

Stress effects to be studied

MEDIA, Pa. - The Penn State Extension Service is offering three series of stress seminars this Spring, according to Greta C. Vairo, Extension home economist with the Penn State University. Each seminar will consist of three meetings to explore the effects of stress, and to help homemakers to channel their stresses in beneficial directions. The three seminars will be held in different locations. If interested in knowing the dates, times, and locations, call the Extension Service at 215-891-2491 and ask for the

flyer on the stress seminars. There will be a cost of \$2 for the series. Topics will include "Stress, Our Friend or Foe;" "Coping Mechanisms, Good and Bad;" "Home: Tempest or Teapot," and many more. Small discussion groups will further explore these topics. The public is invited to attend.



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My Thoughts

And welcome to them

**By JOANNE SPAHR
Associate Editor**

People used to pity me. There I was, at the tender age of seven, with what appeared to be a premature case of acne.

"Poor thing," they would comment, "can you imagine what she's going to look like when she hits puberty?"

No one ever answered that question, they just shook their heads in sympathy, and hoped they wouldn't be around to witness the result.

I have to admit, my forehead did look an awful lot like the lid of a salt shaker with all its tiny holes and pick marks, but I didn't have a case of acne. What I had was a glaring case of stupidity, commonly known as the "my brother builds traps in his straw forts and I fall into them," syndrome.

You know what it was like. Puppy dog-like little sister trailing big brother farmer around the straw mow while he stacks bales and makes forts.

"Oh, George, (he always called me George, Henry, Richard, or any combination of these, but never, never my right name) you gotta see this one," he would whisper, as he stuck his head out of one end of the fort, and wiggled his index finger at me with an anticipatory grin. Somehow he always reminded me of the stranger my mother told me to watch out for who would say to me, "Hey, little girl, want some candy?" and then steal me. Fortunately for my parents, I never ran into that man with the candy, because if I would have fallen for his lines like I did for my brother's, the family would have gone bankrupt from paying the ransom money.

Anyway, I always grabbed the bait, and like a fool, climbed into the hole to experience the wonderful mysteries of the straw fort. And, when I did, I always met my Waterloo, like the time the tarantulas attacked me...

**Mysteries of the Straw Fort
to be continued next week.**

Women's Calendar

Saturday, March 26
Lancaster County Society 28 meeting for progressive supper with husbands at 6:30 p.m.

Monday, March 28
Berks Co. Society 5 meeting at 7:30 p.m. Hostess is Rhea Schoener. Program is on tension and anxiety by Mrs. Terry Teeter.

Tuesday, March 29
Ephrata Area Young Farmers Ladies Night at the high school. 7:30 p.m. Egg decorating demonstration by Clara Hollinger and Katie Lippart. Refreshments will be served.

Wednesday, March 30
Lancaster County Society 24 meeting at 7:30 p.m. Hostess is Erma Zimmerman. Program is a Red Cross demonstration.

Thursday, March 31
Lancaster County Society 11 meeting at 1:30 p.m. Hostess is Mary Nolt. Berks County Society 7 meeting at 8 p.m. Heritage chair shop.

Friday, April 1
Lancaster County Society 13 manning craft and bake stand at Dry Good's Store, East Towne Mall. 9:30 a.m.

Saturday, April 2
Lancaster County Society 10 meeting at 1:30 p.m. at Shady Maple, Rt. 272 S. Speaker is the Rev. Bill Drury.

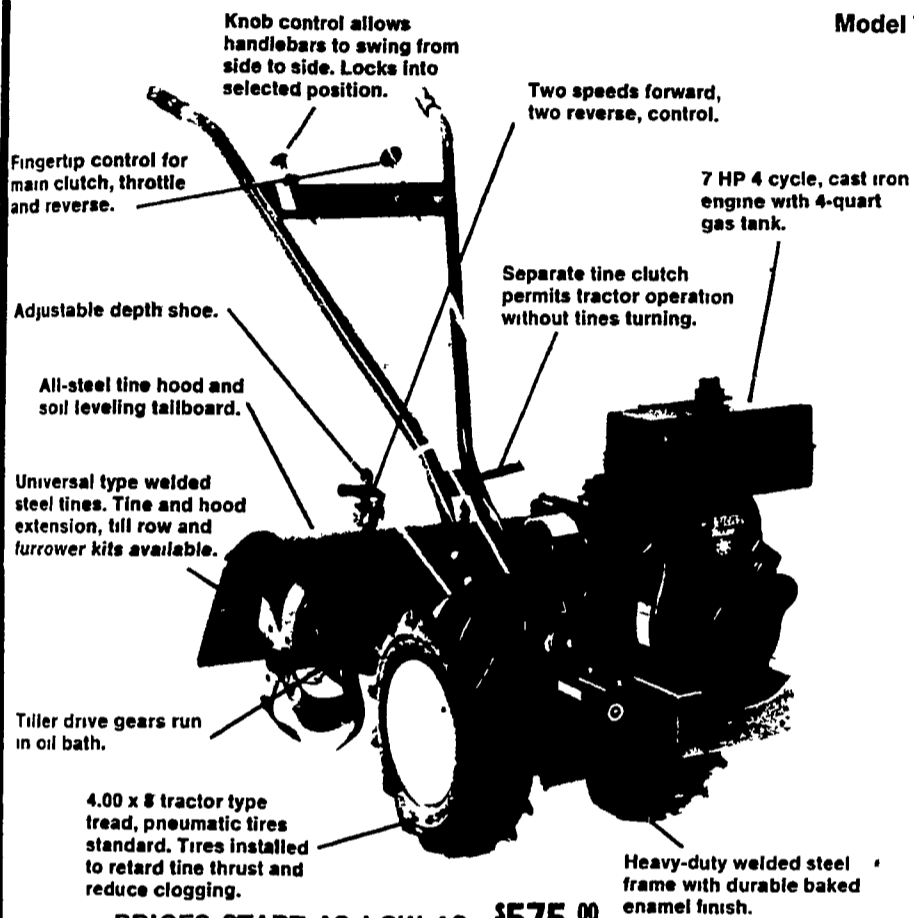
Lancaster County Society 6 meeting at the home of Miriam Heisey.

Lancaster County Society 1 meeting at the Farm and Home Center to entertain Society 20. Time is 12:30 p.m. Meal is covered dish.

Lancaster County Society 19 meeting at 1:30 p.m. Hostess is Mary White. Program is trooper Joseph Althoff. Program is on safety theme.

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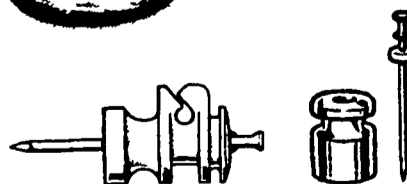
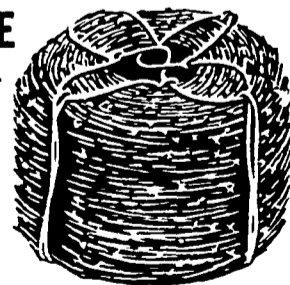
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