

WATER

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Myth: We have less water today than we did 100 years ago.

Reality: There is the same amount of water on earth today as there was when the earth was formed three billion years ago. The difference is that today many more demands are placed on water. Because our demands on water continue to grow but our supplies don't, everyone

should lend a hand to conserve, protect, and get involved with decisions that affect our water resources.

Water fact: Almost 80 percent of the earth's surface is covered with water; but less than one percent is fresh water that can actually be used for drinking, irrigating crops, recreation, industrial uses, and other purposes. Ninety-nine percent of the earth's water is in oceans or

frozen in polar ice caps. That's why it is very important that we conserve and protect our fresh water supplies.

Food for thought: To stay healthy you need to consume two to three quarts of water a day. Some you drink, some you get from the food you eat. Water also plays a big role in growing, processing, and cooking food. So it makes good sense to take care of our water resources. (DJ)

PASTURES

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plant nutrients, as well as, allowing pesticides time to affect target pests. With a little planning and management you can turn those neglected pastures into significant contributors of animal nutrients, and at the same time decrease potential sources of non-point source water pollution.



The first step needed in a pasture management scheme is an inventory of existing pasture plants. (What's growing out there?) Do you have more weeds than forage plants? Are the weeds mostly annuals or perennials? Annual weeds are not a major concern in the fall, but fall is the best time of the year to control perennial weeds.

The next step should be to get a soil test. In sandy soils you can count on needing to add fertilizer to your pastures. A soil test is the best way to determine how much of which plant nutrients are needed.

If you need to over-seed, or completely re-establish your pastures, choose a pasture mix that fits your situation. A grass-legume mix is often the best choice for nutrient value and season long forage availability.

If the pasture is to be heavily grazed, choose forages suited to heavy grazing such as bluegrass, white clover, or birds foot trefoil. If the pasture will not be heavily grazed, more choices are available. A good mix to start with for a new seeding is: 5 lb red clover + 6 lb smooth bromegrass + 3 lb orchard grass per acre. If your pasture grasses look good, you may still want to introduce a legume to increase the protein value of the pasture and to provide some nitrogen for the grasses.

Once the pasture is in good shape, and weeds have been controlled, a few simple management practices will help it to stay that way:

- Do not turn animals out onto wet pastures (especially in the spring); wait until pastures are dry. Animal hooves are more damaging to forage plants when the ground is soft and wet. Also,

turning the animals out too early in the spring will cause compaction and destroy the soil structure, causing problems long into the growing season.

- Use rotational grazing as much as possible to allow forage plants to recover. This will help produce a stronger root system, increase the amount of high quality forage over the season, and reduce the amount of weeds that are common to over-grazed or stressed pastures.

Even a small pasture can be divided into smaller "paddock" to allow for rest periods.

Rotational grazing also helps to spread manure more evenly over the field. Allowing the manure to dry, and then dragging the pasture will help to reduce pest and parasite problems by exposing insect eggs and parasites to predators and desiccation.

- Remove animals from pastures early enough to allow a build up of root reserves which will increase winter hardiness and pasture longevity. Animals should be taken off alfalfa pastures around mid-August, and other pastures from late August to early September.

- Fertilize yearly as indicated by soil test results. (DJ)

YOUTH

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number of hours your teenager gives to part-time jobs (20 hours per week should be the maximum) so there is enough time and energy left to focus on school.

Tip Nine: Know what your kids are watching, reading, and listening to. The media are chock full of material sending the wrong messages. Encourage your kids to think critically: ask them what they think about the programs they watch and the music they listen to.

Tip Ten: These first nine tips for helping your children

avoid teen pregnancy work best when they occur as part of strong, close relationships with your children that are built from an early age. Strive for a relationship that is warm in tone, firm in discipline, and rich in communication, and one that emphasizes mutual trust and respect.

Express love and affection clearly and often.

Listen carefully and pay thoughtful attention to what they do.

Spend time with children in activities that suit their ages and interests, not just yours.

Be supportive and interested in what interests them.

