you may not know where to find it. Randy and Julie will show you what’s available through your County Extension, and new resources you can get to yourself, on the internet!*

## At the Davis Home:

### *“Seed, Bulb and Plant Exchange” - by Barbara Dye*

*Stop by the Seed Exchange table and get some free seeds! Learn how to collect and prepare seeds for storage here too. Be sure to ask Maggie for a handout on her interesting Knot Garden.*

## At The Butterfield Home:

### *“Bottle Biology” - by Marcia Crofutt*

## At The Hupfer Home:

### *“Planning Your Garden” - by Susie Maupin*

*Susie Maupin's handout discusses areas to consider when designing a new garden or changing what you have. Also, Julie will be glad to show her own planning sketches and diagrams.  
This is an informal workshop -- ask Julie and Susie questions about your own ideas and plans.*

## At The Harmon Home:

### *“Journaling Your Garden” - by Chris Rankin*

*Journaling Your Garden! After all your work, how do you record your best and worst garden adventures? How do you keep track of what you have? Chris Rankin will show you at least 3 ways to do this. And for those of you with an internet-adventure spirit, we have a list of some great garden blogs you can see online. Jump in and make one of your own!*

## At The Kelley Home:

### *“Culinary Uses of Herbs” - by Cecelia Lawrence*

### *“Growing Herbs “ - by Paul Cockson*

### *“Growing Pine Trees From Seed” - by Kent Elmshaeuser*



# The Nolan Family Garden



# 208 West 9th Street



*We found this sweet garden almost by accident. A perfect old fashioned country garden, complete with white picket fence, lovingly tended, and in fact, a member of the family! Don't miss the fascinating Tamarax tree by the back fence -- a scourge in the Southwest, but seems to mind its manners here. The multigenerational gardeners have a gentle approach as stewards, not owners of the beauty. Susan's grandchildren help out, and have their own garden plots, which they will be eager to tell you about! Susan uses extra plants from their garden to keep the planter beautiful at the Lincoln Elementary School across the street.*

## **WORKSHOPS :**

***"Garden And Landscape Resources At Your Fingertips!"***

*Lincoln/McPherson County Extension*

*4H Youth present four Children's Garden Party Table Settings, and Refreshments*



## Our Garden - by Susan Nolan

The Nolan Garden. It's not a fancy name, it says just what it is, a family garden. Every member of the family has done something to help create this yard in one way or another... from the oldest to the youngest. For me it's a labour of love for my family, and an artistic expression which never seems to be completed. Some people paint, some restore old cars... I plant. Mostly I let Mother Nature take her course. She seeds where she wants, and doesn't seem to mind if I move things around a little. She (and a few birds) have provided plenty of seeds for beautiful plants. And weeds. It's always a surprise in the Spring. I'm not a real uptight gardener, I like to let things go a little. I don't rake until Spring, and don't weed until I see what gifts have been left by Mother Nature. She's done more work than I have in the last 30 years. I love my garden. For me, it's art forever, and a place to spend time together with my family.

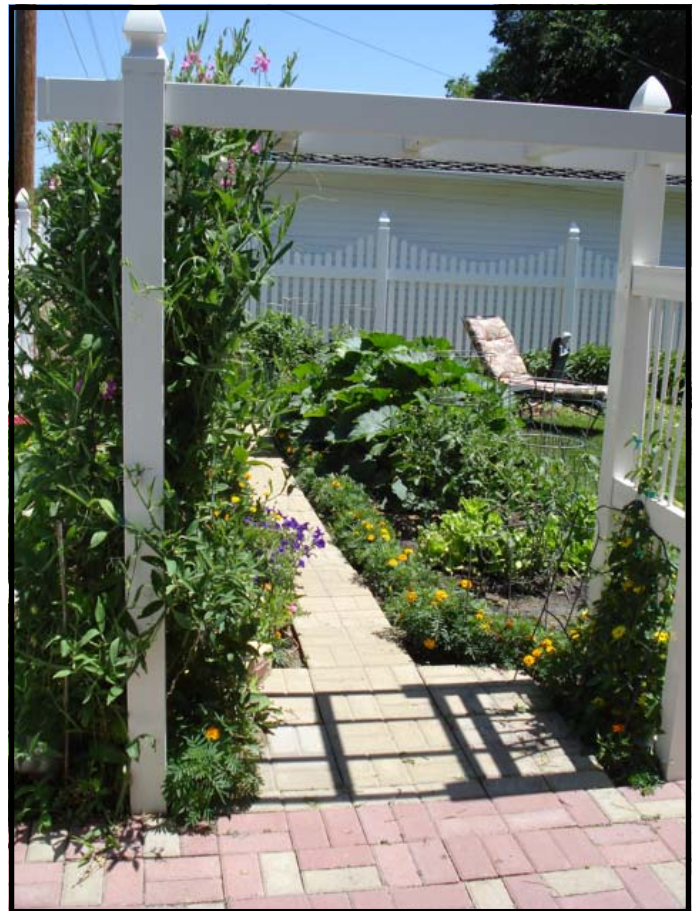
## Gables Description - by Stephen Granger, AIA

