7-1-2001

The NEBLINE, July 2001
Join in the fun and excitement of the Lancaster County Fair at the Lancaster Event Center located at 84th and Havelock in Lincoln, July 31 through August 5. Lancaster County has a new home for its fair and new opportunities for participants and the community.

Making a difference in the life of youth is the goal of the extension and the 4-H program. There are many opportunities available for youth throughout their lives. One of these opportunities is participating in the county fair. How does involvement by extension staff, parents, and volunteers help make this difference? Developing assets, character, and life skills in youth can be a challenge in today’s society. Working with youth and volunteers is the opportunity to develop and share skills.

The following factors have been identified by the Search Institute as affecting the lives of young people. The 40 developmental assets include 8 types of assets all kids need. These assets are external and internal. The 8 types are:

1. Support - experiencing people and places that are accepting and loving
2. Empowerment - knowing they are valued
3. Boundaries & Expectations - understanding the limits and possibilities
4. Constructive Use of Time - being involved in enriching and structured activities
5. Commitment to Learning - believing education is important and engaging
6. Positive Values - Caring for others and holding high standards for self
7. Social Competencies - Developing skills and relationships for life
8. Positive Identity - Believing in their personal power, purpose and potential

Through the 4-H program, county fair opportunities are provided for youth to develop assets. How does involvement in county fair really make a difference? A survey of 4-H Alumni in Northeast Nebraska posed the question “Does participation in county fairs really make a difference in the lives of 4-H’ers?” Many positive responses were received. Some of these were:

• the development of strong character traits like responsibility; • learning leadership skills such as management skills; • working as a family; • setting and accomplishing project goals;

Exhibiting helps teach the best ways to win and lose. There is always something to be learned whether the ribbon received was purple, blue, red, or white.

Socializing and meeting new friends is on the top of the list of memorable moments during the county fair. It is the time of year when youth from throughout the county meet in the same place to share tales, renew friendships, and yes, develop skills.

County fair does make a difference.

County fair has a different meaning for each of us. It is a time filled with long days, hard work, fun, learning, volunteering, and being a winner. A winner is someone who learns through their experiences. Whether young or old, experienced or inexperienced, we all learn from visiting and/or participating in county fair activities. See you there!!
Vegetable Gardening in the Fall

By planting and planting a fall vegetable garden it is possible to have a free supply of vegetables up to and even past the first frosts. Many varieties of vegetables can be planted in mid to late summer for fall harvests. Successful plantings of warm season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale and collard greens grow well during the cool fall days and withstand light frosts. Timing planting is the key to a successful fall garden.

To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze. For Lancaster County, it is approximately October 10th. You also must know the number of days to maturity for the variety of the plant you intend to grow. Count the days back from the frost date to figure your planting date. When planting fall crops, prepare the soil by resting nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary to keep the soil moist during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge that you are making full use of your gardening space and season. (MJF)

Start Avocados Seeds

Avocado seeds may be started in a glass of water or in a moist, porous soil mixture. Either will work, but the soil method will provide faster results. If the seed is started in water, insert three or four toothpicks in the seed almost half way down the sides. Next, fill a small glass with water to the brim and place the seed, glass flat down, end up. The toothpicks rest firmly on the brim. The toothpicks should be supporting the seed so that the pointed half is out of the water and the bottom half is in the water. The sprouting tip will come out of the pointed end, so be sure the flat end is immersed in water. Place the glass on a sunny window sill or some other well lighted spot. Add water as needed to keep the bottom half of the seed wet at all times.

After a few weeks, a small root should appear from the flat end, and there should be signs of a small shoot at the pointed end. Tiny leaves will develop and grow on this shoot. Later, when the main stem emerges, plant the seed in a container with house plant potting soil. If the avocado seed is started in soil, fill a large container with house plant potting soil. Plant the seed so the pointed end is about an inch above the soil surface. Keep the soil moist at all times until the avocado plant is established.

Water the plant often enough to keep the soil moist, but not wet. A wet soil will result in curled leaves and soft stems. A dry soil will cause leaves to turn yellow and eventually fall off. Avocado plants require good, indirect light.

Because avocado plants grow into trees, provide them with plenty of growing space. (MIF)

Blue Flowers for the Garden

Blue corydalis (Corydalis flexuosa) This is a wonderful woodland plant that thrives in shade and moist soil, but also grows in full sun. The flowers bloom in neat clumps in mid to late spring. This plant has a lovely fernlike foliage. Blue corydalis is a perennial and hardy in USDA zones 5 to 8.

Heartleaf Brunnera (Brunnera macrophylla) This spring bloomer prefers moist, rich soil and a partially shaded location. The flowers are bright blue and the foliage is deep green and attractive.

Viburnums in the Landscape

Viburnums are one of the most outstanding group of shrubs for use in the landscape planting. Among their characteristics are variation in size from two to thirty feet, varied growth habits, excellent foliage, striking and fragrant flowers, showy fruit, and interesting winter appearance. In the landscape, viburnums are effective in many situations.

There are many viburnums to choose from. Some are effective in sun, some in shade. Some are hardy in the northern part of the United States, some in the southern part. Some are hardy in USDA zones 3 to 9. The following list is a small sample of the many viburnums available.

- **Viburnum dentatum** (American cranberrybush viburnum) This is a woody shrub that is hardy in USDA zones 3 to 9. The flowers are white and appear in early spring. The fruit is bright red and lasts well into the fall.
- **Viburnum opulus** (European cranberrybush viburnum) This is a hardy shrub that is very effective in many situations. The flowers are white and appear in early spring. The fruit is bright red and lasts well into the fall.
- **Viburnum carlesii** (Chinese trilobatum) This is a hardy shrub that is very effective in many situations. The flowers are white and appear in early spring. The fruit is bright red and lasts well into the fall.
- **Viburnum dilatatum** (Japanese viburnum) This is a hardy shrub that is very effective in many situations. The flowers are white and appear in early spring. The fruit is bright red and lasts well into the fall.
- **Viburnum lentago** (Wayfaringtree viburnum) This is a hardy shrub that is very effective in many situations. The flowers are white and appear in early spring. The fruit is bright red and lasts well into the fall.