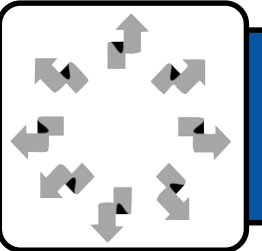
Be courteous and respectful to your children and avoid hurtful teasing or ridicule. Don't compare siblings.

Help them build self-esteem by mastering skills; remember, self-esteem is earned, not given, and one of the best ways to earn it is by doing something well.

Try to have meals together as a family as often as possible, and use the time for conversation, not confrontation. (LJ)

Source: Ten Tips for Parents to Help Children Avoid Teen Pregnancy. The National Campaign to Prevent Teen Pregnancy.

Miscellaneous



There's Nothing Fishy About This Nebraska Grad's Work.



Deb Ohlinger doesn't fish, but she is a best friend to those who do. She is a civil engineer who is helping to restore Nebraska lakes—she got her feet wet on lake projects while completing her degree in biological systems engineering at the University of Nebraska-Lincoln. Thanks to Deb's work, a few of Nebraska's lakes have less sediment in the water, better access to deeper waters and improved fish habitat.

Wagon Train Lake near Hickman and Summit Lake near Tekamah are two on her professional projects list, plus she's finishing a master's degree at NU to become even more of an expert on water and civil engineering.

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Did You Know?

Cooperative Extension is an integral part of the University of Nebraska-Lincoln. See if you know the answers to the following trivia questions about Cooperative Extension and the University of Nebraska-Lincoln.

- 1. The University of Nebraska-Lincoln is a land-grant institution. What is that?** According to the Cooperative Extension website, "Congress provided for a university in every state that would educate citizens in the agricultural and mechanical fields. These colleges are known today as 'land-grant universities.'"
- 2. What are the 3 branches of the mission of a land-grant institution?** Teaching, Research, Outreach (Extension)
- 3. What legislation established land-grant institutions and in what year?** The Morrill Act in 1862
- 4. What year was the University of Nebraska established?** 1869 (Two years after Nebraska became a state.)
- 5. Once land-grant institutions were established, what legislation established their research function? What year was it passed?** The Hatch Act in 1887
- 6. What was the name of the legislation that established Cooperative Extension, and in what year was it passed?** The Smith-Lever Act of 1914
- 7. The University of Nebraska Cooperative Extension has its mission summed up in one phrase—what is it?** Putting Knowledge to Work (Their slogan is "Helping People Put Knowledge to Work.")
- 8. What are the four sources of funding for Cooperative Extension?** State funds, federal funds, county funds, grants/contracts/fees
- 9. The publications produced by the University of Nebraska Cooperative Extension to get information to the public are called what?** NebGuides
- 10. Nebraska has how many counties? How many county or multiple-county offices are there in Nebraska's Cooperative Extension?** Nebraska has 93 counties and 83 county or multiple-county offices.

Want to know more? See <http://www.cooperativeextension.com/> and/or <http://extension.unl.edu/aboutus.htm> (GB)

Access Lancaster County Extension Office Thru the Internet

Do you have the internet? If so...put it to use by logging on www.lancaster.unl.edu to experience how knowledge can work for you! Back issues of the NEBLINE, NU Facts information, and a full array of extension information is available. The site is also a source for subject related links and the University of Nebraska. (GB)

www.lancaster.unl.edu

Shortcuts:

- Food Safety & Nutrition www.lancaster.unl.edu/food
- Agriculture & Acreage www.lancaster.unl.edu/ag
- Environmental Issues www.lancaster.unl.edu/enviro
- Family www.lancaster.unl.edu/family
- 4-H & Youth www.lancaster.unl.edu/4-H
- Horticulture www.lancaster.unl.edu/hort
- Past issues of The NEBLINE www.lancaster.unl.edu/neblines

University of Nebraska-Lincoln By the Numbers

"a research university of national stature"

1869	founded as a land-grant university
1908	entered Association of American Universities as 18th member
22,500	students
1,531	faculty members
15 to 1	student/faculty ratio
200,000	number of alumni
2	campuses (City & East)
149	undergraduate majors
350	student organizations
22	intercollegiate sports