This single story framed home has white lap siding with white lattice accents. A white Victorian style raised picket fence surrounds the home. Attractive Crimson King maple trees provide a visual barrier to the activity on 9th street. The home has no garage, but a small addition to the west part of the house was constructed at one time. White lattice frames a nice entry to the small porch on the North side of the home. An arched lattice gable in the back yard defines a pathway through the back yard.

## Notable Plants

Asiatic Lily	Caladium	Hardy Hibiscus	Penstemon	Herb Garden	Buckthorn Tree
Baby's Breath	Calla Lily	Honeysuckle	Viola	Cherry Tree	Crimson King Maple
Butterfly Bush	Coreopsis	Irish Moss	Wild Violets	Eastern Red Bud	
Bleeding Heart	Dahlia	Lupine	Tiger Lily	Elm	
Canna	Delphinium	Oriental Lily	Wild Grape Vine	Linden	
Celosia	Dianthus	Oriental Poppy	Calendula	Tamarix Tree	
Clematis	English Rose	Painted Daisy	Monardia	Peach	

# Kent & Maggie Davis



# 721 West 3rd Street

*What a delight! This sunny garden is designed and maintained by a perky gal with an art degree, and you're sure to see her creativity! Look for little details of her staging, and don't forget to go up on the balcony to see the full design of her Knot Garden. Refreshments on the front porch, where you'll see more of her artistic ability. This garden features plants that do well in the sun, a charming vegetable garden, and a problem garage made pretty. Peek over the back fence into the alley where her garden continues a bit, and where she choked out pesky weeds with low-growing drought-tolerant sedum.*

**WORKSHOP:** Seed, Bulb and Plant Exchange - Barbara Dye

## Our Garden - by Maggie Davis

"The old one-car garage" set the tone for our garden. We had wanted to tear it down and build a new one, but the City Code would not allow a new one in the same place. City Codes would require a new garage and driveway to take up most of the back yard. Since I love to garden, we kept the garage. Its rustic charm to guided me in the layout and design of my Country Garden.

A Country Garden is based on the garden that was used by the farm wife to provide things for her families that were only available in town: medicines, spices, herbs, fresh produce, and of course, flowers. Even the Knot Garden that we put in this spring surrounding the water feature is a reflection of the usefulness of a Country Garden. The hedges of a Knot Garden (used in English herb gardens) were planted surrounding aromatic herbs so that the housewife could lay the wet laundry to dry on the hedges, letting the laundry absorb the scent of the herbs. This is also the reason herb gardens were often planted near a clothes line.



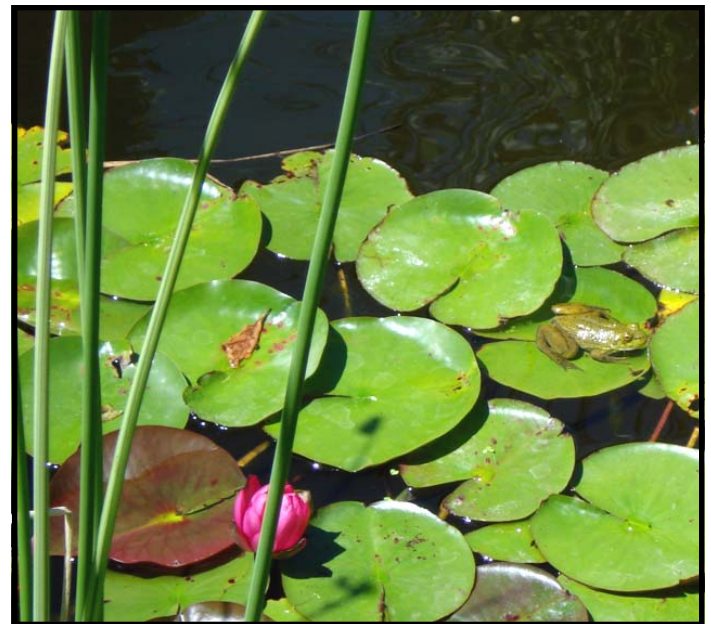
## Gables Description - by Stephen Granger, AIA

This gold stucco home with exposed framing detail represents the bungalow/cottage style of some of the original homes built in the area. The story and a half bungalow with a full front porch has a clearstory window unit above the porch, providing great architectural features to the home along with needed ceiling space for the upper level.

