



BACK HOME

By Michelle S. Rodgers

Berks Extension
Home Economist

Rise And Shine

I had just spent 12 glorious days at home over the holidays. Suddenly it was time to return to work. The most difficult task was not only getting myself back into the swing of things but returning our 16-month-old to a routine. Our holidays had been packed with late nights and sleep-in mornings. Now it was time to get back to the "early bird" routine and I was dreading it. Fortunately my files produced some helpful information that I'll pass along that should help anyone take the hassles out of weekday mornings.

First, you may start with the thinking process...sometimes

called a time study. What is most important for you and what are your morning habits? I can't wake up without a morning shower, and Elise needs some cuddling time before she'll agree to a diaper change and dressing. However, I could do away with the morning fish feeding and dishwasher loading. Determine how long it actually takes you to complete the morning necessities and allow for it.

Try giving yourself a headstart by doing some things the night before. Set the breakfast table, check that there's gas in the car or lunch money ready, and plan your wardrobe. I found that a quick trip to the babysitters with some new

toys and food for the week followed by a trip to the gas station made my return morning less stressful. I even arrived a little early, adding a bright spot to my busy day ahead.

Next, try delegating. We need to be realistic in understanding that even school age children can not be expected to hop out of bed on schedule, eat and run. According to New York City child-development specialist Lorraine Rocissano, "There's no question that young children are not well suited to adapting to a rigid adult schedule. It does put stress on them." The result is unhappiness on everyone's part.

Try delegating some of the morning responsibilities to your spouse and your children. Be willing to accept the outfits that your spouse may select, or set out his clothing the night before. School age children might respond well to a checklist of morning responsibilities. Instead of asking, "Did you brush your teeth?" you can say "Go check the list!" This places the burden on the child and the list rather than mother.

Another idea for delegating responsibilities is recommended by Sally Wendkos Olds in *The Working Parents' Survival Guide* (Bantam). Olds recommends get-

ting the entire family into the act of setting up a "launching pad" for each child. This is a table or shelf for each individual where you place keys, notes, books and "whatever" the night before. Then everyone is responsible to check their launching pad before they take off for the day.

Finally, it's important to remember that young children are not always good at following a tight adult schedule. Instead of rushing children around, it's important to leave them be children...children who are incapable of doing two things at the same time, like eating toast while you put on their shoes. Instead, try waking up your child a few minutes earlier to allow for the needed time that it takes to do those items individually. Here are a few ideas to entice your little one from out of the covers:

- Offer to help her dress while

she's still in bed.

- Spin clothes in the dryer for a minute to warm them up.

- Allow a young child to bring a comfort object such as a stuffed animal to the breakfast table.

- Keep a supply of tempting breakfast foods on hand.

Rather than constantly reminding your child to "hurry up, we're late," try using positive directional statements such as, "Time to have breakfast! Time to put on your jacket!"

There will still be difficult mornings for all of us when nothing seems to go right and we leave home late and angry. However, with a little more thought and planning we may be able to get our children's day and our own off to a good start! Happier, less stressful mornings sounds like a great new year's resolution for me!

American Farmer Degree

Rodney Herr of Gettysburg joined an elite group of FFA members.

Herr received the National FFA Organization's highest degree of membership, that of American Farmer. Along with 713 other degree recipients, the Conewago-

New Oxford Chapter member was honored at the 61st National FFA Convention in Kansas City, Mo.

One of the highlights of the convention, the American Farmer degree ceremony, included the presentation of a certificate and gold key to Herr, by National FFA President Kelli Evans.

The American Farmer degree program is a special project that is presented annually at the National convention to the top 2/10s of 1% of FFA membership. Awarding of the degree is based upon a Member's Supervised Occupational Experience Program (SOEP) in agribusiness or production agriculture and his/her leadership ability as demonstrated through involvement in FFA activities.

Rodney excelled in both aspects of the criteria throughout his FFA career. While actively involved in the FFA (since 1981), he has had strong production projects in swine, poultry, corn, and soybeans. For his efforts he also received the State Star Farmer and Eastern Region National Swine Proficiency in 1985. Rodney held the office of chapter and Adams County president as-well-as being chairman of many committees. Rodney also competed in many county and state FFA contests, placing very well.

A major emphasis of the FFA is the development of skills and abilities to prepare young people for leadership roles in agriculture.

Rodney is the son of Erma Herr and the late Clair Herr.

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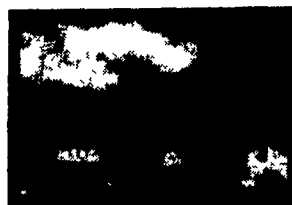
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