

Mowing: How low should you go?

MANHATTAN — Lowering lawn mower height in early spring is a good/bad idea.

“It certainly isn’t necessary. In fact, it can be harmful if you scalp parts of your lawn,” said Ward Upham, horticulturist with Kansas State University Research and Extension.

Even so, mowing cool-season turfs (e.g., Kentucky bluegrass and tall fescue) 1 to 1.5 inches high can actually speed green-up, Upham

added. That not only removes some of the old, dead grass but also allows the soil to warm up faster.

“After one or two cuttings, however, you need to raise your mower back to recommended height,” he warned.

“The higher mowing height will shade the soil. That’s important now because crabgrass seed needs light to germinate.”

For Kentucky bluegrass, the recommended mowing height range is

2 to 3 inches. For tall fescue, it’s 2.5 to 3.5 inches. With upright-growing turfs such as bluegrass and fescue, mowing height also relates to root depth, the horticulturist said.

“Within the recommended mowing ranges, at least, the higher the height of the cut, the deeper the root system,” Upham said. “And, a deeper root system means a more drought-resistant turf by the time summer’s drier, hotter weather hits.”

Roundup Ready alfalfa faces planting deadline of March 30

MANHATTAN — Farmers planning to plant Roundup Ready alfalfa this year need to hurry.

A U.S. District Court in San Francisco issued a preliminary injunction order March 12, finding fault with the regulatory process the U.S. Department of Agriculture used in approving the Monsanto product.

Pending further hearings, the court injunction stopped sales of Roundup Ready alfalfa seed March 12. Growers who had bought the seed earlier may still plant it - if they can do so by March 30.

“Planting as early as March is by no means usual in Kansas. Still, it shouldn’t cause any stand problems,” said Jim Shroyer, Kansas State University agronomist.

K-State recommends no-till or reduced-till as the best approach to planting alfalfa, he said. Either of-

fers a firm soil surface, helps maintain soil moisture, saves time, and reduces planting costs.

“One problem with having a narrow planting window, though, is that you don’t want any weeds growing when you seed alfalfa,” said Dallas Peterson, weed scientist with K-State Research and Extension.

“At the same time, you have to be certain that no herbicide carryover from a previous crop could injure the emerging plants.”

Another potential delay is alfalfa’s nutrient needs, he said.

Producers must inoculate alfalfa seed to help it achieve the nitrogen fixation needed for top production. They also need an already-completed soil test to determine which fertilizer and/or other soil amendments to apply.

“Alfalfa does best when the soil pH ranges from 6.5 to 7.5. In soils with a lower pH, alfalfa can grow thin and weedy, so applying lime before planting can pay big dividends,” Shroyer said.

“Plus, alfalfa is a big phosphorus user, removing about 10 pounds of P with every ton of alfalfa harvested.

“Past research in Kansas has shown that applying and incorporating a P fertilizer will result in large yield increases. Even in a no-till situation, a surface-applied P fertilizer can have a long-term, beneficial effect on productivity. First, however, you need that soil test to know how much to apply.”

Roundup Ready alfalfa is resistant to the effects of Roundup, a popular weed-controlling herbicide.

College students face sticker shock for birth control pills as discounts end

(AP) Millions of college students are suddenly facing sharply higher prices for birth control, prompting concerns among health officials that some will shift to less preferred contraceptives or stop using them altogether.

Prices for oral contraceptives, or birth control pills, are doubling and tripling at student health centers, the result of a complex change in the Medicaid rebate law that essentially ends an incentive for drug companies to provide deep discounts to colleges.

“It’s a tremendous problem for our students because not every student has a platinum card,” said Hugh Jessop, executive director of the health center at Indiana University.

There, he said, women are paying about \$22 per month for prescriptions that cost \$10 a few months ago. “Some of our students have two jobs, have children,” Jessop said.

“To increase this by 100 percent or more overnight, which is what happened, is a huge shock to them and to their system.”

At some schools women could see prices rise several hundred dollars per year.