Add a Touch of Fragrance

When planting a perennial garden, most people are concerned with what color the flowers will be, the height, and if the plant will grow in sun or shade. One important aspect of a garden is fragrance. A large collection of perennials have pleasing scents that consist of subtle, sweet perfume to zesty spices, or spicy aromas. Foliage, as well as flowers, can provide a notable fragrance. Try to incorporate scented perennials into your landscape and enjoy the benefits all summer long. (MIF)
Explore Spring Creek Prairie

For those who want to see a relic of western history in eastern Nebraska, trail rats associated with the Nebraska City-Fort Kearny Cut-off can be found at Audubon Spring Creek Prairie near Lincoln. The cut-off was one of Nebraska Territory’s two most important roads. Opened in 1860 as the shortest route from Mis- souri River ports to Fort Kearny and points west, the road was established by military freight contractors Russell, Majors & Waddell with the help of other Nebraska City interests. The shortcut provided an additional advantage of being an all-weather route because it was located principally along the ridges, which tended to stay drier during inclement weather. As a result, it became a year-round highway used by commercial transportation, and local traffic. This popular road was also known as the Great Central Route, the Airline Route, and, later, the Steam Wagon Road. The Cutoff facilitated such rapid settlement and commercial development south of the Platte River that it is considered to have played a major role in the relocation of the capital from Omaha to the new village of Lincoln in 1867. The importance of the road for freight hauling began to wane that year, after the transcon- tinental railroad was completed through the western states. Some immigrants and freighters, however, continued to use this section of road for transcontinental traffic after other improved alignments, such as the Steam Wagon Road, had been estab- lished closer to Lincoln in 1864. Mormons likely used this trail between 1864-66. The Spring Creek Prairie rats are important for several reasons. Foremost is their rarity, since most of the road has been obliterated by modern agricul- tural and urban development. Rats have been preserved here primarily because the ground was never plowed, a fact that has also preserved the prairie itself. The rats are also significant for being among the oldest (1860-64) of the three major align- ments of the Cutoff. Finally, the Spring Creek rats have further interest because they preserve traces of a descent situation from the ridge tops. Four or five sets of descent ruts reveal a complex pattern to the roadway that probably developed from varying terrestrial conditions, the braking requirements of heavy wagons, and, to some extent, individual preferences for making the Spring Creek crossing. It seems likely that travelers would leave the ridge road at this point primarily for water or possibly for overnight camping. From here, the road ran west and northward toward the Camden Crossing of the Blue River. Short sections of ruts are visible here and there in the unplowed pastures northwest of Spring Creek Prairie.

Note: Alert readers may have noticed a spelling difference between Fort Kearny and the city of Kearney, which derived its name from the fort. Why? Blame it on human error. According to the Nebraska Game and Parks Commis- sion website, the first Fort Kearny was established by Colonel Stephen Watts Kearny on Table Creek (present-day Ne- braska City), as a result of an 1844 report of the Secre- tary of War, recom- mending the con- struction of a chain of military posts from Missouri to the Rockies to protect the Oregon migration. On March 12, 1849, Col. Powell and Lt. Woodbury marched out of old Fort Kearny at Table Creek with an advance guard. By May 1, Table Creek was abandoned, and by June all officers and men of the Missouri volunteers had arrived at the “head of Grand Island” to erect the “first military station on the route to Oregon.” The new post was first named Fort Childs, in honor of Col. Thomas Childs of Mexican war fame (and Woodbury’s father-in-law). The construction of the post began once, with a crew of 175 men erecting temporary sod shelters, manufacturing bricks and adobes, and cutting timber for later permanent structures. By December 30, the new post was renamed Fort Kearney to honor General Stephen Watts Kearny. It was ready to fulfill its mission of guarding the Oregon Trail and other western routes. Information from the city of Kearney’s website says that due to a postal error, an “e” was inadvertently added to the city’s name and then never changed.

This article was reprinted with permission of Nebraska Audubon. (SC)

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Spring Creek Prairie

Spring Creek Prairie is located 15 minutes southwest of Lincoln. From Denton, take SW 98 Street three miles south, and after an “S” curve, look for the entrance sign on the east side of the road. Turn into the driveway and proceed down to the ranch house. Hours are 9 a.m. to 5 p.m. Monday through Friday throughout the year. Weekend hours are seasonal. Call 402-797-2301 for the current seasonal hours for the prairie. Admission by donation, free for Audubon members and children 12 and under. (SC)

Environmental Focus

Hey Acreage Owners! Want to learn more about......?

-Establishing Wildflowers & Native Grasses
-Attracting & Managing Wildlife
-Choosing & Growing Trees for the Acreage
-The ABC’s of Septic Systems
-Weed Control
-Establishing & Maintaining a Pond

Come to the Acreage Owners Expo
August 18, 2001
8:00 a.m. to 5:00 p.m.
Agricultural Research and Development Center (ARDC)
Near Mead, Nebraska
For more information, see article on page 2 or contact Don Janssen at 402-441-7180. (BPO)

Dispelling The Daddy Longlegs Myth

Have you heard this one? “Daddy-long-legs are one of the most poisonous spiders but their fangs are too short to bite humans.”

This tale has been lurking around for years. It is NOT TRUE, but to clarify it, several points need to be explained first.

What are daddy-long legs?

In the animal class Arach- nida, there are several lower level divisions called orders. Spiders are in the order Araneae, ticks and mites are in the order Acari. The creatures most people refer to as daddy- longlegs are in their own separate order which is Opiliones. Common names for this order are: 1) daddy-longlegs, 2) harvestmen, and 3) opilionid. They are character- ized by having one basic body segment which shows segmenta- tion on the posterior portion, at most, two eyes, and all eight legs attach to the pill-like body segment. They are usually found under logs and rocks, prefer moist habitats, and often have long flexible legs (although in some other parts of the world some Opiliones may have short legs.) They do not produce silk, so therefore, they are never found in webs unless they are being eaten by spiders. Because they are found under logs and other stuff which people do not turn over very often, most folks don’t run into daddy-longlegs very often. But, nearly all of us have seen them at one time or another. Daddy-longlegs make their living by eating decomposing vegetative and animal matter although are opportunistic preda- tors if they can get away with it. They do not have venom glands, fangs, or any other mechanism for chemically subduing their food. Therefore, they do not have poison and, by the powers of logic, cannot be poisonous from venom. Some have defensive secretions that might be poisonous to small animals if ingested. But, because they do not have fangs, this myth is false.

So, if you see a daddy-long legs, it is perfectly safe to pick it up and have it crawl on your hands and play with it for awhile. You cannot hurt them and you are not venomous.

Source: Rick Vetter, Univer- sity of California, Riverside. Website: http://spiders.ucr.edu/ Rick is a staff research associate in the Department of Entomology at UCR since 1980 and has written many publica- tions in scientific and medical journals in the area of venomous arthropods. He conducts exten- sion workshops on tick and spider identification. (BPO)

Aug 8-9: Daddy-long-legs are one of the most poisonous spiders, but their fangs are too short to bite humans.

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August Household Hazardous Waste Collections

Friday, August 10
Union College, Parking Lot, 52 and Cooper
Three blocks south of 52 and Calver
3 - 7 p.m.

Saturday, August 11
Nebraska Wesleyan University
Parking lot, 56 and Huntington
9 a.m. - 3 p.m.

Items that you can bring for disposal:

-Heavy metals: items containing mercury such as thermostats and aquariums.
-Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, and waxes.
-Tobacco products: weed killer, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silver, PCB.
-PCB’s: Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors, and televisions.