## Notable Plants

Carnation	Sedum Stone Crop	Ornamental Sweet Pea	Lavender	Zebra Grass
Chrysanthemum	Tall Garden Phlox	Wisteria	Yarrow	Blue Fescue
Climbing Rose	Black Eyed Susan	Bee Balm	Pineapple Sage	Red Ribbon Grass
Globe Flower	Pink Cone Flower	Coral Bells	English Sage	Canadian Blue Oat Grass
Hens and Chicks	Hydrangea	Chamomile	Veronica (Speedwell)	
Artemesia	Honeysuckle	Catnip	Creeping Thyme	
Sedum Autumn Joy	Black Eyed Susan Vine	Fox Glove	Japanese Sliver Grass	

# Bob & Barb Butterfield





# 120 North Hayes Avenue

*We've been bugging Bob for a few years to put his amazing pond on the tour. Just ask him. Finally we prevailed, and it was worth the wait! We wanted to show you this pond because he does not use chemicals – he designed the water flow so it circulates through a smaller "bog pond" that provides a natural filter. He adds only salt to the water, and the koi thrive. He'll tell you the biggest mistake people make is not digging a pond deep enough. Since people often wistfully say they'd like to have a pond in their backyard, we wanted to use this opportunity to point them to useful resources to help.*

## **WORKSHOP:**

*Bottle Biology – Marcia Crofutt*



## My Pond - Bob Butterfield



It started as a whiskey barrel waterfall which ran into a stream, into a small pond. The pond was added on to twice before I decided to make it the size it is now, with one full liner 50 x 100 feet. Everything in the pond stays in the pond year around. The pond is 5 feet deep at the East end, to 3 feet deep at the West end. The only thing I put into the pond is 100 lbs of 99% water softener salt. The pond cleans itself now, and I only have to clean the skimmer a couple times a year. The best filter I have is my bog pond with tons of plants. My Koi, some of which are about 3 feet

long, are tame and will eat out of your hand, and if I get into the pond they will be right beside me.



## Gables Description - by Stephen Granger, AIA

The Butterfield house, purchased over 25 years ago, is a 3 bedroom single story home with a large privacy fence surrounding a large pond. Bob dug the pond himself and moved all the dirt from the pond to other areas of the yard. His pond is larger than most back yard ponds and is said to be home to some of the largest Koi in the area. The roof has a gable layout in the East-West direction, with another roof line toward the South. This layout suggests that the South portion was an addition to the original structure.

## Notable Plants

Hellebore (Lenten Rose)  
Lamium  
Coneflower  
Aster  
Snow on the Mountain  
Penstemon

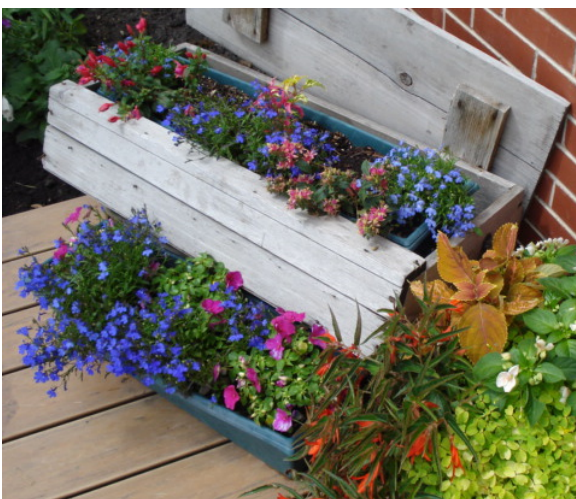
Fox Glove  
Euonymus  
Crimson Spire Oak  
Russian Sage  
Virginia Creeper  
Ribbon Grass

Nine Bark  
False Sunflower  
Wisteria  
Japanese Maple  
Creeping Charlie  
Lemon Tree

Orange Tree  
Arrowhead  
Cat Tails  
Buckthorn  
Tiger Eye Sumac  
Hibiscus

Japanese Maple  
Smoke tree  
Linden Tree  
Burr Oak

# Rich & Julie Hupfer



# 702 South McDonald Road

*Everyone in town admires this yard. We loved the aqua metal stuff! This highly-planned garden is plotted out with precision. It's Julie's canvas and she loves changing things around. Her paths tie garden areas together, and make it easier to tend the plants, many of which are unusual. She has incorporated container gardening within the larger scheme. Also look for the interesting use of colored glass and ornaments tucked in here and there. And don't miss the gorgeous metal bird, created by a friend. (That same friend also donated a similar bird sculpture to the raffle -- maybe you'll be the lucky one to win it!)*