About 39 percent of undergraduate women use oral contraceptives, according to an estimate by the American College Health Association based on survey data.

Many students could shift to generics but experts said they might

“Some of our students have two jobs, have children. To increase this by 100 percent or more overnight, which is what happened, is a huge shock to them and to their system.”

Hugh Jessop, Indiana University

still pay twice the previous rate.

“It’s terrible, because these are students who are working very hard to pay for their tuition and books at a time when tuition costs are edging up as well,” said Linda Lekawski, director of the university health center at Texas A&M, where the old price for birth control pills of about \$15 per month is expected to triple. “This is one thing they’ve been able to benefit from for years.”

The change is the result of a chain reaction started by a 2005 deficit-reduction bill that focused on Medicaid, the main federal health insurance program for the poor. College health officials say they had little idea the bill would affect them.

Before the change, pharmaceutical companies typically sold drugs at deep discounts to a range of health care providers, including colleges. With contraceptives, one motivation was attracting customers who would stay with their prod-

ucts for years.

Another reason the discounts made business sense was that they didn’t count against the drug makers in a formula calculating rebates they owed states to participate in Medicaid.

In its 2005 bill Congress changed that. Now the discounts to colleges mean drug manufacturers have to pay more to participate in Medicaid.

The result: Fewer companies are willing to offer discounts.

Many colleges kept prices low for a few months by buying in bulk before the new law took effect, but have now run through their stockpile and started increasing prices. Also, many students fill the prescriptions quarterly so are only now seeing the increase.

Some students said they doubted the price increases would dissuade many students from buying contraceptives, but said it would be noticed.

Alcohol, tobacco more dangerous than marijuana, other illegal drugs

LONDON (AP) — New “landmark” research finds that alcohol and tobacco are more dangerous than some illegal drugs like marijuana or Ecstasy and should be classified as such in legal systems, according to a new British study.

In research published Friday in The Lancet magazine, Professor David Nutt of Britain’s Bristol University and colleagues proposed a new framework for the classification of harmful substances, based on the actual risks posed to society. Their ranking listed alcohol and tobacco among the top 10 most dangerous substances.

Nutt and colleagues used three factors to determine the harm associated with any drug: the physical harm to the user, the drug’s potential for addiction, and the impact on society of drug use. The researchers asked two groups of experts — psychiatrists specializing in addiction and legal or police officials with scientific or medical expertise — to assign scores to 20 different drugs, including heroin, cocaine, Ecstasy, amphetamines, and LSD. Nutt and his colleagues then calculated the drugs’ overall rankings. The experts agreed with each other. Heroin and cocaine were ranked

most dangerous, followed by barbiturates and street methadone. Alcohol was the fifth-most harmful drug and tobacco the ninth most harmful.

Cannabis came in 11th, and near the bottom of the list was Ecstasy. According to existing British and U.S. drug policy, alcohol and tobacco are legal, while cannabis and Ecstasy are both illegal. Previous reports, including a study from a parliamentary committee last year, have questioned the scientific rationale for Britain’s drug classification system. “The current drug system is ill thought-out and arbitrary,” said

Nutt, referring to the United Kingdom’s practice of assigning drugs to three distinct divisions, ostensibly based on the drugs’ potential for harm. “The exclusion of alcohol and tobacco from the Misuse of Drugs Act is, from a scientific perspective, arbitrary,” write Nutt and his colleagues in The Lancet.

Tobacco causes 40 percent of all hospital illnesses, while alcohol is blamed for more than half of all visits to hospital emergency rooms. The substances also harm society in other ways, damaging families and occupying police resources.

Nutt hopes that the research will provoke debate within the UK and beyond about how drugs should be regulated.

While different countries use different markers to classify dangerous drugs, none use a system like the one proposed by Nutt’s study, which he hopes could serve as a framework for international authorities.

“This is a landmark paper,” said Dr. Leslie Iversen, professor of pharmacology at Oxford University. Iversen was not connected to the research. “It is the first real step towards an evidence-based classification of drugs.”

