

How to Say NO

Don't feel you have to give your answer right away. If you are uncertain about your response, say, "I need some time to think it over. I'll get back to you."

Make sure your response is about you—not an implied criticism of the other person. Don't convey annoyance you were asked. Just say, "I under-

stand that you need help, but I'm in a time bind myself. Perhaps I can help another time."

Be brief but not defensive. Avoid a lengthy explanation. It's okay to simply say: "I'd love to help out, but I have too many obligations this month."

Don't try to change the other person's response. For example, if you have to say no, don't tell

the other person he or she is wrong to be angry or disappointed.

In order to say NO successfully, we really have to get our priorities straight. It's important to say yes to the most important relationships and activities and say no to lesser ones. If we say yes, and mean no, nobody benefits. (LJ)



EPA

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the manure transferred.

The EPA is having a public comment period for the next 90 days on these proposed changes. I would encourage all animal producers to obtain a copy of these proposed changes from the extension office or via the web at <http://www.epa.gov/owm/>

afo.htm and comment on them. Please direct your comments to the local or national farm organization you may belong to. Also, if you would like to attend in person, a public meeting will be held in early March at Ames, Iowa. For more information on this meeting, please contact the

EPA Office of Water in Kansas City at (913) 551-7418. You can also obtain more waste management information from the University of Nebraska Cooperative Extension's Manure Matters Web site, www.manure.unl.edu (LCB)



INTERVIEW

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DR. ROLLS: We suggest that for a few days people keep track of what they're eating. I think people need to identify where the problem foods might be so they know which ones they can tweak to lower the energy density. For example, if someone finds they are getting an enormous amount of calories from the fat in salad dressing, they need to identify that early on so they know where they need to make some changes. I wouldn't recommend people keep track of calories for the rest of their lives. But I do think it can be useful because I think a lot of people are not aware that they may be taking 500 calories a day from soda for example. I think that is

a good way to start.

Then, they need to play with it when they know how to reduce the calories and the portions. They need to experiment with their own eating pattern and that of their families so they find ways to still enjoy foods. In our lab, we reduce the energy density easily by 30 percent and people can't even tell the difference. It may take some playing with seasonings if people are actually cooking this way. I want them to find a pattern they enjoy and can stick with. I can't emphasize that enough. This isn't a gimmick for rapid weight loss. It's really a way to try and get people to eat healthy.

Roland Weinsier, at the

University of Alabama in Birmingham, has used this kind of plan for 25 years in his program. He has published some studies on weight maintenance and has found excellent success in keeping weight off. The people actually change their eating patterns so they're eating more fruits and vegetables, eating more satisfying portions of foods and not overindulging in the high-fat foods. It just becomes their preferred way of eating. And that's what we want them to do. Because if you're going to maintain the weight loss, that's what you have to achieve. You have to just automatically eat this way. (AH)



GROWING

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under the title "Smart Growth."

Urban areas are surrounded by entrepreneurial and creative uses for the land in transition: Christmas tree farms and nurseries, dog hotels and equestrian centers, country markets and u-pick-it fruit farms. It may be that these transition uses are more appropriate development for areas surrounding cities than acreage suburbs or large greenbelts, subject to constant development pressure.

What if, instead of zoning-by-the-mile or grid zoning, communities collaborated with one another and their agrarian surroundings to grow positively using natural systems and both traditional and "green" infrastructure as the basis for identifying areas to be developed and areas to be maintained as agricultural lands or natural environments? This is also not a new planning concept, hailing back several days to the work of landscape architect Ian McHarg and others—but it is one that is exciting and manageable with new techniques like geosystems mapping.

Simply, there are two

choices in managing growth to grow right: a high density model and a low density model. Higher density models include smaller lot sizes; placement of businesses, residences, and services in close proximity to one another; development of open spaces; and transportation systems that include pedestrian ways and transit connections. This development approach may mean offering a combination of multi-family housing, duplexes, and downtown living, in addition to a neighborhood-oriented suburban development. The protection and revitalization of the urban core is essential to maintaining the health of any community, regardless of size.

