



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Summertime Rules Are Necessary

School is over for another year and children are beginning summer filled with ideas of many things to do. But as summer wears on, many youngsters wear down and some parents wear out.

During the summer months we need to remind ourselves that even though it is summer, our children need continual limits or rules. Granted, some of the rules that are in effect during the school months may change or be altered, but others will not, or at least should not be.

Summer is a time for more relaxed activities, more swimming, ball playing and general horsing around. Some children may get the idea that summer is also the time for a relaxation of rules. However, children of all ages need some lines drawn around their behavior.

Rules mean a sense of security to the growing child. Rules also help the child learn to live a responsible life.

I know of one father and mother who had a very good suggestion about summer rules. They sat down with their two children, ages

12 and 15, and discussed the whole question of rules and particularly the rules that concerned such things as the swimming pool, observing time (for meals, bedtime, etc.), where to go in the community and what to do.

The parents discovered a great deal about what their children were thinking and planning. Together they talked about summer activities and what would be reasonable in terms of rules. Most importantly, they talked about and agreed upon what would happen if a rule was broken. Each person knew what was expected.

In this family, when the summer was over, the greatest testimonial to the parent's interest was given by the oldest child. He said that the past summer was the best he had ever had.

That didn't mean he did not break any rules. The time he returned home late from the pool he was not allowed to go swimming the next day. But this did not overshadow the time his parents

took to discuss the rules and consequences before the summer started.

Older children are capable of and can learn a great deal by sitting down from time to time and discussing the rules they should

abide by. They also learn what will happen if they break a rule.

As summer begins this year, you might, if you have not already done so, sit down with your children and talk about summer activities, rules and consequences.

PFA to Sponsor Statewide Ladies Day Out

CAMP HILL — The Pennsylvania Farmers' Association is inviting women from all across Pennsylvania — not just farm wives — to PFA's first statewide Ladies Day Out. The event will take place July 9 from 10 a.m. to 3 p.m. at Jaffa Mosque, Altoona.

Featured speaker at the Ladies' Day Out will be world renowned radio and television personality Virginia Graham. She will present an address entitled, "Remember, The Choice Is Ours."

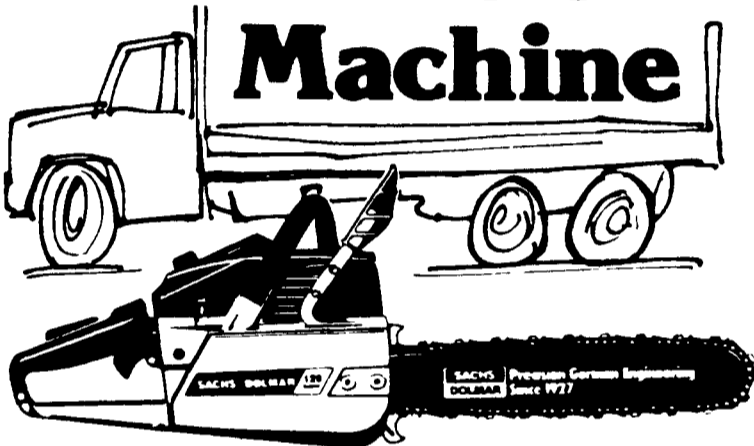
Virginia Graham is also the largest fund raiser for charities in America today, having raised millions of dollars for the

American Cancer Society. In 1985 she was voted one of the 10 most respected women in the world.

Also addressing the Ladies Day Out will be Marsha Purcell, director of American Farm Bureau Federation's Women's Program. She will discuss women's role in farm organizations. Entertainment, group singing and a buffet lunch are included in the Ladies Day Out agenda.

Tickets are available at \$15 per person only in advance from your local county farmers' association or from the Pennsylvania Farmers' Association. Deadline for reservations is June 25.

