

Families Can Defuse Stress In Healthy Ways

Family stress is inevitable but not insurmountable. According to a recent edition of "Reader's Digest," by following these five tips families can face today's high-pressure world without coming apart at the seams:

1. **Healthy families talk openly about money.** Money is the leading family stress. When couples disagree over how money is to be spent, the hidden issue is power — who has the right to decide and why. That's the reason some couples avoid discussing money — they don't want to address the

risky issue of balance of power and self-esteem in their relationship. Couples who talk openly about loans, investing, credit cards and children's allowances realize that collaborating on decisions — and occasionally arguing — is better than allowing money pressures to explode later.

2. **Healthy families make time for everyone in the family.** Healthy families view time as a controllable resource and set priorities and budget time for family activities. Families that get into the habit of play often find

that, rather than losing their adolescents to questionable outside activities, their kids bring friends home. Happiest are the children who know that their parents are accessible to them at any time, however, not just during play periods.

3. **Healthy families maintain parental authority — and flexibility.** Effective couples listen to their children's wishes, complaints and feelings, and make decisions on what they believe is best for their child — and they don't abdicate when society or

children object. Stress-effective parents state expectations and explain rules clearly and reasonably. But parents must be able to bend without threatening their rules. And as their children mature, the kids should be allowed a voice in rules and consequences.

4. **Healthy families communicate feelings — not just words.** Whenever a stress threatens, talk about it. Whether it is a question of a child misbehaving or a disagreement between husband and wife, The Talk can work wonders.

5. **Healthy families divvy up**

household responsibilities. Lack of shared responsibility in the home was named as the second-highest stress by married women, especially when both parents work. A home should be a cooperative effort, not just the mother's responsibility. And when Dad helps, the kids tend to help more agreeably and become more resourceful.

For a free reprint of "Five Ways to Fight Family Stress," send a self-addressed, stamped envelope to: Reprint Manager, Dept. D-2, Reader's Digest, Box 25, Pleasantville, N.Y. 10570.

Dauphin Co. Seeks Donations For Ag Center Auction

DAUPHIN — "Construction of the Dauphin County Agriculture and Natural Resources Center will start in late August or early September of 1987," according to Richard Hann, chairman of the Fund Raising Committee for the

center. The meeting and office complex will be conveniently located to meet the needs of people interested in agriculture and natural resource conservation throughout Dauphin County. The 6.5 acre site,

located at the intersection of routes 325 and 225, north of the Borough of Dauphin, is being donated by a local conservationist.

The Center will be available to be used by farm and natural resource organizations, and for

workshops, seminars, and training programs related to agriculture and conservation programs. Offices to be located at the Center include the Dauphin County Conservation District, Cooperative Extension Service, and USDA Soil Conservation Service and the Agricultural Stabilization and Conservation Service.

According to Merv Adams, a major fund raising effort for the center is the Third Annual Ag Center Consignment Auction. The auction will be held Saturday, April 4, 9 a.m., at the Gratz Fairgrounds, Gratz. All of the items being auctioned will be donated or consigned.

Anyone interested in donating or consigning farm equipment, tools,

household goods or other items should contact Merv Adams (892-3076), Jim Leisher (365-3419) or the Dauphin County Conservation District (558-1090). An assortment of flower bulbs and hanging baskets for spring planting will be available for direct purchase at the auction.

Hann explained that the fund raising effort is ongoing and will continue once the center is constructed. This will be necessary to help repay the debt that will be incurred. Any person or business interested in donating to the Center should contact the Dauphin County Conservation District, 1205 South 28th Street, Harrisburg, PA 17111-1095, telephone - 558-1090.

