



# BACK HOME

By Michelle S. Rodgers

Berks Extension  
Home Economist

Change is constant. Autumn is a sure reminder that we are surrounded by change. Historian author, Arthur Schlesinger, notes in his book "The Cycles of American History," that "the human race has been around for 800 lifetimes, and we have seen more changes in the last two lifetimes than in 798 combined.

A child who might have seen the 1903 launching of the first airplane at Kitty Hawk could have grown up to watch, on television, the Apollo moon landing in 1969."

Families, too, are facing changes. There are what many see as normal changes such as the birth of a baby, the launching of child-

ren into careers, the loss of an aging relative. But families are also challenged with changes such as a move to a new location and the loss of the close extended family, balancing careers and jobs of two parents, understanding children's return home after launching, and taking care of both children and adult parents at the same time.

Change is challenging for all of us. One change manager is quoted, "It is commonly assumed that people resist change. Perhaps. But people more often resist "being changed."

Our reaction to change is often in response to fears and anxiety about the new situation." This is a

normal and natural human response. But, for us I believe, if we could use our emotional energies to focus on possible positives, we would find changes easier, or at least more bearable. Looking at changes as challenges rather than problems to be resolved may be a small attitude adjustment that can make a big difference.

One of the keys to dealing with the challenges facing today's families is communication. This includes sharing of feelings and development of our listening skills. It also involves time — a precious commodity to most families. We need opportunities to air our fears and anxieties, because in the "knowledge void" of change we tend to speculate and come up with incorrect thoughts. So, whatever change your family is experiencing right now or whatever comes in the new decade just ahead, set some time apart to talk about your hopes and dreams as well as your fears of change. Include children in on the discussion too!

These thoughts on change are also a reflection of my personal experiences as many "Back Home" columns have started that way. I am changing my position within Cooperative Extension. I have found this exciting and fright-

ening as I assume new roles and responsibilities. One change is that this will be my last "Back Home" column. I will miss these opportunities to greet you with family strengths information here in section B. But, I look forward to the

many opportunities to continue working with you as assistant to the regional director, Capital Region. Fond adieu and may each of you be challenged positively with the changes in your life.

## Farm Credit Scholarships Available

Shoemakersville, PA — Keystone Farm Credit, ACA announces the availability of two \$500 scholarships toward the higher education of students planning to pursue careers in agriculture. Keystone, serving the financial needs of agriculture and rural residents in the 15-county southeastern Pennsylvania area, will award one scholarship in each of its two regions. Region I is comprised of Chester, Delaware, Lancaster, Lebanon and Lower Dauphin counties. Upper Dauphin, Berks, Bucks, Carbon, Lehigh, Monroe, Montgomery, Northampton, Philadelphia, Pike and Schuylkill counties are in Region II.

An applicant's parent or guardian must reside in one of the above counties. Applicants must be high school seniors planning to attend a four-year college on a full-time basis with agriculture or

agri-business as the major emphasis of study.

Notification of the availability of the scholarships is being sent to the administrators of the secondary schools in the 15-county area. Keystone Farm Credit, ACA also intends to reach as many of the private schools in the area as possible; scholarships are not limited to the public school systems. Anyone whose education institution was not contacted should not consider himself excluded from requesting an application form. He is encouraged to contact Keystone Farm Credit, ACA, Attention: Carol M. Mercner, P.O. Box 514 West Chester, PA 19381 or telephone (215) 431-1257.

The Keystone Farm Credit, ACA Board of Directors is pleased to offer these scholarships viewing them as an investment in the future of agriculture.

# STIHL

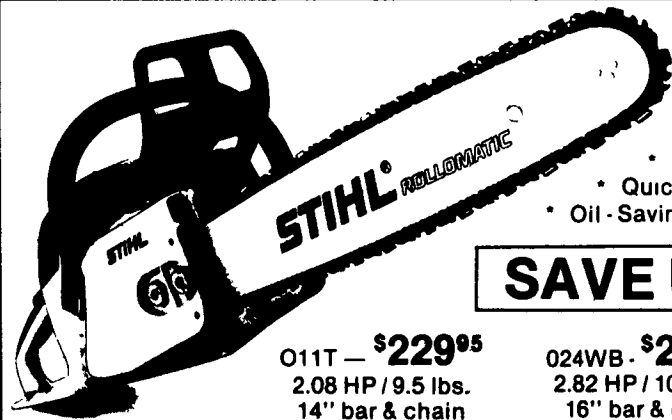
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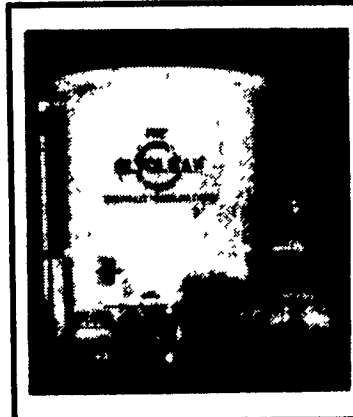
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