

**GRASS PASTURES**

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eastern Nebraska are nitrogen (N) and phosphorus (P). Apply N fertilizer yearly to grass pastures and haylands for profitable livestock production. Nitrogen improves both grass yield and protein content. It also improves the vigor of grass plants, which can thicken stands and reduce weed invasion. When adequate soil moisture is present, economical rates of nitrogen more than double forage production.

Nitrogen fertilizer applied just prior to the period of most rapid grass growth assures that the applied N is available to the plants. For cool-season grasses, early spring application is preferred. Spring and fall split applications of N to cool-season grasses are recommended only if more than 100 pounds of N are applied per year, and then only if adequate moisture is available in the fall for good growth in September and October. Apply fertilizer in mid to late May to pastures and haylands containing warm-season grasses. If the pasture is a mix of cool and warm-season grasses, fertilize when appropriate for the warm-season grass because the fertilizer will stimulate growth of cool-season grasses and weeds before the warm season grasses get started. This can crowd out the warm-season grasses.

Nitrogen rates depend on

whether the grass is warm-season or cool-season and rates vary across Nebraska, with higher rates in areas receiving more rainfall. On cool-season grasses in southeast Nebraska annual applications of 80 to 120 pounds of N per acre are recommended for pastures and 100 to 150 pounds of N per acre are recommended for haylands. Warm-season nitrogen rates in southeast Nebraska are 60 to 90 pounds for pastures and 75 to 100 pounds for haylands.

In addition to N, P fertilizer also is needed on many pastures in Nebraska. Research in eastern and northeastern Nebraska shows that the combination of N and P frequently produces higher yields than the application of either nutrient alone.

Phosphorus recommendations are based on the availability of P in the soil. The University of Nebraska recommends 40 pounds per acre of phosphate (P<sub>2</sub>O<sub>5</sub>) on soils classified as very low, 20 pounds per acre P<sub>2</sub>O<sub>5</sub> on soils classified as low, and 10 pounds per acre P<sub>2</sub>O<sub>5</sub> on soils classified as medium in available P, as measured by a soil test. (TD)

*For more information, refer to the following NebGuides. "Establishing Dryland Forage Grasses," G81-543 and "Fertilizing Grass Pastures and Haylands," G78-406. "Switchgrass and Big Bluestem for Grazing and Hay," G94-1198. These, and related publications, can be found on the Lancaster County Web site at: <http://lancaster.unl.edu/ag/crops/forages.htm>. Additional information from: Dr. Bruce Anderson, UNL Extension Forage Specialist.*



**LEARN FROM FAILURE**

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of achieving and set goals based on what is appropriate for your child.

Provide guidance for your child. Children need to know success and failures are a part of life. Knowing how to get back up and try again after a failure is an important lesson.

Help your children learn to deal with their emotions. Children may experience joy, pride, guilt, shame, sadness or a host of other emotions. Children need to talk about their feelings and emotions. Parents can help children learn how to express their emotions in a socially acceptable way.

*Adapted from Lois Clark, Ohio State University Extension, The Ohio State University (LJ)*

**BAT HOUSES**

*continued from page 5*

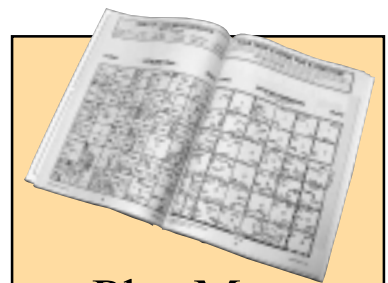
Locations at least 20-25 feet from the nearest tree are best. However, houses may be found more quickly if located along forest or water edges where bats tend to fly.

**Avoiding Uninvited Guests**

Wasps can be a problem before bats fully occupy a house. Use of 3/4-inch roosting spaces reduces wasp use. If nests accumulate, they should be removed in late winter or early spring before either wasps or bats return. Open-bottom houses greatly reduce problems with birds, mice, squirrels, or parasites and guano does not accumulate inside.

**Timing**

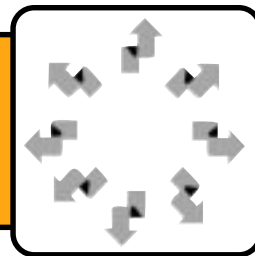
Bat houses can be installed at any time of the year, but are more likely to be used their first summer if installed before the bats return in spring. When using bat houses in conjunction with excluding a colony from a building, install the bat houses two to six weeks before the actual eviction. (DJ)



**Plat Maps Available**

New Farm & Home Plat & Directories are available for purchase at the Lancaster County Extension Office during office hours. They are published by Farm and Home Publishers, LTD of Belmond, Iowa. Price for the directory is \$20.25.

