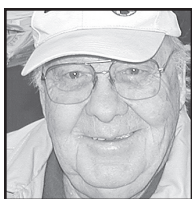


Gardening season starts with transplants

I consider myself a very fortunate Midwestern gardener, because my gardening season begins a lot earlier than most of you. It's because I enjoy the project of starting a few of my own transplants very early indoors and grow them to the right size for setting out in the garden later. As a result, I have the opportunity to "commune with nature" for a longer period of time each year than most. The only downer to what I do is that I must do it inside, as opposed to the great outdoors.

But there are other reasons why the practice of growing my own is



kaymelia

• the gardener

extremely positive to me. The most important reason is that I get to select the variety of the vegetable I wish to grow in my garden. For example, if over the years I found a variety of cabbage seed or plant that proved to be superior to the varieties I normally found available, I would be very elated. I would also be very

happy if I was fortunate enough to grow a superior tomato from seed I had stumbled across that prove to be more productive, offered more disease resistance or tasted better than those I usually had planted. The same goes for peppers or broccoli or any of many other vegetables that we normally put into the garden as transplants. The logic holds true in the case of flower plants such as petunias, snapdragons, columbines or any number of other perennials

or annuals.

Don't get me wrong. Indeed I do start several of my own transplants but I still buy the majority of the things I need from my friends at the garden center. They are the ones who do the job of supplying 95 percent of area gardens with the plants and seeds we grow to maturity each year.

Still, the early season project of starting a few of my own transplants is something I enjoy so much and you might find it rewarding too.

Here's what you do. Pick up a small bag of material known as seed

starting formula. It is a soil less mix of sphagnum moss, vermiculite, perlite and other materials that provide excellent aeration, water retention and drainage. Don't try to start your seeds with garden soil or any other kind of soil. You'll get very poor emergence if you do and the expensive seed will be wasted.

Here in northwest Kansas, the average last frost occurs roughly about May 6th. If you're going to start tomato plants count backward on the calendar from May 6th for about six or seven weeks and start your plants on that date, which would be

somewhere around March 20th. If you start your seeds then and give them proper care, they should be about the right size at planting time of May 10th or there about. Pepper seed should be planted inside a bit earlier since they take longer to germinate. Cabbage and broccoli seed can be started later since they can go into the outside world earlier due to their ability to stand a little frost.

There are a few other significant factors to be aware of when you're growing your own and I'll touch on those next week.

Leafy shrubs should be pruned at different times

Deciduous shrubs are those that lose their leaves each winter. Evergreen shrubs maintain foliage all year and include yews and junipers. Shrubs are pruned to maintain or reduce size, rejuvenate growth, or to remove diseased, dead or damaged branches. Deciduous shrubs are placed into three groups:

- Those that flower in the spring on wood produced last year;
- Those that flower later in the year on current season's growth; and
- Those that may produce flowers, but those flowers are of little ornamental value.

Shrubs that flower in the spring should not be pruned until immediately after flowering. Though pruning earlier will not harm the health of the plant, the flowering display will be reduced. Examples of these types of plants include forsythia, lilac and



dana belshe

• ag notebook

mock orange. Shrubs that bloom on current season's growth or that do not produce ornamental flowers are best pruned in late winter to early spring. Examples include Rose-of-Sharon, pyracantha, Bumald spirea, and Japanese spirea.

Pruning during the spring allows wounds to heal quickly without threat from insects or disease. There is no need to treat pruning cuts with paints or sealers. In fact, some of these products may retard healing.

There are three basic methods used in pruning shrubs, thinning, heading back, and rejuvenating.

Thinning is used to thin out branches from a shrub that is too dense. It is accomplished by removing most of the inward growing twigs by either cutting them back to a larger branch

or cutting them back to just above an outward-facing bud. On multi-stemmed shrubs, the oldest canes may be completely removed.

Heading back is done by removing the end of a branch by cutting it back to a bud and is used for either reducing height or keeping a shrub compact. Branches are not cut back

to a uniform height because this results in a "witches-broom" effect.

Rejuvenation is the most severe type of pruning and may be used on multi-stem shrubs. They work well for spirea, forsythia, pyracantha, ninebark, Russian almond, little leaf mock orange, shrub roses and flowering quince that have become too

large with too many old branches to justify having the younger canes. All stems are cut back to three to five-inch stubs. This is not recommended for all shrubs but does work well for spirea, forsythia, pyracantha, ninebark, Russian almond, little leaf mock orange, shrub roses and flowering quince.

Teens not thinking about building bones

Chances are the teenagers you know aren't thinking much about the far-off future when they will be middle-aged adults. Their attention is probably focused more on the latest hip-hop music than on the prevention of the hip fractures 30 or 40 years from now.

It's up to parents and other grown-ups to think ahead for them, making sure that young people have the best opportunities for good health all through their adult lives.

That's why so many parents, teachers and health professionals are more concerned than ever about what kids are eating today, and how common deficiencies in their diets might be predisposing them to serious health problems in adulthood.

Obviously the enormous intake of high-calorie foods that is typical for many teenagers today puts young people at risk of obesity, a set-up for high blood pressure, diabetes, heart disease and cancer as they grow into adults. Obesity in children and teenagers is now widely recognized as one of our nation's most pressing public health problems.