Do not bring latex paint, medicines, explosives or ammunition, fertilizers, used oil, general household trash, antifreeze, or batteries. Questions? Call the Lincoln- Lancaster County Health Department at 441-8040. (BPO)

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July 2001
The NEBRINE
The Origin of an Acre and Other Land Measures

Have you ever wondered what they came up with the unit of land area called an acre? An acre is 43,560 square feet. Have you ever wondered why they didn’t use a nice round number like 40,000 or 50,000 square feet to an acre?

The story goes like this. When plowing with a yoke of oxen, it was standard practice to rest the animals (and the farmer) after plowing a furrow 1/8 mile long. This measure of distance therefore became known as a furrow-long or furlong; (a furlong is a nearly forgotten term for distance, except at horse races and in the terminology of the horse racing tracks where it remains in common use).

The usual practice after plowing a furrow was to then turn the team around on a “land” and plow the other direction. Lands were laid out in such a way that the farmer would be able to finish a land every 10 rounds with a 10 inch plowshare (16.5 feet). One could imagine that perhaps farmers used a pole or rod that was 16.5 feet long when laying out lands because this measure of distance is still called a rod today.

Starting early in the morning, two lands could be finished before noon with a good yoke of oxen. At noon, the farmer stopped for his noon meal and to feed, water, and rest his animals. After the noon break, another two lands could be finished before quitting time. Four lands, or forty rounds (80 furrows) measured 16.5 x 4 = 66,000 feet across and was considered a good days work with a walking plow and a plow that was therefore 1/8 mile (660 feet) long by 66 feet wide or 43,560 square feet and became the standard unit of land area we call an acre. By the way, a farmer who plowed 80 furrows an eighth of a mile long would have walked ten miles while wrestling with the land guided walking plow. Is it any wonder this measure of land area became known as an acre (ache=ery)??

Other Units of land measure

On the American prairie where fences were constructed of posts and wire, farmers would place fence posts a rod apart. This helped them set up a land and gave them a point of reference on the other side of the field to site to when breaking out a new land. Fence posts are still commonly spaced a rod apart and barbed wire typically comes in 80 rod (1 mile) spools.

As stated above, a field an eighth of a mile (a furrow, 4 rods or 66 feet) across, four rods wide equal an acre. On fields a quarter mile long, two rods equal an acre. On fields one-half mile across (a quarter section is a half-mile square), four rods wide made an acre and therefore the space between each fence post spaced a rod apart measured one acre.

Another unit used in land measure is the chain. A chain is 4 rods or 66 feet. A standard acre was described as above one was wide by ten chains long, or ten square chains. Before the age of pocket calculators and computers, surveyors used chain measure to measure land because it simplified the calculations. A tract of land of any configuration could be divided into parcels, with each representing a standard shape (a square, a rectangle, a trapezoid, or a circle) and each parcel would be measured using a chain measure. The area of each parcel, in square chains, could be added together and the sum divided by ten to report acres in the field. (TD)

Calibrating Farm Sprayers

Producer question: How do you decide how much chemical and water to put in the tank when spraying herbicides or insecticides on the farm?

When calculating the amount of chemical needed per tank, one must know the label recommendations of the amount of chemical per acre and the land area that a tankful of solution will cover. The area covered will depend on the sprayer output and tank volume. For example, if a farmer knows he/she has a tank volume of 200 gallons and is putting out 20 gallons of spray per acre each tankful of spray will cover 10 acres. If the label recommends one quart of product per acre, 10 quarts (or two and one-half gallons) of chemical should be added to a full sprayer tank.

There are times when a full tankful of spray is not required. Continuing our example, if the field size is 35 acres, the farmer will need three full tanks (3 x 10 acres = 30 acres) plus enough spray to cover the remaining eight acres (20 gallons per acre x 8 acres = 160 gallons of spray). At one quart per acre, eight quarts (two gallons) of chemical would be added to the last load of 160 gallons. The total product needed for the 38 acre field is 38 quarts (9.5 gallons). The total spray volume needed for the field is 38 acres x 20 gallons per acre = 760 gallons.

How do I check the sprayer output?

A simple method has been developed to check the output from a boom sprayer. The procedure is as follows:

1. Check nozzle output uniformity. Catch the spray output (water only) from each nozzle along the boom for a given time and replace, then recheck any nozzles that vary more than five percent from the boom average.

2. Measure the distance between adjacent nozzles along the boom to find the nozzle spacing.

3. In the field to be sprayed, set markers at the distance indicated in Table 1 that corresponds to the nozzle spacing on the boom. With the tractor in the gear and throttle speed that will be used for spraying, pull the sprayer filled half-full with water through the course in two directions, recording the number of seconds it took to travel the course, and then calculate the average time required for the two passes.

4. With water only in the tank and with the spray rig stationary, adjust the regulator to the desired boom pressure and catch the output from one representative nozzle on the boom for the average length of time that was required to travel the measured course. The output of the nozzle, measured in fluid ounces, will be equal to the output of the sprayer in gallons per acre.

For example: A sprayer is set up with XR800VS nozzles. Check nozzle uniformity:

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<tr>
<th>Nozzle Spacing (inches)</th>
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Tips for Late Summer Alfalfa Planting

Pesticide Container Recycling Dates Set

Producers are encouraged to recycle 2.5 gallon and smaller pesticide containers. Containers must be triple rinsed or pressure rinsed with caps and labels removed.

The Lancaster County Extension office, in conjunction with local businesses, will be holding public collection days from 9 a.m. to 3 p.m. at the following locations:

July 13 Farmers Cooperative BenNET
July 20 First Co-op Princeton
July 27 S.E. Nebraska Co-op Filley
Aug 3 Farmers Coop Elevator Co. Fairbury
Aug 10 Farmers Coop Elevator Co. Odell
Aug 17 Farmers Coop Elevator Co. Wilber
Sept 14 Otte Oil and Fertilizer Wahoo

Is planting alfalfa in your plans next month? August is an excellent time to plant, if you have moisture and you do it right. Dr. Bruce Anderson, extension forage specialist, lists the following reminders on how to be successful.

1. Seedbed preparation is crucial for late summer plantings. Good seed-to-soil contact and weed control are essential. Half-hearted seedbed preparation produces only half-hearted yields. Two types of seedbeds work well in August. A fully tilled seedbed is best for many growers. With fully tilled seedbeds, weeds are eliminated and the field is smooth. But don’t over-till. Consider soil moisture whenever possible and put extra effort into getting a firm seedbed. You should be able to Debbie a basketball on an alfalfa seedbed in August. Rolling, harrowing and waiting for rain or irrigating, all help make seedbeds firm.

