



# OPINION

## Stress Down On The Farm

(Continued from Page A10)

eliminating it. Most authorities suggest you consume at least one-fourth of your daily calories and nutrients at breakfast. Hunger can leave you less able to cope with stress. Eat an adequate and nutritious breakfast each day. It just makes good sense to eat moderately and regularly, especially when you're under stress.

Some kind of physical exercise program will improve your ability to manage stress. Stretching and flexing the muscles of the neck, arms, shoulders, thighs, and midsection reduce the chance that these muscles will tighten up and produce common indicators of stress—headache, neckache, and backache.

A more advanced exercise program not only helps manage stress but improves cardiovascular fitness. Over a period of time, cardiovascular exercise can benefit the heart, lungs, and arteries and result in biochemical changes that elevate your mood and encourage a healthy self-concept. You can do more work or do your regular work with less fatigue.

In addition to support groups, diet, and exercise, managing stress also means balancing your personal, social, and work-related activities.

Develop a variety of interests, activities, and relationships.

Balance work with recreation.

Talk about problems to someone who cares. Don't keep anxiety and

## Bee Specialist to Address Tri-County Beekeepers Meeting

DOYLESTOWN — Dr. Robert Berthold, beekeeping specialist on the faculty at Delaware Valley College, Doylestown, will be the

anger bottled up.

Set reasonable personal expectations and goals.

Learn to accept what cannot be changed.

Learn to say no to requests you cannot reasonably handle.

Give in once in a while, even if you think you are right.

One of the most unbelievable findings reported by Professor Capener was that in both the study of Western farm families and the study in New York State, researchers found that the church was the least responsive to the emotional needs of farm families under stress.

Our Farm Forum where readers write to the editor for publication is open for you to share your experiences with farm stress or your ideas on how to solve it.

featured speaker at the Annual Tri-County Meeting of the Lebanon, Schuylkill and Dauphin County Beekeepers' associations. The meeting will be held Tuesday, June 24 at the Keeney-Zeigler Apiaries in Bethel, beginning at 6:30 p.m.

Berthold's presentation will include a slide show on "The Madison Avenue Approach to Selling Honey." Although honey is an excellent product that can be put to many uses in the home, the per capita use of honey in the United States has been declining over the past 10 years.

In addition to the honey it

produces, the honey bee is also of critical importance in the pollination of many agricultural crops. The latest estimate is that the honey bee is responsible each year for pollinating crops in this country valued at over 20 billion dollars.

The annual meeting will also mark the open house to celebrate the newly-completed Keeney-Zeigler Honey House.

The meeting is open to the public and there is no charge for admission. It will be held rain or shine. The apiary is located on old Route 22, one mile east of Route 501.



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