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8344 vs. P3377	431	152.7	-0.5	18.8	-0.3	-\$2.50	8344 vs. P3377	101	165.0	+0.2	20.5	-0.2	4.1	+3.7	3.0	+1.7
		153.2		18.5					164.8		20.3		7.8		4.7	
8344 vs. P3378	298	147.1	+4.4	18.4	-0.5	+\$4.84	8344 vs. P3378	64	157.8	+6.6	19.1	-0.4	3.4	+0.1	1.8	+0.1
		142.7		17.9					151.2		18.7		3.5		1.9	
8344 vs. P3358	172	146.0	+4.1	18.1	+0.2	+\$7.91	8344 vs. P3358	20	153.1	+7.4	18.7	+0.3	3.9	-2.2	0.2	+0.0
		141.9		18.3					145.7		19.0		1.7		0.2	
8344 vs. DP656	152	149.6	+4.7	18.9	+0.3	+\$9.40	8344 vs. DP656	39	149.2	-2.1	22.0	+0.0	6.5	+0.6	3.2	+3.7
		144.9		19.2					151.3		22.0		7.1		6.9	
8344 vs. P3475	103	161.1	+4.4	20.3	-1.1	+\$0.85	8344 vs. P3475	102	166.9	+5.0	22.4	-2.1	4.8	+1.1	3.3	-0.9
		156.7		19.2					161.9		20.3		5.9		2.4	
8344 vs. P3320	84	124.0	+0.6	16.8	+1.0	+\$5.31	8344 vs. P3320	5	137.5	+4.1	18.3	+1.4	0.0	+0.0	0.0	+0.0
		123.4		17.8					133.4		19.7		0.0		0.0	
8344 vs. P3352	83	154.6	+5.7	20.4	-1.0	+\$3.84	8344 vs. P3352	41	178.0	+16.4	21.2	-1.7	5.6	-2.4	0.2	-0.2
		148.9		19.4					161.6		19.5		3.2		0.0	
8344 vs. DP1100	74	153.0	+7.2	18.7	-0.7	+\$8.37	8344 vs. DP1100	17	160.5	+10.9	20.2	-0.4	4.9	+1.8	3.6	+0.2
		145.8		18.0					149.6		19.8		6.7		3.8	
8344 vs. NK9540	45	150.0	+1.3	19.3	+0.0	+\$2.15										
		148.7		19.3												
8344 vs. P3183	45	138.2	-0.7	17.5	+2.0	+\$8.43	8344 vs. P3183	11	153.6	-4.9	17.7	+3.7	0.6	+3.6	0.0	+0.0
		138.9		19.5					158.5		21.4		4.2		0.0	
8344 vs. P3184	42	121.4	+3.4	18.1	+2.1	+\$14.62	8344 vs. P3184	10	151.5	-0.6	17.5	+3.6	2.2	+0.4	0.2	-0.2
		117.8		20.2					152.1		21.1		2.6		0.0	
8344 vs. F4522	40	115.0	+3.2	17.2	+0.6	+\$7.81										
		111.8		17.8												
8344 vs. S7759	39	152.9	+3.1	18.2	+0.2	+\$6.16	8344 vs. S7759	36	147.7	+0.7	21.7	+0.0	6.7	+0.0	2.7	+4.3
		149.8		18.4					147.0		21.7		6.7		7.0	
8344 vs. GH2572	36	159.1	+2.0	19.3	+0.1	+\$3.98										
		157.1		19.4												
8344 vs. P3389	30	140.2	+6.1	19.2	-0.1	+\$9.54										
		134.1		19.1												
8344 vs. CA967	27	150.1	+2.0	18.3	+0.6	+\$6.49	8344 vs. CA967	36	147.7	+0.5	21.7	-0.2	6.7	+3.7	2.7	+7.9
		148.1		18.9					147.2		21.5		10.4		10.6	
8344 vs. PA352	24	155.7	+3.3	18.0	+0.1	+\$6.13										
		152.4		18.1												
8344 vs. JX7900	23	137.6	+0.8	18.4	+0.1	+\$1.72										
		136.8		18.5												
8344 vs. CA937	22	167.9	+6.2	18.3	-0.3	+\$8.84										
		161.7		18.0												
8344 vs. ALL	3477	147.3	+3.5	18.6	+0.0	+\$5.72										
		143.8		18.6												

*Research data



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