**WORKSHOP:** *Planning Your Garden - by Susie Maupin*

## Our Garden - by Julie Hupfer

My love of flower gardening began when I was just a little girl and my mother would make me "ballerina dolls" from the hollyhocks in her extensive flower garden. I have planted flowers everywhere I've lived, but this garden has become my passion. Each year I try to change it up a bit, always enjoying the process of adding a new plant or garden art piece. I have found that my training as a professional florist has helped me in planning and arranging my garden to its full potential. One thing I've learned from my gardening experience is that each year is always full of new and different challenges, from mother nature to the economy. Adaptability is a gardener's most valuable asset. The biggest reason I garden? It nourishes my soul. My many, many hours spent taking care of my garden give me immense pleasure. The best reward? Other people get to enjoy my flowers as they walk by, and they let me know how much they do enjoy the beauty everyday.



## Gables Description - by Stephen Granger, AIA

This single newer style ranch home is located on a corner lot across from the MacDonald school playground. It has a raised brick surround with a yellow siding. The roof has a lower pitch with hipped ends. The home is placed toward the back of the lot so the back yard is very small. The site layout, with the home placed toward the back of the lot, creates a very small back yard, but allows the large front and side yard to provide a wonderful landscaping opportunity for the general public to enjoy.

## Notable Plants

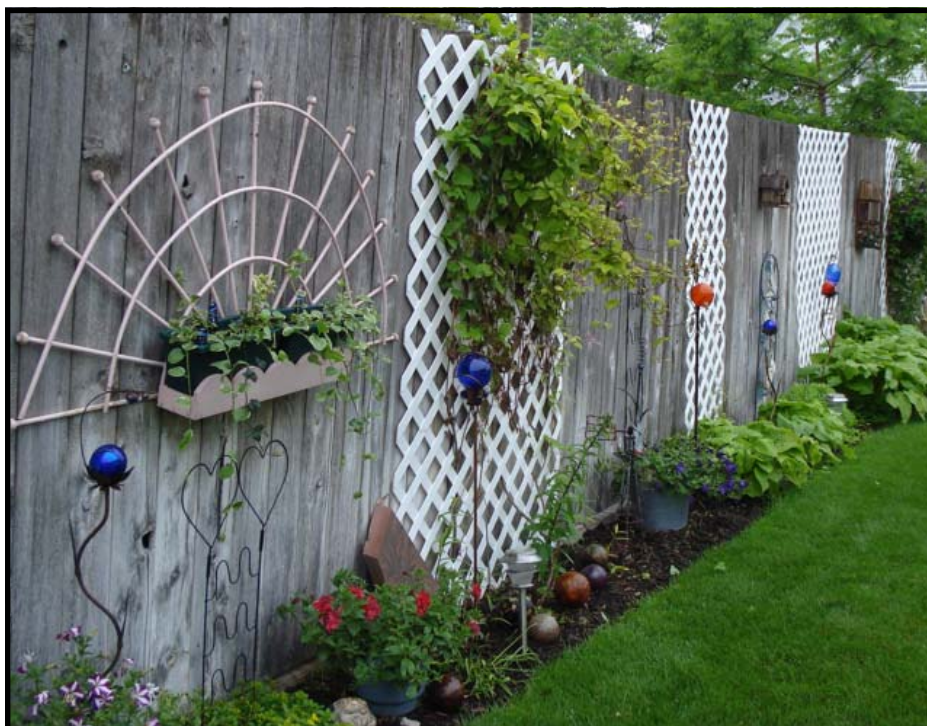
Bellflower	Flowering Cabbage	Polka Dot Plant	Butterfly Amaryllis	Abutilon
Delphinium	Veronica	Calibrachoa	Globe Centaurea	Amaranthus
African Impatiens	New Guinea Impatiens	Heliotrope	Lamiaeum	Nicotiana
Scabiosa	Purple Fountain Grass	Oxalis	Trollius	Elephant Ear
Euonymus	Cyperus Wild Spike	Japanese Blood Grass	Common Sundrops	Balloon Flower
Anagallis	Ponytail Feather Grass	Jacob's ladder	Mimulus	Torenia
Persicaria	Voodoo Sedum	Black Beauty	Dwarf Myrtle	Foxtail Fern
Persian Shield	Fuschia	Limelight Hydrangea	Potentilla	Lisianthus
Lunaria	Bonfire Begonia	Ornamental Millet	Cardinal Flower	Marshall Ash
Trailing Verbena	Summer Wave Torenia	Bougainvillea	Hibiscus	Autumn Applause Ash

