



# BACK HOME

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## JUGGLING GUILT

It's soon time for the return to the daily back-to-school routine. This might be a welcome change for some, but for others it is a dreaded time of balancing school, work and family.

Parents sometimes pay a heavy price for their efforts of juggling these aspects of their lives. Who will pick up John after band practice, make sure there is milk in the

refrigerator and see that the family eats a decent meal together are common concerns in families.

Commitments that take the emphasis from the family—work, school, civic duties—do cause some adults to wonder if they are "good parents," and wonder what effects these activities may have on the well-being of their children. There may be guilt feelings about resenting the child's infringement on one's time, career and relation-

ships with other family members, partners, and friends.

However, it is this guilt that is the greatest waste of emotional energy. Guilt pushes a person to do more and to do it faster and better. In the rush to "do it all," a person soon reacts with negative feelings and often overlooks the positives. Guilt is an added burden to the already stressed juggler.

Women in particular can become obsessed with the "getting things done," and "crazy clean highs" syndromes. I can relate to those feelings. I am always making lists and conditioning myself to get things done. And at times, when the list doesn't get finished, I feel incompetent.

What many of us have to learn as we juggle our family, work and school lives is that guilt weakens rather than strengthens. Here are some tools I have found that will work to alleviate guilt.

•Take good care of yourself. If you feel good, other areas of your life also will get a lift. Find some time for easy exercise such as walking. Try getting up 15 minutes

earlier or taking a walk on your lunch hour or an evening bike ride with the kids.

•Do very few things you resent or strongly prefer not to do. Learn to say "yes" to the things that are most important. You may need to say "no" to some things you have always done to allow you a few new options.

•Live in the here and now. Don't dwell on the mistakes of the past or worry about what may happen in the future.

•Do at least one thing each day because you want to or feel like it.

Add these things to your "to do" list and complete them as well.

•Don't forget to daily affirm yourself from within. While driving home, acknowledge things that bring you joy and that you do adequately.

I must admit that knowing these tools and doing them are two different things. Juggling is a stressful activity—whether it is juggling balls, plates or lives! Now, while we are developing new back to school juggling routine it is a great time to drop the guilt and balance our lives.

## Husband Calling Contest

TIMONIUM, MD. — WCAO Radio (60 AM), along with the Maryland Pork Producers Association, will co-sponsor the 4th Annual Husband Calling Contest, Pig-Out, and Hoe Down at the Maryland State Fair, Saturday,

September 2, 8:30 p.m. in the Swine Show Ring.

Johnny Dark and Ron Matz, WCAO's Waking Crew, will be the husband calling emcees and will provide prizes for the event.

During the week prior to the Fair, WCAO will sponsor on-air Husband Calling auditions. Winners will receive free passes to the Fair and the opportunity to compete with other Husband Calling contestants on Saturday, September 2.

Any wife who knows how to call her husband home for dinner is encouraged to enter either on air or at the Fair. For further information, contact Sheila Silverstein at 301-653-2200.

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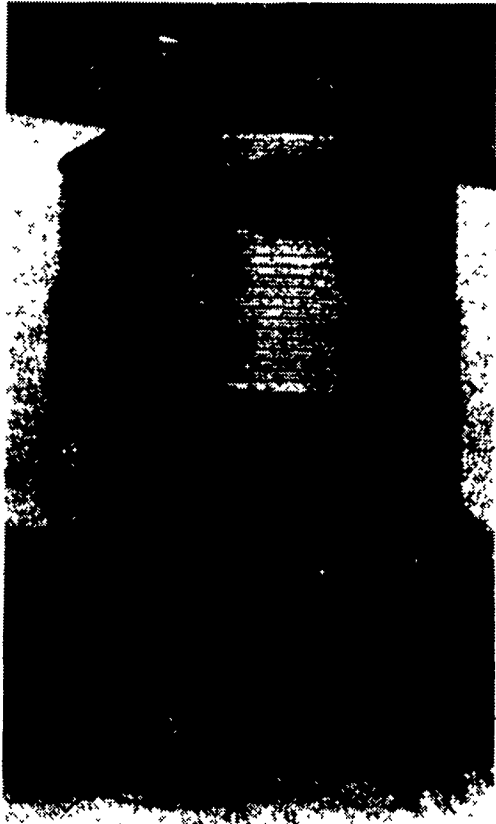


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