Small grain stubble also makes a good seedbed. Many drills can place alfalfa seeds into stubble soil very nicely. Just make sure you control weeds like forstall, sunflowers, and volunteer grain before stubble seeding. Use herbicides like Roundup or Gramosone Extra before planting, to kill existing weeds, if needed. Remember, these preparations are useless without moisture. Planting into dry soil is discouraged, because we never know if fall rains will be good or bad, but if you have moisture, then plant—shallow for rapid emergence and early for seedlings to develop good cold tolerance. With help from Mother Nature, good hay is just a spring away. (TD)

How do you decide how much chemical and water to put in the tank when spraying herbicides or insecticides on the farm?

With the sprayer adjusted to 20 pounds per square inch (PSI), the output of each nozzle is caught for 30 seconds. The average output was 22.5 ounces and each nozzle came within, plus or minus, one ounce (less than five percent variation from the average). All nozzles are acceptable.

1. Nozzle spacing: 20 inches

2. Distance: Referring to Table 1, for 20-inch nozzle spacing, two marker flags are set up 204 feet apart in the field to be sprayed. The tractor and sprayer are run through the course in two directions. The average of the two runs was 28 seconds to traverse the course.

3. Distance: Nozzle output: With the tractor and sprayer not moving, but with the boom spraying water and set for a boom pressure of 20 PSI, 20 fluid ounces are caught in 28 seconds. The sprayer will be putting out the anticipated 20 gallons per acre when operated in the field at this pressure and the travel speed used to traverse the measured course.

For more information on the Ounce Calibration Method, ask for NebGuide G-865 or point your browser to http://www.inra.unl.edu/neb/proper/ farmpower/g865.htm (TD)
The Acreage Owners Expo

Acreage: A rural property site of one to 20 acres used as a rural living environment.

A special place in the county is often a long-awaited dream. For many it communicates freedom, open space, clean air, and unique opportunities to enjoy hobbies, nature, and quiet living at its best. For others it is a constant challenge of providing those necessities of life that were supplied by someone else in the city.

In response to an increase in requests for information regarding acreage development in Lancaster County, the City-County Planning Department conducted a study of residential land use in Lancaster County outside of the City of Lincoln. The study found there were 9,526 residential parcels of land. Of the 9,526 residential parcels, 29 percent were acreages. It was also found less than four percent of the acreage residents report income from their property.

With the increase of acreages throughout the county, the extension office found itself responding to basic, yet very important, rural living questions. Some of the new country residents wondered if they had made the right choice to move to the country.

Home sites outside an urban community requires a source of safe drinking water. Proper care and maintenance of the water source ensures a safe and reliable water supply. Nobody regularly tests a rural water supply. This need to be done by the property owner.

Strong winds against an insulated building can reduce the heating or cooling system’s efficiency. Reducing air infiltration will increase heating or cooling efficiencies.

This usually requires the installation of a windbreak and other landscape plantings.

Rural living puts added responsibility on how people handle waste materials. Many of the conveniences associated with waste removal and recycling in urban settings are not always available in the country. It is imperative to have a properly designed and functioning septic system. Regular septic system maintenance again is the responsibility of the property owner.

Many acreages include more property than is utilized for the home site and lawn. This encourages problems with weed control and unwanted trees and shrubs. Proper management of these areas encourages wise stewardship of the land and makes the rural property a pleasant living environment.

People move to the country to participate in activities that improves their family’s quality of life. These activities include gardening, landscaping, livestock care, and development of wildlife habitat.

Acreage owners need basic information associated with living on their own in the country with small scale environmental concerns; animal production and care; and fruit or vegetable marketing. One source of this information is the 2001 Acreage Owners Expo. The Expo will be August 18, 9 a.m. to 3 p.m. at the University of Nebraska Agriculture Research and Development Center near Mead, Nebraska. The cost of the program is $15 for the first family member plus $5 for each additional family member. Children under 12 are admitted free. Registration includes a packet of information for each family registered.

Join us on Saturday, August 18, 2001 from 9:00 a.m. to 3:00 p.m.
Agricultural Research and Development Center
Research and Education Building near Mead, Nebraska.

“Learning to live in your rural environment”

Acreage Owners Expo

Register for an Acreage Owners Expo.

The 2001 Acreage Owners Expo
Dodge County Cooperative Extension, 1206 West 23rd Street, Fremont, NE 68025

Mail registration form and check payable to UNL Cooperative Extension to:
Acreage Owners Expo
Dodge County Cooperative Extension, 1206 West 23rd Street, Fremont, NE 68025

Acreage Insights

Simplify Lawn Care During Drought

Care and patience makes the difference between a healthy lawn and a brown one, especially when rainfall is short.

Although most people want beautiful, emergent-green lawns, this year isn’t the best year to coarsely ground corn cobs. Be sure mulch is free of debris, such as scrapes of metal or shards of glass. Mulches can be purchased, but it is not likely you may be more costly than plant debris generated on-site.

One problem gardeners usually run into is mulching too thick. Peat moss, if applied too thick, can form a water-blocking mat. A one-inch cover will work fine. However, big coarse pieces can be applied up to three inches deep. Mixed wood chips can usually do include chips that could attract wood-eating insects, so they may only be safe next to a home.

Mulch also can carry other hidden problems. Grass treated with a herbicide can kill vegetative or flower-producing plants and shouldn’t be used. Make sure grass clippings have dried, as they are high in water and nitrogen that will readily contribute to gaseous ammonia released in fermentation can injure or kill other plants. Diseased plants in mulch also may be able to transmit their problems, unless the mulch is completely composted first. Rocks, gravel or stones also can work.

Using plant residue for mulching your garden or flower beds, see NebGuide G95-1257, “Mulches for the Home Landscape.” (DJ)

Mulching Can Make Gardening Easier

Mulching isn’t a new concept, but it seems to be a growing interest as gardeners look for ways to reduce labor by conserving water, moderating soil temperature and controlling weeds.

Mulch is an organic or inorganic material applied to the soil surface during the growing season or applied over the plant during the dormant season. An important characteristic of mulch is its ability to insulate the plant and roots from the effects of extreme temperature fluctuations. It also can reduce fruit rot by eliminating contact between fruit and soil or splashing water.

Ideal mulches allow water and air to enter and exit the soil. They should be attractive, odor-free and stay in place. Although no single mulch material will meet all these requirements, a mulch should be selected that best suits the needs of your site.