# Sandra Young



*When we first noticed the attractive berm in front, and all the glorious rose bushes, we didn't know what a joy the back yard was going to be. This tidy, interesting, and playful retreat reflects the meticulous work Sandra does in her shop. Don't miss the cardinal vine on the wire fence, or her rock collection, which she has lovingly moved several times before settling here. We were especially struck by the wood fence with climbing clematis, and the very small garden strip in front of it -- together a work of art, holding treasures you may not expect to see in a garden. She has a knack for placing a whimsical assortment of items that never looks junky.*

**(WORKSHOP:** *At the home across the street)*



# 602 South Vine Street

## My Garden - by Sandra Young

When I first moved to this location, something was lacking. Having grown up in the sand hills, I missed their rugged beauty. I thought at least here I can add some flowers. Then I opened my own business. The house and my dreams of a garden got put on hold. Business flourished and I added my own shop on the back of the house but maintained my patio as a place to relax. As my business grew, I found relief from tension in my garden. By playing in the dirt and letting its magic release the worries of the day, my garden grew.



The rock garden corner is my real pleasure. Many of the rocks come from my travels around America — a few get put in the trunk of the car when I travel. Sometimes I have come home, and rediscover the rocks in my trunk, which, I am told, explain why the mileage was down!

Sometimes the garden has to be put on the back burner as making a living takes priority. Over the years I have cut down on the maintenance required with the constant battle with weeds. Last year I had someone come out and work the edges and add mulch to all areas. Here I made a bad mistake, I let them pull my edging up. Don't do this as the grass will take over. This year I put the edging back and feel so much happier about it. Also make sure to put Preen down to help battle those pesky little weeds the birds and wind leave you. To save time and enjoy my pretty flowers, cut cost, and still have the eye catching beauty I have increased the use of perennials.



You will notice the many treasures scattered throughout the beds. I just can't resist that cute turtle, frog, glass globe, or old chair at an auction or garage sale. I won the blue fountain at the Home Show.

My season of garden work is finally coming to a close and once again I can get my morning coffee or evening tea and relax. Nothing is more beautiful than sitting and watching the birds, bees and butterflies flutter amongst the creations of my hard work.

## Gables Description - by Stephen Granger, AIA

The home is a raised single story full brick home with a center main entry door and a brick front porch. Simple white trim accents the red brick. The exterior brick chimney and gabled roof create a balance and rhythm of the exterior features. The house sits on a corner lot providing landscaping opportunities on all four sides. The low-sculpted plantings give the home good visibility from the street. Sandra operates her business, Giraffe Upholstery and Repair, from a single story addition .

## Notable Plants

Sage	Coral Bells	Butterfly Bush Davidii	English Daisy	Balloon Flower
Pincushion Plant	Bleeding Heart	Wave Petunia	Mandevilla Vine	Allysson Purple
Lamb's Ears	Clematis	Ever-Wonder Rose	Moon Flower	Cuphea
Dianthus	Columbine	Lavender	Cardinal Vine	Europeana Rose

# Matt & Amy Harmon



# 520 South Vine Street

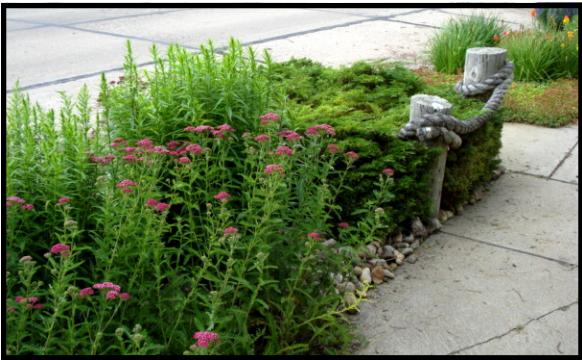
*Oh what to do with that often inconvenient strip next to the street! When the home across the street agreed to be on the tour this year, we jumped at the chance to include THIS little gem of a solution -- an attractive array of drought-tolerant, mostly low maintenance plants, many of which stay green year round. Take a look at this before you decide to fill your curbside strip with rock. For more drought-tolerant plant information, stop by the workshop under the tree.*

## **WORKSHOP :**

*Journaling Your Garden - by Chris Rankin*

## Our Garden - by Amy Harmon

I enjoy spending time outdoors. The time spent working in the flower beds gives me the opportunity to be outside as well as make my yard more attractive. When I moved into this house 8 years ago, the flower beds were already established, however, I have changed several of them over the years. Prior to living in this house I had never done much gardening. As most gardeners learn, many gardening projects turn out to be more work than originally anticipated.



