

**EMPTY PLATE**

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We often make the same mistake the goose's owner made. Trying to be everything at once—all things to all people all the time—actually can limit our ability to serve others. Daily caring for ourselves enables us to continually help others!

**2. Actions Speak Louder Than Words.** Dr. Christiane Northrup cites her mother, an avid hiker throughout her life, as a role model. Her mother's motto? Don't lighten your pack, strengthen your back!

To encourage a healthy lifestyle in others, live one yourself. Which motivates more: A mother's words or the sight of her hiking up a hill?

**3. Sometimes We Must Say "No" to Say "Yes."** Every time we say "yes" to one thing, we're saying "no" to another. Stephen Covey in his book, "Seven Habits of Highly Effective People," tells how the "enemy of the 'best' is often the 'good'."

If we say "yes" to hours of volunteer time at meetings where little is accomplished, have we said "no" to spending important time with a friend or family member?

Remember: When people name important influences in their lives, they cite the teacher, not the textbook!

**Plan a F-E-A-S-T for Yourself!**

So, what ARE some ways to care for yourself? Since you can't serve others if your plate is empty, plan to have a F-E-A-S-T. Encourage others to sit at your table. Here's how it works:

**F = Food.** Treat yourself—and others—at least as well as you do your car! Don't attempt to function on an empty tank . . . make time for regular, balanced meals. Ask yourself: If I were an automobile, what type of mileage would I get from the foods I put in my tank?

While drive-by or dashboard dining may be a necessity at times, continue to fit in sit-down meals with friends and family. The meal table should be more than a feeding trough. Dr. Rachel

Remen in "Kitchen Table Wisdom" speaks of the importance of taking time to listen to each other as people do around the kitchen table. Sustain body and soul by sharing food and fellowship while eating together.

**E = Emotional Well-Being.** Perhaps you've read interviews with people who are over 100 and still healthy. Many credit diet, some don't. Most keep active. Many don't smoke, but some do. Some avoid alcohol, some drink daily. There are differing factors, but—you've probably NEVER heard ANYONE say they kept healthy by worrying and stewing and fussing and fretting! We need to keep that in mind.

**A = Activity.** If food keeps the engine going, activity keeps the body strong so we don't break down by the side of the road.

Think "active lifestyle" as you F-E-A-S-T through the week:

- Can you take the stairs (OK, maybe just take them walking DOWN, for starters!) instead of the elevator?

- Can you make it easier to walk briskly in the airport between planes by using a backpack rather than a suitcase as your carry-on luggage? (An added bonus: A backpack is easier to stuff under a seat! For added comfort, buy a backpack with a padded back and shoulder straps.)

- Are there places within one to two miles from your home you can walk to, rather than drive, to accomplish your errands? (Drugstore, grocery store, card shop, book store, post office, restaurant, movie theater, etc.)

**S = Social Relations.** People who have meaningful, mutually supportive relationships with others tend to lead healthier, happier lives. Dr. Dean Ornish, author of "Love and Survival," notes people who feel lonely and isolated have a higher risk of premature death from various diseases.



**CULTURES**

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- Self-help concept—we pride ourselves on achieving goals on our own.
- Competition and free enterprise.
- Future oriented—we believe that life will get better. As a result we tend to devalue the past.

- Action/work oriented.
- Informality—people in other cultures often view our informality as disrespectful.
- Directness, openness and honesty—other cultures often view these as being blunt.

To get along with people from other cultures, we need to

How do you develop these positive relations with others? Here's a tale to start you thinking.

The story is told of two people moving to a new city. They each asked the same resident what the townspeople were like. In turn, the resident asked the first newcomer what the people were like in her former town. The first newcomer replied with such comments as: "mean," "selfish," "lazy" and "not friendly."

"Well, that's what you'll find the people are like here," the resident replied.

The resident then asked the second newcomer about the people in her former town. She described them as "friendly," "helpful," "caring" and "hard workers."

Again, the resident replied: "That's what you'll find the people are like here."

**T = Time to Sleep.** One in four adults has insomnia, according to the World Health Organization. Chronic insomnia can contribute to depression. The National Highway Traffic Safety Administration estimates more than 100,000 crashes occur yearly because drivers fall asleep at the wheel. Sleeping well is not only nice, it is a necessity.

Throughout history, getting a good night's rest has been considered a powerful tonic for promoting well being. As Lord Chesterfield (1694-1773) said: "A light supper, a good night's sleep and a fine morning have often made a hero out of the same man, who, by indigestion, a restless night and a rainy morning would have proved a coward."

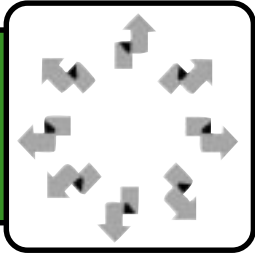
Many a problem may go away if you just sleep on it!