The Ultimate Production Machine



120 Super

42 Cubic Inches 68 cm³

- Full Safety Package
- D2M Anti-Vibration
- CD Ignition
- Adjustable Automatic Chain Oiling

Come find out for yourself why
"A Logger's Best Friend is His

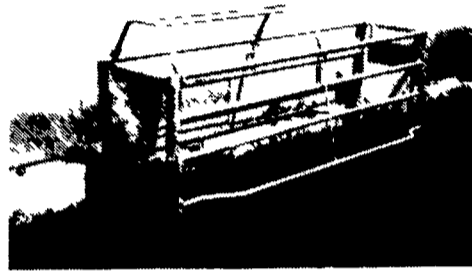


Call for the dealer nearest you

- | | | |
|--|--|---|
| A & N ENGINES
Narvon, PA | GEORGE'S TOOL RENTAL
Hatfield, PA | D.C. PENoyer & CO.
Clearfield, PA |
| ALLIS HOLLOW EQUIPMENT
Rome, PA | GRAVELY TRACTOR
McKean, PA | PENN HOLD SALES & SERVICE
Schwenksville, PA |
| BERWYN LAWN MOWER
Berwyn, PA | GRAYATT SAW & MOWER SERVICE
Sandy Lake, PA | R & R LAWN MOWER
Wilkes Barre, PA |
| BLUM'S SAW SHOP
Clarendon, PA | GRAVELY HAVERFORD
Haverford, PA | DONALD REASNER LOGGING
Fayetteville, PA |
| MICHAEL BOCK
Fannettsburg, PA | HARTMAN STATION ENGINE SHOP
Lancaster, PA | RICH'S WOOD PRODUCTS
Fall Creek, PA |
| BUTCH'S SAW SHOP
Titusville, PA | HINDERLITERS GARAGE
Coalspring, PA | O C RICE INC.
Biglerville, PA |
| CHARLES'S SMALL ENGINE REP.
West Chester, PA | J & M SERVICE
Shohola, PA | DAVID ROBINSON
Wellsboro, PA |
| CHESTNUT SERVICE STATION
Hustontown, PA | KELLAM LAWNMOWER SERVICE
Glen Mills, PA | RUDY'S SAW SHOP
Johnsburg, PA |
| CHESTER COUNTY TIMBER
Unionville, PA | KISSELL EQUIPMENT CENTER
State College, PA | SMULL'S SALES & SERVICE
Middletown, PA |
| CLUGSTON FARM EQ.
Needmore, PA | KOCH'S LAWN & GARDEN EQUIP.
New Ringgold, PA | SIDLE HARDWARE
Bowmansdale, PA |
| D & T SAW SHOP
Emlenton, PA | MCGINTY'S MOWER
Rosemont, PA | STAPLE'S LAWNMOWER
Stroudsburg, PA |
| DAVEY EQUIPMENT
Downingtown, PA | MERLE'S ENG. REPAIR
Mercersburg, PA | STUMPS CHAIN SAW
Clymer, PA |
| DONS HARDWARE
Folsom, PA | MULLEN SALES & SERVICE
Franklin, PA | TAYLOR RENTAL CENTER
Media, PA |
| ERNEST DRESSLER
Millerstown, PA | NIEMEYER SER. CTR.
Newtown Square, PA | UNITED LAWN MOWER
Norristown, PA |
| EWALT RENTAL CTR.
Coatesville, PA | NORVELT SAW SHOP
Norvelt, PA | WAYNESBURG FARM SUPPLY
Waynesburg, PA |
| FAITH LOGGING SUPPLY
Lock Haven, PA | | WEST END ENGINE SERVICE
Gilbert, PA |

Precision German Engineering Since 1927

COUNTRY BOY FARROWING CRATE



Crate constructed of 1 1/4" OD pipe, 1/8" thick wall, European-style, adjustable bottom rail.

AVAILABLE IN PAINTED OR GALVANIZED

\$124 (Painted Crate)

Raised Stands Available

Custom Stainless, Aluminum And Steel Fabricating

BUY DIRECT AND SAVE COUNTRY BOY MFG.

- Hog Equipment • Gravity Boxes
- Custom Built Trailers

1601 King St., Lebanon, PA 17042
(717) 272-9595



Let Us Help You Maintain The Beauty And Health of Your Trees

TREE SPRAYING

Complete Prevention of All Insect Damage

Pesty Flying Insects Can Ruin Outside Groups Such As Church Gatherings, family Picnics and Reunions.

THERMAL FOGGING IS THE ANSWER

Kills Gnats, Mosquitoes, Bees and All Flying Insects

1278 Loop Rd.
Lancaster, Pa.
17604

717-397-3721

Since 1928
Pest control is too important to trust to anyone else

Herlich

READ WHAT DOCTORS SAY ABOUT LOSING WEIGHT:

Prominent physicians from all over the country have something to say about effective weight loss and Herbalife. The following quotes have been voluntarily submitted to Herbalife and authorized for use without compensation or fee.