Organic mulches work best. Organic mulches lessen soil compaction, slow down erosion and improve soil texture when later tilled into the soil. Plant material and naturally occurring forest or prairie litter will work. Gardeners can develop their own organic mulches by recycling yard waste, such as chipped or shredded leaves, branches, wood chips, grass clippings, or coarsely ground corn cobs. Be sure mulch is free of debris, such as scrapes of metal or shards of glass. Mulches can be purchased, but it

Mow Kentucky bluegrass needs about 1.5 to 3.5 inches. Make sure the grass isn’t over-watered. Kentucky bluegrass needs about 1.5 inches of moisture per week, but 13

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The Well-Dressed Salad

Food & Fitness

The NEW DIETARY GUIDELINES For AMERICANS recommends at least half of the recommended 6-11 servings of grain products per day be whole grain products. One serving for adults would include a slice of bread, 1/2 of a bagel, or 1/2 cup of rice. Check the bread you purchased yesterday. Is the loaf labeled “ready-to-eat,” it should be enough to dress 2 quarts (8 cups) of loosely packed salad, an amount they suggest for four servings. That means each serving of salad greens should have an equal amount of dressing on it.

Assemble 2 cups) of loosely packed salad, an amount they suggest for four servings. That means each serving of salad greens should have an equal amount of dressing on it.

Pam Anderson (How to Cook Without a Book, Broadway Books, 2000) advises a basic vinaigrette she uses a proportion of 3 tablespoons of vinegar to 1 cup oil. Offering up to about a tablespoon of olive oil per person in a salad dressing is an enjoyable way to include this healthy fat in your diet. One tablespoon olive oil provides 120 calories and 14 g total fat.

The U.S. Department of Agriculture Dietary Guidelines for Americans recommends a total fat intake of no more than 30 percent of calories for healthy adults and less for children under 2 and older. On a 2,000 calorie diet, that would mean no more than 600 calories from fat each day. Each tablespoon of olive oil would provide ONE-FIFTH of your total fat intake for the day, so use olive oil to keep a closer eye on how much dressing you use.

If you enjoy homemade dressings and would like to bring the fat per serving down even further, the salad dressing recipe in this article provides one to 1 1/2 teaspoons olive oil per serving.

4) Experiment with Vinegars

A classic French vinaigrette is typically three parts oil to one part vinegar (usually olive oil and one part acid (frequently red wine vinegar). Seasonings include salt, pepper, and often Dijon mustard and/or garlic.

You may be able to use less oil and more acid ingredient if making your own. For example, if making your own, the dressing on it.

Some tips:

* While lime and lemon juice can stand by themselves in salad dressings, you’ll get more flavor and a better orange juice with vinegar.
* Deborah Madison, chef and author of several books on the subject, suggests:

See SALAD on page 11

Is That Whole Wheat Bread Really “Whole Wheat”?

The Well-Dressed Salad

Salad Dressing Than You Need for How to Make Whole Wheat Salad Dressing (Boston Common Press, 1998), the test kitchen staff for Cook’s Illustrated magazine advise a four to one ratio of oil to a tablespoon of oil and a teaspoon of vinegar for each 1/2 cup portion of salad in making a basic vinaigrette, she uses a proportion of 3 tablespoons of vinegar to 1 cup oil.

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See SALAD on page 11
"All New and Just for You!!!"

4100 North 84th (84th & Havelock)
Lincoln, Nebraska

2001 County Fair Highlights
(see complete fair schedule on the back of this insert)

**Tuesday, July 31**
- 4-H Style Revue (Pavilion 1) ................................. 7 p.m.

**Wednesday, August 1**
- 4-H Horse Show (Main Arena) ............................. 8 a.m.
- Open Poultry .................................................. 10 a.m.
- Exhibits Open .................................................. 6 p.m.
- Carnival Opens  evenings

**Thursday, August 2**
- 4-H Horse Show (Main Arena) ............................. 8 a.m.
- 4-H Household Pets Show (Board Room) ............... 11 a.m.
- Watermelon Feed (Courtyard) ............................ 4:30 p.m.
- Carnival afternoon, evening

**Friday, August 3**
- Open Class Swine ........................................... 3 p.m.
- Longhorn Show ............................................... 5 p.m.
- Celebrity Swine Show ................................. 4 p.m.
- Ice Cream Social (Courtyard) ........................... 5:30-7 p.m.
- Family Barbecue (Courtyard) ........................... 5:30-7 p.m.
- Farm Family Awards .................................... 7 p.m.
- Hay Hauling Contest ................................. 7 p.m.

**Saturday, August 4**
- Open Class Dog Agility Show ............................. 2 p.m.
- Open Class Dairy Cattle Show (Pavilion I) .......... 11 a.m.
- Big Wheel Race .............................................. 11 a.m.
- Pedal Tractor Pull .......................................... 4 p.m.
- Micro/Mini Tractor Pull ................................... 1 p.m.
- Open Class Horse Show (Main Arena) .............. 8 a.m.

**Sunday, August 5**
- Open Class Miniature Horse Show (Main Arena) .... 8 a.m.
- 4-H Celebration/Achievement & Leadership Recognition (Pavilion I) ........................................ 2 p.m.
- Open Class Dog Obedience (Pavilion I) .............. Noon
- Open Class Mini Goat (Pavilion I) ...................... 9 a.m.
- Open Class Sheep Show (Pavilion I) ................. 9 a.m.
- Open Class Rabbits ...................................... 8 a.m.
4-H/FFA Livestock Shows

Sheep: Wednesday, August 1, 5 p.m.
Bucket Calf: Wednesday, August 1, 5 p.m.
Beef: Thursday, August 2, 8 a.m.
Goat: Thursday, August 2, 8 a.m.
Llama: Thursday, August 2, 7 p.m.
Swine: Friday, August 3, 8 a.m.
Dairy Cattle: Saturday, August 4, 8 a.m.

All these events take place in Pavillion 1.

4-H Horse Show

Tuesday, July 31 through Friday, August 4

Main Arena

(see schedule on back page for times)

4-H Rabbit Show

Thursday, August 2 through Saturday, August 4

Pavillion 1

(see schedule on back page for times)

4-H Poultry & Pigeon Show

Thursday, August 2, 4 p.m.

Pavillion 1

(see schedule on back page for times)
4-H Dog Show
Tuesday, July 31, 8 a.m.
Pavillion 1

4-H Cat Show
Saturday, August 4, 9 a.m.
Board Room

4-H Style Revue
Tuesday, July 31
7 p.m.
Pavillion 1

4-H Household Pets Show
Thursday, August 2
11 a.m.
Board Room

Watermelon Feed
Thursday, August 2
4:30 p.m.
Courtyard

4-H Teen Council Ice Cream Social
Friday, August 3
5:30-7 p.m.
$.75
Courtyard

4-H Celebration
to recognize 4-H youth and leaders
Sunday, August 5 • 2 p.m.
Pavillion 1

Barbecue
Friday, August 3
5:30-7 p.m.
$3
Courtyard
## 2001 Lancaster County Fair Schedule

### Monday, July 30
- **4-H Horse Check In (Pavilion 2)** ...................................................... 4-8 p.m.
- **Static Exhibit Check In 4-H & Open Class (Lincoln Room)** ................. 4-8 p.m.