**F-E-A-S-T Frequently**  
By serving yourself generous portions of healthy behaviors, you'll be able to serve others as well! And when those you care about see your F-E-A-S-T, they may want to prepare one, too. (AH)

listen; respect differences; remember that our communication style, not content, may be the problem; and adjust to the communication style of others.

Adapted from an article by Eileene Welker, Ohio State Extension. (LJ)

**Miscellaneous**



**RABBITS**

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pepper solutions.

You should fence out cottontails before garden plants emerge or before young shrubs and trees lose their fall leaves. This will curtail many problems later on. Remember, most two or three foot high shrubs can tolerate high levels of twig removal but bud, flower, or fruit development will be impaired. Individual plants can be fenced with plastic mesh or solid tubes of various heights and diameters. Be sure to allow room between the fence and protected plants as they grow and mature. Leave these seedling protectors on until late March or until the plant breaks bud.

A good bunny-proof fence is at least 20 inches high and a maximum of 1 1/2 inch mesh. Secure the fence and bury the lower portion to three inches. Poultry wire is easily erected with wooden lathe or 3/8 inch fence rods and costs as little as \$.60 per foot in materials. The one by two inch welded wire or one inch hardware cloth (hail screen) fences are more expensive but work well. One caution, young rabbits can pass through some chain link mesh diameters!

Some municipalities allow box traps to take and relocate rabbits. Good cold weather baits are dried alfalfa or clover. Good warm weather baits are in-season root crops, cabbage and fresh sprouts. Cover the trap to retain

heat in winter and protect from direct summer sun. Rabbits will enter both single door and double door traps. Set multiple traps under shrubbery and away from marauding cats and dogs.

Trapping has some disadvantages. It is time consuming, expensive and, at best, only removes a few animals. Also, be prepared for unexpected catches of tree squirrels, ground squirrels, opossums, and cats. Avoid handling any animal for its and your own safety and health. Replace with fresh baits and check traps daily. You should not expect overnight success. If you have no catches after one week, you should rely upon other techniques. Rabbits are finicky eaters, even in winter when foods are scarce.

This spring, a watchful eye, a good fence, a few well placed repellents or scare devices, and a little luck will keep those bad bunnies away from your garden crops and ornamentals!

*Editor's note:* Dallas Virchow is housed on UNL's East Campus in the School of Natural Resource Sciences and provides current, science-based information on ways to resolve conflicts between wildlife and people in the issues of public health, safety, and property damage. We welcome his contribution to this month's NEBLINE. (BPO)



**LEASH LAW**

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contacted.

**Wildlife/Exotic Animals**  
Federal laws and state statutes regulate ownership of certain wild animals. Nebraska prohibits the ownership of bears, wolves, skunks, and large felines (mountain lions, bobcat, tigers, cheetahs, leopards, jaguars, African lions, and others). Permits are required to keep certain fur-bearing animals and wild fowl species. Consult the Nebraska Game and Parks Commission for more information. Zoning restrictions may apply.

**Neglect**  
Most livestock and pet owners take very good care of their animals. However, in the case of neglect, the Sheriff's Department becomes involved. Animal neglect is subject to criminal charges and these

charges can be filed for extreme neglect in regards to food, water, shelter, malnutrition, physical abuse and diseases.

**Bites and Attacks**  
All animal bites and attacks occurring in Lancaster County should be reported to the Capital Humane Society or Lancaster County Sheriff's Office. In Lincoln, they should be reported to Animal Control.

**Dead Animal Removal**  
Owners are responsible for the removal of dead animals on their property. Most livestock are accepted by rendering companies. There is a company which provides removal of fallen dead stock, it is: Darling International RFD 1 Wahoo, Nebraska 1-800-742-8694 (DJ)



**AGRICULTURE**

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educational tool for Ag Pen Pals classrooms. The 4 X 5 foot red Learning Barn opens to display hands-on learning materials for students and offers teachers new agriculture activities.

Materials include videotapes, toy farm machinery, literature books, board games, farm animal puppets, and many other educa-

tional items.  
More than 30 schools have used this new resource.  
For more information contact: Ellen M. Hellerich, Statewide Coordinator, P.O. Box 80299, 5225 South 16, Lincoln, NE 68501-0299; phone 402-421-4400; e-mail: [ellenh@nefb.com](mailto:ellenh@nefb.com) (GB)

**"Nebraska Pioneer Farm Family Award" Applications Due May 1**

The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families at the Lancaster County Fair. Titled "Nebraska Pioneer Farm Family Award," local recognition requires the land of a family in Lancaster County must have been owned by some member of the family for a century or more.

Applications for this year's recognition are due no later than May 1, 2000. Applications can be obtained by contacting: Leon Meyer, CFE, Lancaster County Agricultural Society, Inc., P.O. Box 29167, Lincoln, NE 68529 (phone number 441-6545). (GB)