TV LISTINGS

sponsored by the

COLBY FREE PRESS

SUNDAY												MARCH 25	
	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
KLBY/ABC 4 (6)	In Touch Life that drifts. (Part 1 of 2)		Good Morning America (CC)		This Week-George Stephanopoulos		Hour of Power (CC)		The Coral Ridge Hour (N) (CC)		First United Methodist Church		
KSNK/NBC 8 (8)	(Off Air)	Paid Program	Today (CC)		Meet the Press (CC)		Paid Program	Paid Program	Your Bible	Paid Program	Paid Program	NHL Hockey	
KBSL/CBS 12 (11)	Paid Program	Messiah Baptist	Madeline (CC)	Sabrina Series	CBS News Sunday Morning (CC)		Face the Nation		Trollz (E) (CC)	Horse-land (E)		Motorcycle Racing: AMA Supercross	
K15CG (2)	Euro-pean	Wealth-Track	Jakers!-Winks	Big Big World	Ribert & Robert's	Franny's Feet	Danger Rangers	Fetch! With	Keeping Kids	Health Sense	Busi-ness	To the Contrary	
ESPN (28)	Sports-Center	SportsCenter (CC)	NBA Matchup		Sports-Center	Outside Lines	Sports Reports	SportsCenter (Live) (CC)			Women's College Basketball		
USA (37)	Fun Fitness	Chang-ing	Ed Young	Joel Osteen	Monk Mr. Monk and the Big Game (CC)		Movie: Barbershop	(2002) A barbershop owner considers selling his establishment.				Movie: Barbershop 2: Back	
TBS (38)	Movie: The Out-of-Towners ★★½ (1999, Comedy) Steve Martin, Goldie Hawn. (CC)				Movie: Something to Talk About ★★½ (1995, Comedy-Drama) Julia Roberts. (CC)				Movie: Four Weddings and a Funeral ★★½ (1994) Hugh Grant. (CC)				
WGN (39)	Chang-ing	Paid Program	Key of David	Paid Program	Paid Program	Paid Program	Feed the Children	Paid Program	NASCAR Angels	Even Stevens	Funnist Pets	Funnist Pets	
TNT (40)	(4:00) Movie: Rocky II ★★ (1979, Drama)	Movie: Rocky II ★★ (1979, Drama)	Underdog Philly fighter gets another shot at heavyweight champ. (CC)				Movie: Rocky III ★★ (1982) A merciless contender forces Rocky into a title match.					Movie: The Peacemaker (1997)	
DSC (42)	Paid Program	Paid Program	Joel Osteen	Paid Program	Deadliest Catch		Deadliest Catch On the Crab		Deadliest Catch The Finish Line		Deadliest Catch Friends and Rivals		
A&E (47)	Ask This Old	Ask This Old	Breakfast With the Arts	The arts and culture of the South Pacific. (CC)			Driving Force	Driving Force	Driving Force	Driving Force	Driving Force	Driving Force	
HIST (48)	History-Points	History-Points	Business	Gener-ation	First Mothers (CC)		True Crime Authors (CC)		Man, Moment, Machine (CC)		Shootout! High-stakes bank robbery.		
NICK (55)	Lazy-Town	OddPar-ents	Jimmy Neutron	Jimmy Neutron	Spon-geBob	Spon-geBob	OddPar-ents	OddPar-ents	Avatar-Last Air	Mr. Meaty	Nick-toons TV	Nick-toons TV	
DISN (56)	The Wiggles	Higgly-town	Ein-steins	Ein-steins	Mickey Mouse	Mickey Mouse	Johnny-Sprites	Handy Manny	Doodle-bops	Charlie & Lola	Lilo & Stitch	Replace-ments	
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Boy Mts. World	Boy Mts. World	Ground-ed-Life	Ground-ed-Life	Sabrina-Witch	Sabrina-Witch	
HALL (60)	The World of Faith and Values (CC)				Mass From Notre Dame				Naomi's New Morning (N) (CC)				Diagnosis Murder (CC)