### Tuesday, July 31
- **4-H Horse Check In (Pavilion 2)** ...................................................... 7:30 a.m.-noon
- **Static Exhibit Judging (Lincoln Room)** .................................. 8 a.m.
- **4-H Dog Show (Pavilion 1)** ....................................................... 8 a.m.
- **4-H Horse Dressage (Main Arena)** ............................................. 8 a.m.
- **4-H Horse Hunter/Jumper - Hunter Hack (Main Arena)** ................. 3:30 p.m.
- **4-H Rabbit/Poultry Check In (Pavilion 1)** .................................. 4-8 p.m.
- **4-H Style Revue (Pavilion 1)** .................................................... 7 p.m.
- **4-H Miniature Horse Show (Main Arena)** ...................................... 7 p.m.
- **Rabbit-Pet Class-Breeders Choice (Pavilion 1)** .......................... 8 a.m.
- **Watermelon Feed (Courtyard)** .................................................. 8-11 p.m.
- **Teen Dance (under the stars)** ................................................ 4:30 p.m.
- **Strolling Acts - Joey Brown Stiltwalker - Gene Turner - Pickpocket Entertainer**
- **Racing Pigs - 4 times each day**

### Wednesday, August 1
- **4-H Beef-Sheep-Weigh In** ..................................................... 7:30-10 a.m.
- **4-H Horse English Pleasure (Main Arena)** .................................. 8 a.m.
- **Open Class Poultry** ......................................................... 10 a.m.
- **Free Stage Entertainment (Courtyard)** .................................. Noon - 8 p.m.
- **All 4-H Animals Must Be Checked In** .................................. (Pavilion 1) ............................................. 11 a.m.
- **4-H Dog Quiz Bowl (Hallway)** .............................................. 1 p.m.
- **Rabbit Judging (Hallway)** Quiz Bowl ....................................... 2:30 p.m.
- **Horse Judging (Main Arena)** .................................................. 2:30 p.m.
- **Bucket Calf Interviews (Board Room)** ........................................ 2:30 p.m.
- **Horse Reining, Working Pleasure, Western Riding (Main Arena)** .... 5 p.m.
- **4-H Sheep Show (Pavilion 1)** ................................................... 5 p.m.
- **4-H Bucket Calf (Pavilion 1)** .................................................... 5 p.m.
- **4-H Demonstrations** ............................................................... 5:30 p.m.
- **Strolling Acts - Joey Brown Stiltwalker** ........................................

### Thursday, August 2
- **4-H Horse** ................................................................. 8 a.m.
- **Showmanship, Groom & Care, Halter, Bareback Equitation (Main Arena)**
- **Free Stage Entertainment (Courtyard)** ........................................ Noon - 8 p.m.
- **4-H Beef Show (Pavilion 1)** .................................................... 8 a.m.
- **4-H Dairy Goat (Pavilion 1)** ..................................................... 8 a.m.

### Friday, August 3
- **4-H Horse Roping (Main Arena)** ............................................. 8 a.m.
- **4-H Rabbit Show- Doe & Litter, Market, Breed/Furt (Pavilion 1)** .... 8 a.m.
- **4-H Swine** ................................................................. 8 a.m.
- **4-H Horse - Trail (Main Arena)** .............................................. 11 a.m.
- **Strolling Acts - Joey Brown Stiltwalker** ........................................
- **Gene Turner - Pickpocket Entertainer** ........................................
- **Racing Pigs - 4 times each day**

### Saturday, August 4
- **Open Class Dairy Goat Show** ................................................. (Pavilion 1) .................................................. 8 a.m.

### Free Stage Entertainment (Courtyard)
- ** Noon - 8 p.m.**
- **Open Class Dairy Show (Pavilion 1)** ........................................ 8 a.m.
- **Rollin Plains M/C Inc. Ride & Shine Show** .................................... 1 - 6 p.m.
- **Kids Tractor Pull** ............................................................... 4 p.m.
- **Strolling Acts - Joey Brown Stiltwalker - Gene Turner - Pickpocket Entertainer**
- **Racing Pigs - 4 times each day**

### Sunday, August 5
- **Free Stage Entertainment (Courtyard)** ........................................ Noon - 4 p.m.
- **Open Class Miniature Horses (show in Main Arena)** .................... 8 a.m.
- **Open Class Rabbits** ............................................................... 8 a.m.
- **Open Class Mini Goat** ........................................................... 9 a.m.
- **Open Class Sheep Show** ....................................................... 9 a.m.
- **Open Class Dog Obedience** ..................................................... 2 p.m.
- **4-H Celebration (Pavilion 1)** .................................................. 2 p.m.
- **Exhibits Released** ................................................................. 4-6 p.m.
- **Strolling Acts - Joey Brown Stiltwalker - Gene Turner Pickpocket Entertainer**
- **Racing Pigs** ................................................................. Noon - 4 p.m.

**Armands $10 Wednesday and Thursday 5-10 p.m. and Sunday Noon -5 p.m.**
Hints for Family Time

Here are some family activities designed to strengthen your family by providing opportunities for you to play together.

• What is your Habitat? (8 to 19 minutes)

  Material: Paper or poster board, and markers or pens

  1. Ask your family if anyone knows what the words habitat means. Animals, for example, live in habitats that provide them with the food, water, shelter, and space they need to survive. You might discuss with children why fish live in water and polar bears live in the snow.

  2. Where do you live? Where is your home? (My room, house, neighborhood, city)

  3. Where is your shelter? (My house, my parents, etc.)

  4. Where do you get your food? (store, garden, restaurant)

  5. Where do you get your water? (fountain, city water, rain, rivers, lakes)

• How much space do you need?

• What would happen if you lived in another part of the world? Would your habitat change?

  Adapted from Joyce Shinner, OSU Extension

Family Traditions – Rades (5 to 10 minutes)

Material: None

A tradition can be defined as a normal or usual way of doing things. Family rituals bring a sense of belonging and/or routine to family members. Most families have rich traditions, for example: the things you do when you get ready for bed or get up in the morning, the way you celebrate holidays, eat meals together, go picnicking, or cook out together, watch TV shows, play games, to go family reunions, read books, go places, do chores together. How many traditions does your family have about food? In my family, we always had fresh-baked homemade bread every Saturday night with home canned peaches. That still sounds mouth watering to me.

Ask your children to think of a family tradition. Have them act out the tradition in front of the family while others try to guess what the tradition is.

End by thinking about ways that can build more family traditions. One of my sisters, for example, gave an “M & M” (Making Memories) Day each month with her family. The activities for those days have been as varied as picnics in unused spots to attending college football games together.

Spending Time Together

It is a quality time or quantity of time that’s important? According to researchers, Nick Snitten and John DeFrain, it’s both! In a survey of over 600 families living in the United States and abroad, time together was identified as one of six characteristics of families that best prepared to meet the challenges of modern-day living.