But another serious dietary risk confronting our teens gets far less attention: It's how our kids' diets - particularly the beverages they are drinking - are putting the future health of their bones at risk.

Osteoporosis, a potentially crippling disease characterized by low bone density and increased bone fragility, usually doesn't show up until middle age. But the seeds of this pernicious disease are sown during adolescence, when the skeleton is most active in absorbing dietary calcium and building up nearly all the bone mass that will carry the teenager throughout life.

For lifelong bone health, it is essential for teenagers - particularly girls - to consume enough calcium while they are young to achieve their maximum bone density. Time is of the essence. By the mid-20s the critical window period for calcium absorption starts to close, as a woman's ability to stockpile this mineral in her bones is greatly reduced.

Today only about 14 percent of teenage girls in America are thought to have enough calcium in their diets to avoid osteoporosis by the time they reach menopause in their 50s. Only one girl in seven now consumes enough dairy products and other foods rich in calcium to attain an adequate bone mass that will prevent brittle bones and disabling fractures when they enter the middle and later years of life.

The insufficient consumption of calcium by teens today points directly to a public health crisis by the middle of this century that will shatter millions of lives and

cost society billions of dollars for health care. But it's all preventable if we act now.

Calcium intake among teens used to be much higher than it is today. As recently as the late 1970s, teens aged 12 to 19 years reported drinking nearly twice as much milk as they drank soda. Now the picture is almost reversed, with milk consumption among teens down 40 percent, while soda consumption has doubled.

Soft drinks are problematic not only because they have displaced calcium-rich milk as a source of refreshment. The caffeine that most sodas contain also increases the excretion of calcium in the urine, further reducing the calcium available for bone development.

We can't let the coming osteoporosis crisis happen. It's time now for parents and policy makers alike to find ways to limit excessive soda consumption among teens and encourage increased intake of low-fat milk and other healthy sources of calcium.

Parents can do a lot in the home environment to nudge their teenagers to eat better by restricting sodas and making sure that healthier alternatives are readily available. Another way to increase young people's exposure to healthy foods is to set higher nutritional standards for the foods sold in school vending machines and stores.

The Kansas legislature is currently considering a new statute that would do just that. Senate Bill 499 would require every school district in the state to follow the same "exemplary" guidelines for the sale of so-called "competitive foods" in schools that a minority of Kansas districts now follow voluntarily. These guidelines restrict beverages sold in schools to water, low-fat milk and 100 percent juice.

Parents, educators and health professionals from around the state are rallying around the bill as a first step in assuring not only healthy bone development, but also better oral health, reduced obesity and improved academic performance. They want schools to better practice what they already preach about good nutrition in the Kansas health curriculum.

Most teenagers can't imagine being middle-aged, let alone having brittle bones. But unless we who understand the risks act now to improve their diets, that's the future they can expect.

Dr. Eberhart-Phillips is the Kansas State Health Officer and Director of Health in the Kansas Department of Health and Environment. He can be reached at jeberhart-philips@kdheks.gov.

Worship warms the heart

Calvary Gospel Church
Pastor: Randy Payne
Fourth & College • 890-3605
Sunday: Kid's Church: 10 am
Morning Service: 10 am
Prayer and Praise: 6:00 p.m.
Wednesday: Royal Rangers Missionettes 6:30 p.m.
Adult mid-week service: 7:00 p.m.
Youth @ the Rock House: 6:30 p.m.
Small Group Ministries meets through out the week.
www.calvarygospel.net

Our Lady of Perpetual Help
Pastor: Father Norbert Dlabal
307 W. 13th • 890-7205
Sacrament of Reconciliation:
5-5:45 p.m. Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass:
Sunday: 12:30 pm

Word of Life
10th & Clark • 899-5250
Pastor: John Coumerilh
Sunday: 9:30 a.m. - Morning Star Cafe Opens
10 a.m. - Worship Celebration
and Kids' Church
Life Groups - call for times and locations
www.wordoflifegoodland.org
A Foursquare Gospel Church

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Perry Baird
890-3375
Sunday: Worship Service: 9 a.m.
Sunday School: 10 a.m.

Bible Baptist Church
Pastor: Clifford Middlebrooks
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 a.m.
Morning Service: 10 a.m.
Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

United Methodist Church Brewster:
Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. CST
Sunday School: 10:15 am CST

First Christian Church (Disciples of Christ)
Pastor: Rev. Carol Edling Jolly
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 a.m.
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
Worship Service: 10:50 a.m.
Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

Goodland United Methodist Church
1116 Sherman 899-3631
Pastors: Dustin and Shelly Petz
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live
5:45 - 6:45 p.m. Simple Supper "Free will Offering
6:30 - 7:30 p.m. Classes for all ages

First Baptist Church
Pastor: Travis Blake
1121 Main
890-3450
Sunday:
Coffee fellowship: 9:30 a.m.
Morning Worship: 10 a.m.
Sunday School: 11:15 a.m.
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Daily Morning Prayer
For emergencies 890-6969

Harvest Evangelical Free Church
521 E. Hwy. 24 • 890-6423
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday: Junior high 6:30 p.m.
at the old church building
Senior high 6:30 p.m. at church
www.goodlandefree.com

Church of Christ
401 Caldwell
890-6185
Sunday: Bible Study: 9:45 a.m.
Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jerry Nowack
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 a.m.

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