SUNDAY												MARCH 25	
	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
KLBY/ABC 4 (6)	Paid Program	Paid Program	Skiing: Honda Ski Tour. (CC)		NBA Sunday	NBA Basketball: Phoenix Suns at Sacramento Kings. (Live) (CC)					ABC News	News (CC)	
KSNK/NBC 8 (8)	NHL Hockey: Regional Coverage -- Bruins at Penguins or Rangers at Islanders				PGA Golf: WGC CA Championship -- Final Round. From Miami. (Live) (CC)								
KBSL/CBS 12 (11)	Skiing: King of the Mountain	Final Four	College Basketball: NCAA Tournament Regional Final -- Teams TBA. East Rutherford, N.J. or St. Louis.		College Basketball: NCAA Tournament Regional Final -- Teams TBA. East Rutherford, N.J. or St. Louis. (CC)								
K15CG (2)	NOW (N) (CC)	McLaugh-lin	McLaugh-lin	Religion-Ethics (CC)	Classic Gospel (CC)		Healthy Body	Doctors on Call	Sewing-Nancy	Beads, Baubles	Ask Your Legislator		
ESPN (28)	Women's College Basketball	PBA Bowling: Denny's World Championship. Wyoming, Mich.		Billiards	Billiards: World Cup of Trick Shots Final				Figure Skating: World Championships -- Exhibition. Tokyo. (CC)				
USA (37)	(11:00) Movie: Barbershop 2	Movie: Meet the Parents ★★ (2000, Comedy) Robert De Niro, Ben Stiller. (CC)			Movie: Along Came Polly ★★ (2004, Romance-Comedy) Ben Stiller. (CC)						House Pilot (CC)		
TBS (38)	(10:15) Movie: My Best Friend's Wedding ★★ (1997) A food critic seeks to sabotage her buddy's nuptials.				Movie: The Wedding Planner ★★ (2001, Romance-Comedy) Jennifer Lopez. (CC)						Movie: Bridget Jones: Edge		
WGN (39)	Movie: The Straight Story ★★½ (1999, Drama) Richard Farnsworth. (CC)			America's Funniest Home Videos (CC)			MLB Preseason Baseball: Los Angeles Angels of Anaheim at Chicago Cubs. From Mesa, Ariz. (Live) (CC)						
TNT (40)	(11:00) Movie: The Peacemaker ★★ (1997, Action)	Movie: Swordfish ★★½ (2001, Suspense) John Travolta, Hugh Jackman. (CC)			Movie: The Manchurian Candidate ★★ (2004) A Gulf War vet is suspicious of a political candidate. (CC)								
DSC (42)	Deadliest Catch A New Hunt Begins	Deadliest Catch Smoke on the Water		Deadliest Catch Man vs. Ice		Deadliest Catch On the Edge (CC)		Deadliest Catch Pribilof Stare (CC)		Deadliest Catch Race Against the Ice			
A&E (47)	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	
HIST (48)	Movie: Bugsy ★★ (1991, Biography) Hollywood gangster Bugsy Siegel creates Las Vegas. Warren Beatty, Annette Bening. (CC)				Man, Moment, Machine (CC)			Godfathers The Cosa Nostra exploits historical events. (CC)					
NICK (55)	Nick-toons TV	Nick-toons TV	Spon-geBob	Jimmy Neutron	Danny Phantom	OddPar-ents	Avatar-Last Air	Spon-geBob	Drake & Josh	Amanda	Ned's School		
DISN (56)	Movie: Get a Clue (2002, Comedy) Lindsay Lohan. (CC)	Life With Derek	Zack & Cody	That's-Raven	Naturally Sadie	Phil of Future	Sister, Sister	Life With Derek	Phil of Future	That's-Raven			
FAM (58)	Sabrina-Witch	Sabrina-Witch	Movie: Sleepover ★★ (2004) Four teens find adventure on a scavenger hunt. (CC)		Movie: A Cinderella Story ★★ (2004, Romance-Comedy) Hilary Duff. (CC)						Movie: Bring It On ★★½ (2000) (CC)		
HALL (60)	Movie: Ransom for a Dead Man ★★½ (1971, Mystery) Peter Falk, Lee Grant.				Movie: Matlock: The Accused ★★ (1994, Mystery) Andy Griffith, Linda Kelsey. (CC)				Movie: Jane Doe: Ties That Bind (2007, Mystery) Lea Thompson, Joe Penny. (CC)				