I like to have a variety of flowers and colors so I am always experimenting with different plants. Many people bike and walk in my neighborhood and I enjoy the compliments I get as they pass by.

## Gables Description - by Stephen Granger, AIA

This home is similar to that of Sandra Young's home across the street to the south. Or is it? Though the homes were built in the similar time frame, owners through the years have landscaped and altered the exteriors in different media. The Harmon's front porch is a covered porch with colonial style railing with gingerbread frieze above the front porch. Similar to other homes in the neighborhood, this home has the raised main level floor with a full basement with what we would call daylight windows. The doors on the attached two stall garage appear to be the original or close to the original garage door design. The deciduous ivy that covers the brick on the South exterior provides shade in the summer and sunlight exposure in the winter when the leaves fall -- an early form of "Green Architecture."

## Notable Plants

Yarrow  
Goldenrod

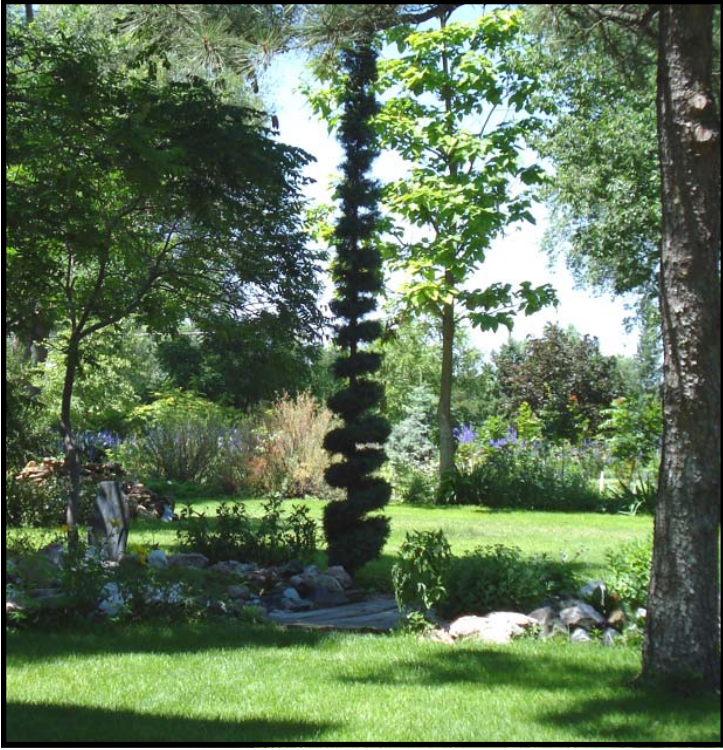
Sedum  
Red Hot Poker

Salvia  
Dianthus

Chrysanthemum  
Ice Plant

Evening Primrose

# Herb & Jackie Kelley





# 3366 South Parker Road

*It would take a long time to catch all there is to see here. As with all the other gardens, one can feel the love that has gone into the incremental creation of this amazing retreat. You can't miss the tall sculpted cedars - Herb has the advantage of his bucket truck to do that! Herb is a fountain of knowledge about the many trees here, and he loves to teach and share. If you're interested in low-maintenance lawns, ask him about his field of Buffalo Grass to the North.*

## WORKSHOPS:

*Culinary Uses of Herbs - Cecelia Lawrence - Samples and Refreshments!*

*Growing Herbs - Paul Cockson*

*Growing Pine Trees From Seed - Kent Elmshaeuser*

## Our Garden - by Herb and Jackie Kelley

Our family moved to 3366 Parker Road in February of 1970. We purchased the place from the Frazier family, who bought it from the U.P. Railroad. It was a two-bedroom farmhouse. Later on we engaged Danny Fry to build the house as it is now. We have done the rock work ourselves, hauling truck loads of the landscape rock from around Canon City, Colorado and from other states coming home in the trunk of the car from vacations. The slate came from South Dakota. All the landscape, trees, bushes, and flowers have been a work in progress, and one ever-changing as life itself. We thank our great God, our Heavenly Father for life, health, family, friends, peace, joy, happiness, and His blessings too numerous to mention.