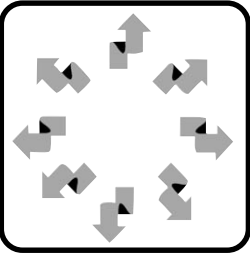
Acreages will continue to be a desirable way of living for many people. Key to the inclusion of acreage development in a positive growth model is the way in which they are serviced. Are they self-contained systems, owned and managed by people who understand the demands and do not try to make them oversized urban lots, too small to farm and too big to mow? If they are not reliant on the extension of

expensive infrastructure, are they still less acceptable than denser development because of their consumption of land? Clustered acreages, or acreages pre-platted to allow for future subdivision into smaller lots if and when the city's edge moves outward, may be realistic way to offer this living option in the present, and accommodate positive growth in the future.

Finally, to grow right, planning needs to occur in a thoughtful, deliberate way, at a scale beyond the perceived or real immediate boundaries of a community. Accepting the natural systems approach to zoning and designation of developable areas may be one method of positively managing transition land uses. The question "what if..." needs to be asked frequently, and partnerships between those skilled in researching issues and those who can implement them should continue to be strengthened.

Source: Kim W. Todd, ASLA, Landscape Architect, UNL Lecturer. (GB)

Miscellaneous



ADOLESCENTS

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wise to communicate absolute support to the young teenager by saying—"I am going to love you, support you, and fulfill my responsibility to you, no matter what mistakes you make. You are my son/daughter and nothing can change that. I hope and trust you will do and feel the same toward your mother and me (or your father and me). So far, we are

very proud of you and we feel we will always be."

A few guidelines include:
Give teenagers clear rules
Don't overreact
Give lots of encouragement
Only battle over important matters—ignore the small stuff
Don't treat teens like children
Encourage independence (LJ)



PRIVACY

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information.

5. Opt out of direct marketing association members' direct mail campaigns, telemarketing lists, and bulk e-mail servers.

6. Call 1-888-567-8688 to remove your name from credit reporting bureau pre-screening programs.

7. Tear up or shred documents containing your name, address, social security number, bank, or credit card account numbers before throwing them in the trash.

8. When using a cell phone, pay phone, or your lap top computer in public, be conscious of anyone trying to overhear or see confidential information.

9. When traveling on business, do not put your address on your suitcase—just your phone number.

10. Call, write, or e-mail your elected representatives. Let them know privacy is important to you. (LJ)

Wanted

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HIGHLY MOTIVATED INDIVIDUALS
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LEAD Fellowship applications available for group XXI

Fellowship applications for Nebraska LEAD (Leadership Education/Action Development) Group XXI are available now to men and women involved in production agriculture or agribusiness.

Up to 30 individuals will be selected from production agriculture and agribusiness. Preference will be given to individuals ages 25 through 45 who have demonstrated leadership potential.

LEAD fellows also participate in a 10-day National Study/Travel Seminar and a two to threeweek International Study/Travel Seminar. Seminar themes include economics, foreign cultures, government, communications, international trade, politics, business, labor, environment, finance, and industry.

The program is designed to prepare spokespersons, problem-solvers and decision makers for Nebraska and its agricultural industry. Now in its 21st year, the program is operated by the Nebraska Agricultural Leadership Council Inc., a nonprofit organization, in cooperation with Nebraska colleges and universities, business and industry and individuals throughout the state.

Applications are due by June 15 and are available from the Nebraska LEAD Program, Room 318 Biochemistry Hall, University of Nebraska, Lincoln, Nebraska 68583-0763 or by phoning the office at (402)472-6810 and requesting an application packet. General information about LEAD is available from the World Wide Web at <http://www.ianr.unl.edu/lead/> (GB)