SUNDAY												MARCH 25	
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBY/ABC 4 (6)	America's Funniest Home Videos (CC)	Extreme Makeover: Home Edition (CC)	Desperate Housewives (CC)		Brothers and Sisters Family Day		News (CC)	KAKE Sports	Lawyer on Line	Paid Program			
KSNK/NBC 8 (8)	Dateline NBC (CC)	Grease: You're the One That I Want	Deal or No Deal (ITV) (CC)		The Apprentice: Los Angeles (CC)		Without a Trace At Rest (N) (CC)	News (CC)	News (CC)	Alias Hourglass (CC)			
KBSL/CBS 12 (11)	60 Minutes (CC)	The Amazing Race: All-Stars (CC)	Cold Case Offender (CC)		Encore! With	Globe Trekker (N) (DVS)		Mystery! (Part 1 of 2) (CC) (DVS)					
K15CG (2)	Branson Jubilee (CC)	Nature Crime Scene Creatures	Masterpiece Theatre Kidnapped (Part 1 of 2)										
ESPN (28)	SportsCenter (Live) (CC)	NBA Basketball: Denver Nuggets at Cleveland Cavaliers. Quicken Loans Arena. (Live) (CC)											
USA (37)	House Paternity (CC)	House Maternity (CC)	House Dr. House treats a nun. (CC)		House The Socratic Method (CC)		House Fidelity (CC)						
TBS (38)	(5:00) Movie: Bridget Jones	Movie: What Women Want (2000) A chauvinistic ad executive can suddenly read women's minds. (CC)			Movie: What Women Want (2000) A chauvinistic ad executive can suddenly read women's minds. (CC)								
WGN (39)	Funnist Pets	Funnist Pets	American Idol Rewind CBS 6 to 5		Ult. Blackjack	WGN News	Instant Replay	Sex and the City	Scrubs My Lunch (CC)	Scrubs (Real TV) (CC)			
TNT (40)	Movie: Kill Bill: Vol. 1 (2003) An assassin seeks vengeance against her attackers.				Movie: Kill Bill: Vol. 2 ★★ (2004, Action) An assassin confronts her former boss and his gang. Uma Thurman. (CC)								
DSC (42)	Deadliest Catch Cashing In (CC)	Planet Earth Seasonal effects. (N)			Planet Earth Mountains (N)		Planet Earth Deep Ocean Oceans. (N)		Deadliest Catch Cashing In		Planet Earth Seasonal effects.		
A&E (47)	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Sim-mons	Sim-mons	Criss Angel	Criss Angel	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	
HIST (48)	Full Metal Corset (N) (CC)	Ancient Discoveries			Ancient Discoveries (CC)		Ancient Discoveries (CC)		Deep Sea Detectives (CC)		Ancient Discoveries		
NICK (55)	Drake & Josh (N)	Just Jordan	Zoey 101 (N) (CC)	Unfab-lous	Full House	Growing Pains	Rose-anne	Rose-anne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show	
DISN (56)	Hannah Montana	Zack & Cody	Movie: Homeward Bound II: Lost in San Francisco ★★½ (1996) Robert Hays. (CC)		Phil of Future	Naturally Sadie	Zack & Cody	That's-Raven	Hannah Montana	Replace-ments			
FAM (58)	(5:00) Movie: Bring It On ★★½ (2000)		Movie: Bring It On: All or Nothing (2006, Comedy) Hayden Panettiere. (CC)		Movie: Bring It On: All or Nothing (2006, Comedy) Hayden Panettiere. (CC)								
HALL (60)	Diagnosis Murder The Last Laugh (CC)				Movie: Perry Mason: The Case of the Silenced Singer ★★ (1990, Mystery) (CC)				Movie: Matlock: The Accused ★★ (1994, Mystery) Andy Griffith, Linda Kelsey. (CC)				