## Gables Description - by Stephen Granger, AIA

Over 40 years ago, the home began as a small single story 2-bedroom farm home on a small acreage. Many transformations later it is a 3-bedroom home with a 2-stall attached garage and large family room that make this 2 acre rural homestead so relaxing. Pay close attention to the stone work on this home. Herb and Jackie collected stone from many of their travels and applied the stone to the facade of their home. The latest stone work, the archway at the south, provides an entry to their backyard. Herb and Jackie are retired from a tree trimming business -- I learned a lot from Herb on the tree history of North Platte. Part of this history can be seen on their acreage.

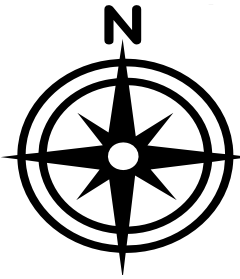
## Notable Plants and Trees

Silver Maple	Filbert (Hazel Nut)	Sky Master Locust	Buffalo Grass Field
American Smoke Tree	Accolade Elm	Debra Maple	Wild Orange Poppies
Colorado Blue Spruce	Chinese Elm (60 yrs)	Trumpet Vine (60 yrs)	Choke Cherry Bush
Red Pie Cherry Tree	Green Spire Linden	Oak-Leafed Mountain Ash	Climbing Euonymus
Heritage River Birch	Mugo Pine	Red Smoke Bush	Bitter Sweet
Prairie Fire Crabapple	Sculpted Cedars (20 yrs)	White Oak	Goldenrod
Plum	Elm (70 years old)	Douglas Fir	Fitzer Juniper
Apple	Sumac	Swamp White Oak	Meteor Sedum
Quaking Aspen	Red Maple	Amur Maple	Blue Spruce Sedum
Peach	Flowering Crabapple	Washington Hawthorne	Gilia Rubra
Red Bud Tree	Ash (from seed)	Dolgo Crab	Variegated Leaf Lilac
Hackberry (65 yrs)	Kentucky Coffee Tree	Concolor Fir	Red Currant
Black Walnut	Japanese Yew	Burning Bush	Gooseberry
English Oak	Fall Red Cedar	Red Canadian Choke Cherry	Indigo
Burr Oak	Ponderosa Pine	Lace Bark Pine	

