

Make 1984 a Family Year

NEWARK, Del. — Families make a special effort to spend time together over the holidays, but by January they may drift off into their own directions. Instead of letting that happen, resolve that your family will grow closer and warmer throughout 1984, suggests University of Delaware Extension Home Economist Debbie Amsden.

Set aside a regular time each week for family activities, she says. These can be as simple and inexpensive as playing card or board games, working jigsaw puzzles, making crafts, or playing musical instruments. Makeshift instruments and kazoos can be just as much fun as pianos and violins. All these activities will help children develop skills and confidence as well as family feeling.

Winter weather offers many possibilities for family fun, Amsden says. If everyone bundles up, skating, sledding, and playing in the snow provide plenty of healthy exercise. Then go inside for an old-fashioned taffy pull. A basic cookbook will explain how it's done.

Reading, watching a television special, looking at family pictures or home movies, and listening to music are activities family members of all ages can enjoy. By sharing the experience, everyone has a common subject to discuss. Discussion helps children form opinions, sort out issues that concern them, and learn that parents can listen.

Children whose parents spend time with them feel good about their parents and themselves, the home economist says. To a child, the words, "I love you" may mean less than a practical example of

that love, such as a parent who takes time to play catch or go on family outings.

The strongest, healthiest

families spend time together, Amsden says, and thus develop an attitude of support and commitment to one another.

BACK HOME



By Michelle S. Rodgers

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"It's Officially Winter!"

It's January — the traditional month of all day football games, snow and the Farm Show. And what a tradition the Farm Show is — all sixty eight years of existence.

Many of us generally only think of traditions as those things that happen at holidays. But this is not necessarily so. Traditions are important to our families as they are something like a string that ties us to our family past and links us to our future. The Farm Show was always one of our family traditions. We even had a day off from school to go. My childhood memories recall such Farm Show traditions as collecting yardsticks, spending hours following Dad through the machinery exhibits, eating a hoagie and cider for lunch in the big arena, and admiring the large Belgian horses.

The past several years I've been able to see the Farm Show from the other side of the fence! I spent the weekend prior to Farm Show entering clothing exhibits, assisting judges and setting up displays and the following weekend closing up exhibits. Regardless, the excitement of the Farm Show still remains for me and it seems to affect farm and city folk alike.

With all the excitement of Farm Show coming to a close many of you may be facing what appears to be a long winter ahead, or maybe you are experiencing the post-holiday blues. Does it seem to you like the only thing to look forward to is the Fourth of July?

One cure for winter doldrums is

to start some non-holiday winter traditions. Think about some things that you could look forward to and enjoy together as a family.

My favorite winter family tradition is baking doughnuts. When the first big snow arrived and school was cancelled, everyone in the family joined forces for the creating of luscious yeast glazed and sugar doughnuts. It was no wonder that we all looked forward to a big snow.

It is these kinds of family traditions that just might brighten the winter months ahead. Here are some ideas to get you started;

- a family board game night
- put together a large jigsaw puzzle
- ice skate or build a snow family
- have a picnic supper indoors
- a story night; everyone tells one story
- show slides of summer vacations or growing up
- visit an elderly relative or friend
- have an icicle hunt for the biggest, smallest and fattest icicle
- winter treasure hunt; make a trail in the snow with a surprise at the end of the footprints
- make a pizza pan size chocolate chip cookie or make a winter stew

The Farm Show tradition has come to an end for this year and with it we store many happy memories of this and other years. What other memories will your family recall from winter 1984? Keep the family spirit alive and the family unit intact by planning at least one new tradition to try this winter.

A Happy Home Recipe

4 cups love
2 cups loyalty
3 cups forgiveness
1 cup friendship

5 spoons hope
2 spoons tenderness
4 quarts faith
1 barrel laughter

Take love and loyalty and mix it thoroughly with faith. Blend it with tenderness, kindness and understanding. Add friendship and hope. Sprinkle abundantly with laughter. Bake it with sunshine and serve daily with generous helpings.

foods you eat Our bodies have evolved ways of handling many natural carcinogens in our food supply.

To avoid some dietary carcinogens, use polyunsaturated fats in moderation, avoid rancid fats and do not eat highly charred meats. To keep fats from becoming rancid, store them according to package directions, and buy only the quantities you need for a few weeks at a time.

4-H Banquet Scheduled

GERMANSVILLE — The Lehigh County 4-H Swine, Beef and Sheep Clubs will meet for an awards banquet Jan. 28 at the Germansville Fire Hall at 6:30 p.m.

4-H

Don't Reach for the Vitamins

LANCASTER — If you have read any of the articles on diet and cancer prominent in the media lately, you may be tempted to invest heavily in vitamins. But the best way to combat any possible natural dietary carcinogens is to eat a large variety of foods, especially green leafy and yellow vegetables, says Greta C. Vairo, Extension home economist.

Several foods have natural ingredients that might promote cancer. But many other foods contain anticarcinogens — vitamins and minerals such as carotene, vitamin C, vitamin E and selenium — that help our bodies defend themselves against dietary carcinogens.

"Many people don't eat enough fruits and vegetables and don't obtain adequate variety in their diets," Vairo says. To ensure that your diet provides you with an ample supply of natural anticarcinogens, eat two or three servings each week of green leafy or yellow vegetables (for carotene); eat and drink citrus fruits and juices (to provide vitamin C); be certain that your diet contains at least one source of nonhydrogenated vegetable oil each day (for vitamin E). Include whole grain products and legumes in your diet too.

Mrs. Vairo stresses that megadoses of vitamins and minerals are unnecessary and, in the cases of vitamin A, vitamin C, and selenium, can cause unhealthy side effects. Simply eating a variety of foods with natural anticarcinogens will offset the natural carcinogens in other

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