MONDAY												MARCH 26	
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBY/ABC 4 6	News (CC)	Entertainment	Dancing With the Stars (Live) (CC)				What About Brian (Season Finale) (N)		News (CC)	Nightline (CC)	Jimmy Kimmel Live (CC)		
KSNK/NBC 3 8	News	Wheel of Fortune	Deal or No Deal (ITV) (N) (CC)		Heroes Company Man (CC)		The Black Donnellays (N) (CC)		News	The Tonight Show With Jay Leno (CC)		Late Night	
KBSL/CBS 12 11	News (CC)	Inside Edition	How I Met Christine	Old Christine	Two/Half Men	Engage-ment	CSI: Miami Come As You Are (CC)		News (CC)	Late Show With David Letterman		Late Late	
K15CG 2	The NewsHour With Jim Lehrer (N)		Antiques Roadshow (CC)		American Experience		Pilgrimage to Karbala, A Wide Angle Special (N) (CC)		Monty Python	Charlie Rose (N) (CC)			
ESPN 28	Women's College Basketball: NCAA Tournament Regional Final -- Teams TBA.				Women's College Basketball: NCAA Tournament Regional Final -- Teams TBA.				SportsCenter (Live) (CC)		College Gmday	Fast-break	
USA 37	Law & Order: Criminal Intent		Law & Order: SVU		WWE Monday Night Raw (Live) (CC)				Law & Order: SVU		Law & Order: Criminal Intent		
TBS 38	Ray-mond	Ray-mond	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Family Guy (CC)	Family Guy (CC)	Seinfeld (CC)	Seinfeld (CC)	Movie: Galaxy Quest *** (1999)		
WGN 39	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		WGN News at Nine (CC)		Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)	
TNT 40	Charmed Charmed Noir (CC)		Charmed (CC)		Law & Order Cut (CC) (DVS)		Law & Order Choice of Evils (CC) (DVS)		Cold Case Who's Your Daddy? (CC)		Law & Order Tabu Rasa (CC) (DVS)		
DSC 42	Mega Builders Madrid's Big Dig		Dirty Jobs Really Dirty Animals		Futureweapons Immediate Action		Stunt Junkies		MythBusters More Myths Reopened		Dirty Jobs Really Dirty Animals		
A&E 47	CSI: Miami Nailed (CC)		CSI: Miami Urban Hellraisers (CC)		The Sopranos D- Girl (CC)		The Sopranos Full Leather Jacket (CC)		Sim-mons		CSI: Miami Urban Hellraisers (CC)		
HIST 48	Modern Marvels Lube Job (CC)		UFO Files UFO Hunters (CC)		Digging for the Truth (N) (CC)		Modern Marvels (CC)		Modern Marvels Jet truck. (CC)		UFO Files UFO Hunters (CC)		
NICK 55	OddPar- ents	Jimmy Neutron	Spon- geBob	Full House	Full House	Growing Pains	Rose-anne	Rose-anne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show	
DISN 56	Phil of Future	Zack & Cody	Movie: Read It and Weep (2006) <i>Kay Panabaker</i> . (CC)			Kim Possible	Life With Derek	Phil of Future	Zack & Cody	That's Raven	Phil of Future	Kim Possib	
FAM 58	Lincoln Heights House Arrest (CC)		Wildfire So Long, Pardner (N) (CC)		Movie: Sister Act ★★ (1992, Musical Comedy) <i>Whoopi Goldberg, Maggie Smith</i> .				The 700 Club (CC)		Wildfire So Long, Pardner (CC)		
HALL 60	Walker, Texas Ranger (Part 1 of 2)		Walker, Texas Ranger (Part 2 of 2)		Movie: Matlock: The Heist (1995, Mystery) <i>Andy Griffith</i> . (CC)				Diagnosis Murder A man convicted of murdering his wife takes Mark hostage.				