



The York County 4-H Council meeting was held on Nov. 7 at the 4-H Center.

Brenda Walter and Mrs. Carlisle were elected 1985 council advisors. Members were assigned to committees and more people are still needed on them.

People interested in volun-

teering should contact any county council officer.

Cookie sale prizes were awarded. Following the meeting, county council members painted the small meeting room.

The next meeting will be on Dec. 8 at 8:45. The group will be taking the residents of Pleasant Acres Christmas shopping.

Lebanon Society 20

Lebanon Society 20 held their monthly meeting in the home of Sarah Funck, Jonestown.

A donation will be given to the Lebanon County Christian Ministries' food bank.

Each member brought cookies and the recipe to exchange with other members.

The next meeting will be the Christmas party, held in the home of Elta Weaver.

Lancaster Society 19

Lancaster Society 19 met on Saturday, Nov. 10 at the Artificial Breeders Association with Mrs. David Yoder as hostess.

There was a report on the number of pieces sewn by the society at the General Hospital in October.

After a short business meeting, Mildred Lehman and Vivian Warfel showed a number of craft items. Both ladies instructed the group on how to make two craft items.

Everyone enjoyed a cookie recipe exchange.

Lancaster Society 21

Lancaster Society 21 met on Nov., 8 at the home of Esther Graybeal. Joanne Roth and Abbie Bradley served as co-hostesses.

After a business meeting Esther Graybeal and Anita Reed gave a

slide presentation.

The next meeting will be the Christmas dinner at Rhodes Restaurant in Quarryville at 6:30 on Dec. 6.

Lancaster Society 25

Lancaster Society 25 met at the home of Helen Thompson on Nov. 10.

Mrs. Melvin Groff gave a book review on the history of the Indians, Pilgrims and Thanksgiving

origins.

There will be a family Christmas party on Dec. 8 at Wengers. A covered dish meal will be served at 6:30 p.m. Hazel Ulrich will speak about Christmas customs.



Ladies Have You Heard?

By Doris Thomas

Lancaster Extension Home Economist

Does Your Family Need A Home Computer?

This Christmas, a computer is the gift to buy for your family. At least that's what the advertisements would like us to believe. But a home computer is a big investment. How do you decide if you really need one? You should consider several factors before you decide to buy a home computer.

First, know why you're buying a home computer. Keeping up with the Joneses is not a sufficient reason. If you want a computer simply to balance your checkbook, a \$5 calculator would work just as efficiently.

There are three categories of people who buy home computers. There are the innovators who must be the first on the block for everything. Some people have their own businesses and need the computer for specific purposes, allowing the family to use it between business uses. The third category is parents with young children. These families should buy only if the expense will fit into their budget. Do not go into debt to buy a home computer.

Many advertisements lead both parents and children to believe that children need a computer to succeed in school. Students in most schools, however, get little time to work with a computer and, often, only the more affluent school districts have computers available. Frequently students work with a computer just enough to make them want one of their own.

For many, fascination with computers may be just a phase. The whole family should take a computer course or try out a neighbor's computer to see how much they really do like working with them.

Buy a small, inexpensive model. If you really like using the computer and find you need one with more capabilities, pass the smaller computer on to the kids or sell it, and buy a more powerful one. The prices of computers are dropping as the power and features of new models increase.

Families should disregard the media attention and give serious consideration to their own needs. It's not a disgrace to know you don't need one.

Holiday Depression

Depression is common among many people during the holidays. Those people who are bereaved, divorced or separated from their loved ones are especially susceptible to depression because the holidays tend to make us more conscious of our losses.

Losses and disappointments can build up during the festivities and lead to depression. The elderly are especially vulnerable because people are apt to have more losses and recover from them less quickly as they grow older.

The most important thing to do is to pinpoint the causes and to realize that you are not the only one who is depressed during the holidays. Don't make yourself more depressed by saying you shouldn't feel this way.

Once you've determined the cause of the depression, take control of the situation. Don't be a victim. If there is a void, try to fill that void with whatever it is that you're missing.

Refocus on someone or something else other than yourself and take just one positive step.

It's simply not true.

The last few years have been tough for farmers in south central Pennsylvania. You've had to deal with the deadly Avian influenza and an unusually dry year that produced low crop yields. You've suffered through low egg prices, reduced milk prices, and marginal pork prices. And, in general, you've experienced high interest rates.

As a major lender committed to the agricultural industry, Commonwealth National Bank has witnessed these bad and difficult times firsthand through many of our agricultural customers. The pressures brought about by the events of the past few years have caused many of these customers to turn to us for help. As a result, we've spent a great deal of time working to get them out of some tight spots. We've restructured loans and, where appropriate, we've offered extensions. In all cases, we've worked hard to provide good, sound advice on the best course of action to follow. In short, we've remained committed.

To some, our commitment to lending may seem to have waned as we continue our work to help those among you who need it most. But be assured that our commitment has never stopped. When you need us, we'll be there as strong as ever—with aggressive prudent lending, competitive rates, and just plain hard, honest work.

Commonwealth National Bank not committed to agriculture? *It's simply not true*, and no one knows it better than I do.

Charles F. Merrill
President and Chief Executive Officer

Commonwealth National Bank