"My patients have lost weight on Herbalife—without complications"

Richard L. Baalord M.D.
Chief of Staff, P.A. C
—Berth Hills, CA

I believe in Herbalife and highly recommend it, because it has worked wonders for many of my patients. Most other diet programs are destructive because they are addictive."

William Bernard M.D.
Specialist in Family Practice & Adolescent
—Tulsa, OK

Herbalife products provide the nutrition necessary for wellness and the mechanism for weight control (loss or gain) for those people who wish to improve themselves physically."

Irving M. Blatt M.D.
Otolaryngologist, Ear, Nose & Throat
—Lakewood, CO

"At first I was skeptical about Herbalife as I am about most weight loss programs. I tested it myself, lost 32 pounds, and recently started several patients on Herbalife. They started to see results almost immediately."

James F. Bradley Jr. M.D.
Vascular & Staff, St. Luke's Hospital
—Tulsa, OK

"I recommend Herbalife to my patients and have seen fantastic results. I also feel the nutritional benefits of Herbalife products are wonderful."

John E. Campbell M.D. P.A.
R. and D. Div. for
Alabama Poison Control Center
—Opelika, AL

"My feeling and opinion is that Herbalife products are safe and effective as recommended for use as a weight control program, that it is properly structured and has the appropriate nutrients for the general population."

James W. DeRuiter M.D.
Emergency Medicine & Family Practice
—Panama City, FL

"I recommend Herbalife products to my patients because it helps them lose weight and feel good. They've seen the weight I lost on Herbalife and they want to get on the same program."

Nan Faye M.D.
Family Practice
—R. Schug, OR

"Many of my patients have lost considerable weight, and as a result of good sound, basic nutrition they also feel well, seem to have more energy and get-up-and-go."

Severo K. Guerrero Jr. M.D. A.B.F.P. F.A.A.F.P.
Past Chairman Department of Family Practice
—Lakewood, CO

I have a definite place in my practice for Herbalife and I use it effectively along with other tools. I am excited that I can use it to help my patients realize greater health. Herbalife is safe. I use it myself, and I have a lot of patients on these products."

Helmuth K. Harwich M.D.
Family Medicine & Geriatrics
—Middletown, NJ

"Several of my patients are using Herbalife with 100% satisfaction. I have seen no adverse effects even in people with multiple medical problems. I believe Herbalife products will be universally accepted as the ultimate in health nutrition supplements."

Charles I. Harwood M.D. D.F.P. F.A.A.F.P.
Family Practice
—Brook, NY

I have found Herbalife products to be an effective safe and scientifically proven treatment-alternative in my practice. Herbalife should be the physician's No. 1 choice for weight loss and preventive nutrition."

Richard A. Joseph M.D.
Emergency Medicine & Family Practice
—Naperville, IL

"Several of my patients have failed on many other diets, but I have found they achieved their weight loss goals on Herbalife. I recommend it for weight loss and nutrition."

Edmund J. King M.D.
Medical Consultant for the Social Security Bureau
—Hartford, CT

"The Herbalife weight control program has been ideal for my patients. From everything I have seen I can assure you Herbalife is effective, well-balanced, filling and energizing."

Roy Kupsel M.D.
Preventive Medicine & Health Care
—Orlando, FL

"My patients comment how much healthier they feel since taking Herbalife. I would much rather have my patients on herbs than diuretics or amphetamines. They do better and are able to maintain their weight loss. Many have tried all kinds of diets and none has been as effective as Herbalife."

Donald Long M.D.
Obstetrics & Gynecology
—Nederland, TX

JESSE WEAVER
1431 Brunnerville Road
Lititz, PA 17543
717-626-5503

CAROL ROBINSON
310 S. State Rd.
Marysville, PA 17053
717-957-4535

CONTACT YOUR LOCAL DISTRIBUTOR

HERBALIFE

Copyright 1985 HERBALIFE INTERNATIONAL. All rights reserved.

DAVID WEAVER
Rt. #1, Box 70
Newville, PA 17241
717-776-6772

ELMER P. WEAVER, JR.
Box 197, Rt. 1
Richland, PA 17087
717-866-2512