

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 or www.lanco.unl.edu for more information.



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NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (*please print*)
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Return to:
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444 Cherrycreek Road • Suite A, Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

- January 18**
Fairboard Meeting
- January 22**
FCE Council, 12 p.m.
- January 23**
Pet Pals 4-H Club Meeting, 7 p.m.
FCE Leader Training, 1 p.m.
4-H Chess Club Meeting, 7 p.m.
- February 3**
4-H Cattle Weigh-In, State Fair Park 8-11 a.m.
- February 6**
4-H Council, 6:15 p.m.
4-H Activities/Achievement-What's It All About, 7 p.m.
- February 9**
Extension Board Meeting, 8 a.m.
- February 12**
4-H Shooting Sports Meeting, 7 p.m.

AWARD

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“Virginia is always there for us. No matter what problems we have, she smiles, tells us she will see what she can do; but we know she digs, hunts, and finds what we need; then dutifully gets what we need typed,

copied, sorted, and in our boxes long before we need them. She is amazing.”
“Virginia’s long time service to NEP has provided her with a level of understanding of the program, that allows her to

foresee the needs of the staff.”
“She is pleasant and positive all the time.”
As a recipient of this award, she received a cash award of \$250, a framed certificate and a lapel pin. (MB)



TESTING

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Testing for protein content can help determine how the feed can be fed, if it is to be used as a protein source in the ration. For example, protein doesn’t have to be fed every day. If it would fit

the herd’s needs at five pounds a day for 100 cows, that would be 500 pounds of needed protein. If a 1,000-pound bale of hay was put out every other day, the protein need would be achieved.

(TD)
SOURCES: Paul Hay, Extension Educator, Gage County, NU/IANR; Rick Rasby, Ph.D., Beef Specialist, NU/IANR



CONFERENCE

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soybean groups. Guest master of ceremonies will be Emery Kleven of KTIC Radio.
Husker Feed Grains and Soybean Conference is a joint effort of the Nebraska Corn Growers, Nebraska Grain Sorghum Producers, and

Nebraska Soybean Associations—in cooperation with the corn, grain sorghum, and soybean check-off boards.
Those interested in attending this years conference can phone Irene Severin, conference coordinator at 402-787-3885 for

more information. Registration for the full two-day conference at the door is \$110; for those attending Wednesday or Thursday only, the registration is \$45 and \$70 respectively. (GB)

Marriage Truths

If you are a dual-earner with children, great demands are placed on your resources—time, energy, money, patience, and it may place great demands on your marriage. When this happens, your marriage may take last place on your priority list. Disagreements, conflicts, and “fights” may increase. Here are some “truths” to remember about your marriage.

Each relationship contains a hidden reservoir of hope. Even the most destructive fights and conflicts start with good intentions. These good intentions form the basis for the hidden reservoir of hope that a fully satisfying relationship can be achieved.

One “zinger” will erase twenty acts of kindness. It takes only one put-down to undo hours of kindness. Intimate partners must learn to manage their anger and control the exchange of negative behavior.
It’s not the differences that cause problems, but how the differences are handled when they arise. Partners must learn how to manage differences between themselves and their partners. Rather than focus on areas of agreement or disagreement, couples in happy relationships develop good listening skills.
Men and women fight using different weapons, but suffer similar wounds. The apprecia-

tion of how each gender faces conflict is the first step to healing the negative feelings both sexes share. This task is made easier when partners realize their wants and needs are similar, even though prior attempts to meet those needs were met by failure and frustration.
Partners need to practice relationship skills to become good at them. Instead of continually changing partners in the quest for a happy relationship, people should be learning to manage conflicts, angers, and disagreements that are common in all relationships. (LJ)