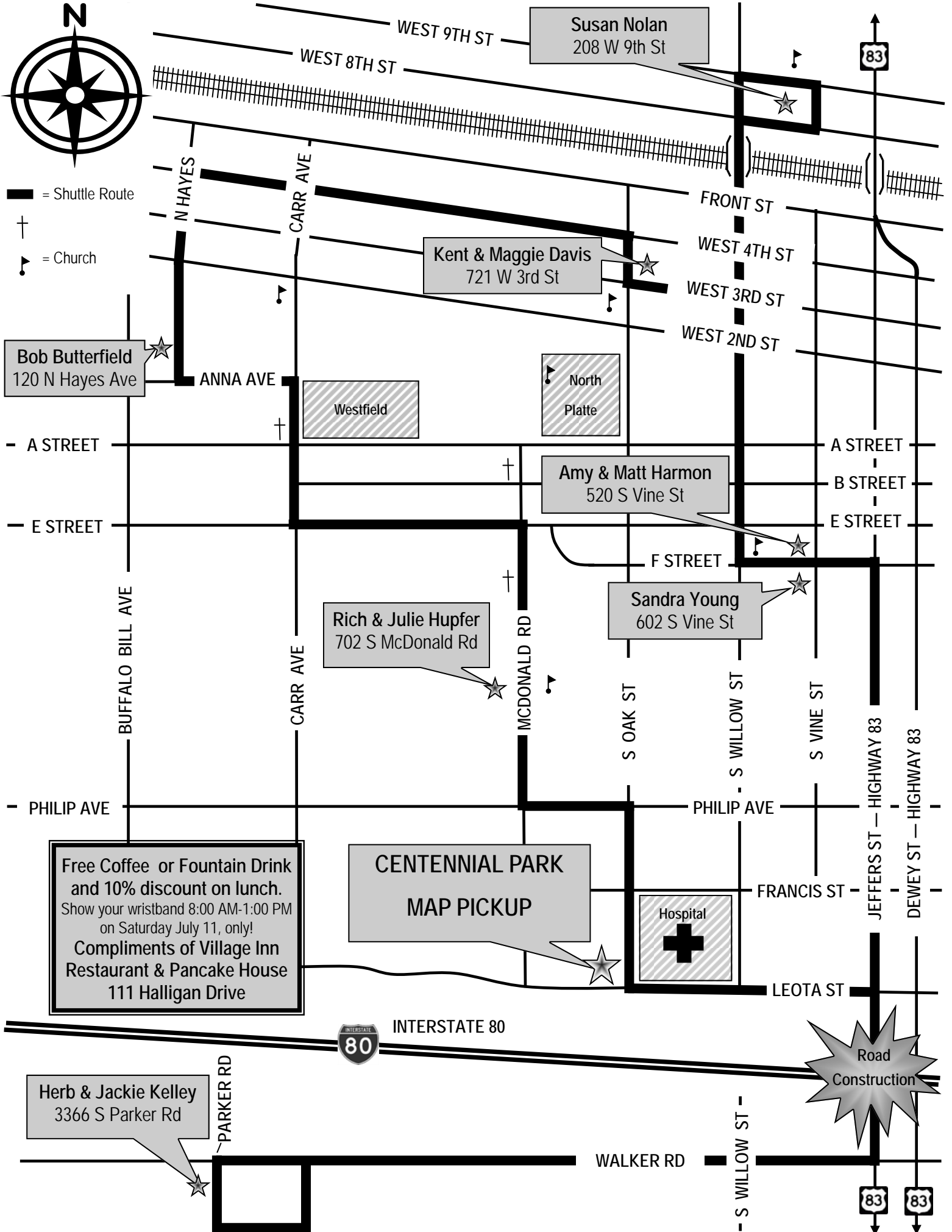
# Heat Illness Information

SIGNS AND SYMPTOMS	TREATMENT
<p><b>Early Heat Illness</b> Mild dizziness, fatigue, or irritability; decreased concentration; impaired judgment.</p>	<ul style="list-style-type: none"> <li>• Loosen or remove clothing.</li> <li>• Rest in shade 30 minutes or more.</li> </ul>
<p><b>Heat Rash</b> Tiny blister-like red spots on the skin; prickling sensations. Commonly found on clothed areas of the</p>	<ul style="list-style-type: none"> <li>• Clean the skin and allow it to dry.</li> <li>• Wear loose clothing.</li> <li>• Rest in a cool place.</li> </ul>
<p><b>Heat Syncope</b> Fainting of an unacclimated worker when standing still in the heat.</p>	<ul style="list-style-type: none"> <li>• Lie down until recovered.</li> <li>• Moving around, instead of standing still, in the heat will reduce recurrence.</li> </ul>
<p><b>Heat Cramps</b> Painful spasms of the muscles; occurs when workers drink large amounts of water without replacing salts. May occur during or after work hours.</p>	<ul style="list-style-type: none"> <li>• Drink electrolyte liquids (i.e., sports drinks such as Gatorade, Allsport, etc.).</li> <li>• Rest.</li> <li>• Massage affected areas.</li> <li>• May require intravenous salt solutions if determined by a</li> </ul>
<p><b>Heat Exhaustion</b> Extreme weakness or fatigue, giddiness, nausea, or headache. Moist, clammy skin. Pale or flush complexion. Normal or slightly elevated body temperature.</p>	<ul style="list-style-type: none"> <li>• Rest lying down in a cool place.</li> <li>• Loosen or remove clothing.</li> <li>• Splash water on body.</li> <li>• Massage legs and arms.</li> <li>• If conscious, drink water or an electrolyte solution, but not salt or salt water.</li> <li>• If unconscious, treat for Heat Stroke (below) until proven otherwise.</li> <li>• Severe cases involving individuals who vomit or lose consciousness may require longer treatment under medical supervision.</li> <li>• Medical personnel should evaluate individuals who collapse.</li> </ul>
<p><b>Heat Stroke</b> Often occurs suddenly. Sweating stops. Mental confusion, very aggressive behavior, delirium, loss of consciousness, convulsions, or coma. Fast pulse. Rapid breathing. Body temperature of 106 °F or higher. Hot, red skin that may be red, mottled, or bluish. Worker may resist treatment.</p>	<ul style="list-style-type: none"> <li>• <b>VICTIMS WILL DIE UNLESS TREATED PROMPTLY.</b></li> <li>• While awaiting medical help, remove victim to cool area, soak clothing with cool water, fan vigorously to increase cooling, and elevate legs. Treat for shock, if required, after temperature drops.</li> <li>• If conscious, have individual drink as much water as possible.</li> <li>• Prompt first aid can prevent permanent injury to the brain and other vital organs.</li> </ul>





- = Shuttle Route
- = Church
- = Church



**Bob Butterfield**  
120 N Hayes Ave

**Susan Nolan**  
208 W 9th St

**Kent & Maggie Davis**  
721 W 3rd St

**Amy & Matt Harmon**  
520 S Vine St

**Sandra Young**  
602 S Vine St

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