“Strong families are made step by step,” explain Snitten and DeFrain. And spending time together—quality time in large quantities—has been found to be one of the important steps necessary to achieving a strong family.

Spending time together eases loneliness and isolation, nurtures relationships, and creates a family identity. Strong families understand communication simply isn’t going to be good unless they have time together.

With the pressures on today’s families, how do they make time to spend with each other? How do they manage to have family weekly time to spend together, regular, one-on-one times with individuals in the family? While strong families are not exempted from a shortage of time, they have learned some creative ways of “making” out time to create memories to- gether. For example:

• Share meals together on a regular basis. Use this time to share triumphs and tribulations or just to keep up on current events. Use it as time to plan upcoming events or solve problems. Or simply use this time to enjoy each other. (Hint: Enhance mealtime by turning off

CHARACTER COUNTS! Corner

Family Nights and Character

In our series on building character during “family nights,” the next pillar to consider is respect. It is essential for families to realize the importance of treating others with consideration and courtesy and accepting them for their own uniqueness. An activity that can show how unique individuals are entitled to be "special and different." This activity can be used with your own family or you can invite other families to join you.

Line up according to: birth date; height; length of hair; or something similar.

Group by: color of shoes; color of hair; wearing slacks, shorts, long sleeves, etc.

This activity is also fun to try without talking. The activity becomes a little more challenging and can generate great discussion on respecting others who have special needs (blindness, deafness, etc.).

The purpose of this activity is to show we all have unique traits, but also have much in common with others. You can ask discussion questions like:

• How do we show respect to others?

• How do others show respect to us?

To conclude the activity, stress the importance regardless of our differences, everyone deserves to be treated with respect. We respect others by honoring their right to make their own decisions and accepting individual differences without prejudice. (SS)
Attention Volunteers!

Information is now available for this year’s North Central Regional Volunteer Forum. This year’s forum will be November 8-11 in Des Moines, Iowa. Share ideas with other volunteers, share experiences, challenges, and successes. You can also participate in educational sessions and activities designed to increase your effectiveness and competencies. Some educational sessions include:

- Building Blocks to Effective Meetings
- Strengthening 4-H Clubs
- Energize Your Club Meetings
- Letting Youth Lead the Way

Volunteers also will have the opportunity to go on a variety of tours to places such as the Des Moines Art Center and Botanical Center, the Science Center of Iowa, and the Capitol.

Full time registration is $195. Registration is due September 15. Please contact the office to receive additional information. A limited number of scholarships will be available from the 4-H Council. (TK)

Attention Environmentalists!!!!

The Lincoln Center Kiwanis Club is looking for a few environmentally-minded 4-H’ers interested in helping with our annual roadside clean-up project. The Kiwanis Agriculture and Environment Committee hosts a trash pickup every year in the spring and fall. This involves wearing a cool orange vest and picking up the trash along a one-mile stretch of the Homestead Expressway (Highway 77) between West Van Dorn and West A streets.

This fall’s clean-up is scheduled for Saturday, August 18, 8 to 10 a.m. Everyone meets at Yankee Doodles, 640 Prospector Court. We split into small work groups and the fun begins. Once we finish, we compare biggest/weirdest/mostest trash stories over refreshments and snacks.

If you are interested in joining members from the Lincoln Center Kiwanis Club on the morning of August 18, please contact Peg Koehn at 481-5780 (day) or 421-6386 (evening). We’ll save a vest for you! (LB)

Volunteers are Needed and Appreciated!

If you are 12 years of age or older, you can help as:

- Fair assistant—help judges and superintendents with exhibits Monday, July 30, 4-8 p.m. or Tuesday, July 31, 8 a.m.-5 p.m.
- Fair Fund Day helper—give tours to daycare groups of the fairgrounds and activities Friday, August 3.
- Food booth worker—help in the 4-H food booths. Please call Trudy Pedley, 4-H Council member at 467-2537 to volunteer. Thanks a million! (LB)

Needed: 4-H Ambassadors

4-H members who will be in grades 9-12 in the fall, are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.

4-H Ambassadors:
- Promote 4-H through PSA’s and displays.
- Serve as master/mistress of ceremonies at events.
- Develop marketing skills through selling ads for the fair flyer.
- Provide leadership for 4-H activities.

To apply, send a letter stating why you would like to be an ambassador and a resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry creek Road, Suite A, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

Sample a Taste of the Centennial Year!

Have you ever tasted 4-H flavored ice cream? Plan to sample this cold, sweet treat from the UNL Dairy Store at the 2001 State Fair and help us celebrate 100 years of 4-H. The Centennial Committee is planning an ice cream social at 2 p.m., Sunday, September 2, in the 4-H Youth Complex/Exhibit Hall. Come stay cool and learn about the many fun activities planned for the 2002 Centennial! (LB)

4-H Celebration
Sunday, August 5, 2 p.m.
Pavilion I, Lancaster Event Center, 84th & Havelock

Recognizing members and leaders for outstanding achievement and years of service.

Families will be selected from the audience to participate in “Family Fun Activities.” Come and celebrate the achievements. Help give the 4-H members and leaders the recognition they deserve and the “thanks” they have earned. (LB)
The 2002 White House Easter Egg Artistry Contest is under way! The American Egg Board (AEB), in conjunction with the Poultry & Egg Division of the Nebraska Department of Agriculture, is again sponsoring this statewide contest. Nebraska artists are asked to decorate an egg to represent some special feature(s) of the state of Nebraska.

The winning egg from Nebraska will be sent to the American Egg Board for inclusion in the 2002 Easter Egg Display at the White House in Washington, D.C. Entries for this year’s contest are due August 23, 2001. For contest criteria or further information, contact Mary Torell by e-mail at mtorell2@unl.edu or call 402-472-0752. (LB)

Waiving of jackets for the English shows.

There have been occasions when the judge of the English horse show has waived the wearing of jackets due to extreme heat. When the judge waives jackets, please remember all jackets are waived and you should not wear a jacket when entering the arena to ride the class.

Wearing T-shirts for games.

Again, in cases of extreme heat, the judge may allow T-shirts to be worn during the games show. If you choose to wear a t-shirt, it must be the official 4-H T-shirt with the 4-H emblem. (EK)

On Saturday, June 9, the Lancaster County pre-district horse show was held in the Amy Countryman Memorial Arena. Approximately 60 exhibitors showed in nine different classes.

On Sunday, June 17, the Grand Opening of the Countryman Arena was hosted by the Wee Amigos and the Low Riders 4-H horse clubs. A horse show followed the 1 p.m. opening ceremony. Many 4-H families, relatives, and county personnel were on hand to show their thanks and support to Amy Countryman’s family and all of their friends who have worked to build a beautiful arena. There is still much work to be done, so keep your eyes open and be prepared for the next volunteer work day! (EK)
Pollution Prevention Interns Assist Nebraska Businesses

Your Child and Self-Care

Little Salt Valley Planning Cooperative Begins Collaborative Planning...