**Miscellaneous**



**INTERNET**

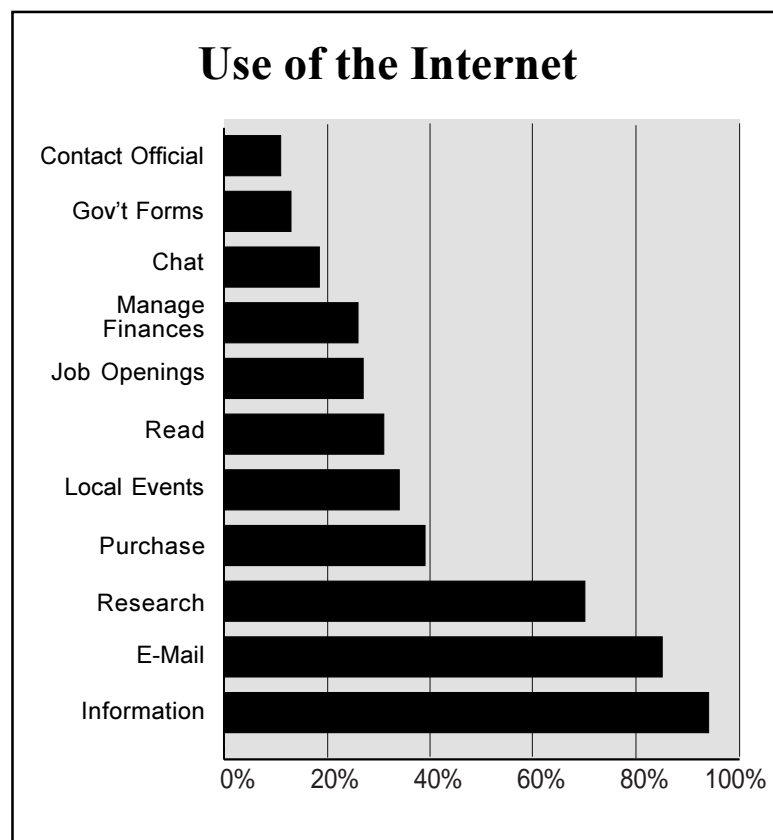
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using the Internet to contact public officials, access government forms and to participate in on-line chat. (See chart below)

It is also interesting to note 30 percent of those surveyed did not have access to the Internet. Of those without access, most replied the reason was lack of a computer at home, work or school. While, 12.3 percent had tried to access the Internet and found it too complicated or not worth the effort, 11.3 percent were not interested in the Internet.

The Internet is an evolving tool and system that presents new sources of information and interaction, while at the same time having the potential to change some of our daily activities, such as shopping, seeking information and communicating. It is important to consider the cost, ease of access and the implications of having some members of society unable to access the Internet.

*Source: How We Use the Internet by Mark Wilson, associate professor, Department of Geography/Urban Planning and the Institute for Public Policy and Social Research, Michigan State University.*



**CHOCOLATE**

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Eating foods with oleic acid as part of a healthful eating plan has been shown to be beneficial for heart health.

**Chocolate and Caffeine**

Chocolate contains very little caffeine. Here are some of the caffeine contents of a few foods and beverages:

- Milk chocolate (1.4-ounce bar)—3 to 10 mg
- Dark chocolate (1.4-ounce bar)—28 mg
- Decaffeinated coffee (8 ounces)—6 mg
- Regular coffee (6 ounces)—65 to 150 mg
- Hot cocoa (8 ounces)—6 mg
- Cola beverages (12 ounces)—38 to 46 mg
- Cola beverages, decaffeinated (12 ounces)—0 mg

**Chocolate and Headaches**

Research shows most headaches and chocolate intake are not related. Experts agree most often it is stress, irregular sleep patterns, hunger, and hormone changes that trigger headaches.

**Chocolate and Tooth Decay**

Tooth decay happens when carbohydrates (both complex and simple) mix with natural bacteria in the mouth. This creates acid that breaks down the enamel on teeth. Chocolate, which contains carbohydrates, is no more or less responsible for tooth decay than other carbohydrate-containing foods like bread, raisins, crackers and fruit. In fact, chocolate actually clears the mouth relatively quickly, reducing the time it spends in contact with the teeth.

**Chocolate and Hyperactivity**

Pediatricians say there is no link between the sugar found in chocolate or other foods and restlessness or attention-deficit-hyperactivity disorder (ADHD) in children.

**Chocolate and Health—The Bottom Line**

Remember chocolate can fit into a healthful eating pattern. Be sure to eat a variety of foods. Enjoy chocolate in moderation to add flavor and pleasure to eating. (AH)

**Strengthening Mother/Daughter Relationships and Preparing Girls for**

**Growing Up Female**

*A retreat designed for 5th & 6th grade girls and their mothers*

**Friday, April 5—Saturday, April 6  
5 p.m.—5 p.m.**

Eastern Nebraska 4-H Center near Gretna



- Enhance effective communication including expressing emotions
- Learn more about sexuality
- Discuss self-responsibility and self-esteem
- Explore techniques to deal with peer pressure and stress
- Discuss the importance of individual family values

**2 Days and 1 Night of Activities!**  
**Indoor • Outdoor • Educational • Fun**  
**Project Adventure • Confidence Building**  
**One-on-One Time • Break-out Sessions**

Cost: \$100 per pair — includes meals, snacks and lodging.  
*A few scholarships are available for limited resource participants.*

**To register, call**

LaDeane Jha at Lancaster County Extension, 441-7180 or Mary Nelson at Douglas/Sarpy County Extension, 444-7804 or print off registration and mail form online at <http://lancaster.unl.edu/familiv>



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