Sief Mahagoub—New Intern for Extension Office

The Partners in Pollution Prevention internship program is offered through UNL and provides no-cost assistance to small businesses and industries in Nebraska. Interns work with businesses such as farm cooperatives, dry cleaners, print shops, and auto repair shops. Their goals are to reduce pollution and potentially save money. During the ten-week program, interns bring informational updates about new technologies and products to participating business owners, assess their work situations, and provide them with a detailed report on how to conserve resources.

In addition to working with small businesses, the interns will speak to several community groups about the benefits of pollution prevention. They also have the opportunity to work with businesses and apply the techniques learned during the internship.

The Little Salt Valley Planning Cooperative is a group composed of landowners, representatives of public and private agencies and organizations, and interested individuals who are participants in a collaborative planning initiative for the Little Salt Creek Watershed. The watershed is the site of a unique environment of saline marshes and home to the Salt Creek tiger beetle. The purpose of the initiative is to develop a community-based action plan for the watershed because of concerns with growth along the North 27 street corridor and Interstate 80. The process was originally hosted by The Nature Conservancy through a series of public meetings in the summer of 2000. The consensus of the third of three meetings was to complete a formal process for community-based planning for the future of the watershed. The Nature Conservancy and Nebraska Game and Parks provided funding and convened a steering committee.

The initiative was divided into two phases. The purpose of phase one, the preliminary planning, was to identify and interview stakeholders, that is, anyone interested in what is going to happen in the Little Salt Creek watershed and to identify their issues, concerns, and ideas for this watershed. Three public events were held in May 2001 to invite participation, present preliminary findings, and provide displays from local public and private agencies.

Flyers were mailed to the 592 addresses in the watershed and announcements were made in the community.
SAVOR continued from page 6

using balsamic vinegar in combination with wine vinegars to create a “chore” because it can also be applied to homes. It can be used in a variety of ways:

1) Drizzling over fresh vegetables
2) Marinating meats
3) Dressing salads
4) Adding to soups and stews

Vinegar dressings. You have more control over the fat, salt and other ingredients, as well as the taste, than when you use bottled dressing. But, it may be worthwhile to find a vinegar dressing, especially reduced fat ones, that you enjoy. Then, a healthy salad is never more than a quick toss away, especially if you combine the dressing with bagged “ready-to-eat” salad greens and pre-cut veggies from the deli.

DROUGHT continued from page 5

people can ensure water use is used effectively. First, water lawns between 4 and 10 a.m. to reduce evaporation. Don’t remove grass clippings after mowing, because they hold vital moisture and keep succulent mower blades; dull blades rip grass stems, which need 40 to 60 percent more water to repair itself. Aerate lawns this fall to allow water to soak deeper and to promote root growth.

For more information, consult NebrGuide 09-1400-A, “Watering Nebraska Landscapes: When and How Much?” available at your local cooperative extension office or online at http://www.iianr.unl.edu/pls/horticulture/g1400.htm. (DJ)

YOUTH continued from page 7

example: I think kids in high school are too young to have sex, especially given today’s risks.

When you do have sex, always use protection against pregnancy and sexually transmitted diseases until you are ready to have a child.

Our family’s religion says sex should be an expression of love and commitment.

Finding yourself in a sexually charged situation is not acceptable. I’d think about how you’ll handle it in advance. Have a plan. Will you say “no?” Will you use contraception? How will you negotiate the rules? There’s no one way to do it. It’s okay to think about sex and feel sexual desire. Everybody does it! It’s not okay to get pregnant or get somebody pregnant as a teenager.

One of the many reasons I’m concerned about teens drinking is that it often leads to unprotected sex. (For boys) Having a baby doesn’t make your a man. Being able to wait and acting responsibly does.

For more information, consult NebrGuide 09-1400-A, “Avoiding teen pregnancy.” (VG)
July 13
Pesticide Container Recycling at Farmers Cooperative in Bennet ........... 9 a.m. - 3 p.m.

July 17
CWF ................................................................. 7 p.m.

July 18
Family Consumer Science Judging Contest ........................................... 1 p.m.

July 20
Pesticide Container Recycling at Firth Coop in Princeton ...................... 9 a.m. - 3 p.m.
4-H Demonstration Contest ................................................................... 1 p.m.

July 23
4-H Superintendents Meeting at Event Center ....................................... 7 p.m.

July 25
Style Review, First Lutheran Church, 1551 S. 70 ...................................... 8:30 a.m.

July 26
4-H Food Booth Training, Event Center .................................................. 6-7 p.m.

July 27
Pesticide Container Recycling at S.E. Nebraska Coop in Filley ............... 9 a.m. - 3 p.m.

July 31-August 5
Lancaster County Fair—refer to insert for specific events and times

August 3
Pesticide Container Recycling at Plymouth Coop in Fairbury ................. 9 a.m. - 3 p.m.

August 6
AKSARBEN entries due

August 7
4-H Council ......................................................................................... 7 p.m.
4-H Horse Achievement Night ............................................................. 6:30-7 p.m.

August 10
Extension Board Meeting ....................................................................... 8 a.m.
Pesticide Container Recycling at Plymouth Coop in Odell ..................... 9 a.m. - 3 p.m.

August 15
Superintendents Dinner ......................................................................... 7 p.m.

August 17
Pesticide Container Recycling at Plymouth Coop in Wilbur ................... 9 a.m. - 3 p.m.
Fairboard Meeting - Event Center ......................................................... 7:30 p.m.

August 18
Acreage Owners Expo, ARDC .............................................................. 9 a.m. - 3 p.m.

August 20
Livestock VIPS (Fair Review) ................................................................. 7 p.m.

August 22
State Fair Entry Day

August 23
State Fair Judging Day

A REMINDER FOR INTERNET USERS:
Lancaster County Extension Office has a new, shorter home page address:
lancaster.unl.edu

Some shortcuts:
lancaster.unl.edu/food  lancaster.unl.edu/hort  lancaster.unl.edu/contact
lancaster.unl.edu/ag  lancaster.unl.edu/family  lancaster.unl.edu/neblinelancaster.unl.edu/enviro  lancaster.unl.edu/4h

Be an AmeriCorp VISTA Volunteer
VISTA positions are currently available in Cooperative Extension to work with under-served audiences. Interested applicants need skills in the following areas: youth development, leadership, recruitment, program development, communication, and computer skills. Applicants must have a valid Nebraska Driver’s license. VISTAS are full time and get paid a small stipend each month. Health and life insurance, child care assistance, and government student loan deferment are part of the benefit package. A cash of stipend $1200 or a $4725 educational grant are available at the end of the year of service. If you are interested contact Gary Bergman or LaDeane Jha at 441-7180.