



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Feeling Stressed Out?

When your stomach churns, your back and neck ache and you're overcome with fear, your body and mind are reacting to stress.

Feeling stressed is a normal reaction. Everyone experiences it. We've all had a bad day, week or month. Everyone feels "bummed out" at times.

Things usually get better. But, when you're feeling stressed out, it may be hard to remember that good times are ahead.

A low test score, a fight with a friend or an argument with a spouse can cause stressed-out feelings.

You can react to stress in three ways — get angry, withdraw or take charge.

Anger and aggression get attention, but cause more stress. Aggressive actions, such as drinking too much, driving recklessly, breaking things or striking out at someone doesn't solve the problem.

But, it can cause your self-esteem to take a dive.

Even withdrawing can be destructive. People who feel distressed need to share their feel-

ings, seek understanding and get help from others. Withdrawing from people creates isolation.

If you're feeling stressed out, talk to a friend. Listen to music to relax, get some physical exercise or spend time doing something fun and enjoyable.

Although these techniques don't solve the problem, they can help you feel better and make decisions about the action you need to resolve the stressful situation.

To face the real issues of the problem, talk with someone you trust. It could be a coach, parent, minister or good friend. Explain the problem and work out the options for solving it.

It's possible to work out any problem.

Build Children's Self-Esteem

Research indicates that a healthy self-esteem is a basic ingredient to children's growth and development.

Adults who feel good about themselves are usually more productive and have healthier personal relationships. And, a healthy self-esteem is rooted in early-life experiences and relationships with others.

New York Chooses Dairy Promoter Of The Year

SYRACUSE, NY — For the second year in a row, the Jefferson County Dairy Promotion Team has been selected for the 1989-90 "Promoters of the Year" at the 28th annual Dairy Princess Pageant, February 19, at the Sheraton Inn.

During her reign, county dairy princess Deborah Eastman and her three alternates accumulated 668

points toward the highest incentive award category available from American Dairy Association and Dairy Council, Inc. (ADADC). Her alternates were Darby Rudd (current Jefferson County Dairy Princess), Lisa Clark and Christy Eddy.

Together and with the help of their families, the young women participated in school programs,

the placement of news articles, speeches to civic groups, radio spots, and many other dairy promotion activities. A total of 11,500 miles was traveled.

American Dairy Association and Dairy Council, Inc. is a dairy promotion organization representing dairy producers in New York, New Jersey and Pennsylvania.

Here are some tips to help your children develop healthy self-esteem.

* Children need to feel understood. Listen to your children's ideas. Respect the child's goals, dreams and feelings. Empathize with your child's feelings and emotions.

You don't have to agree with every point to accept the other person's ideas as worthy of attention.

* Respect your child as a unique individual — unlike any other member of the family or someone in society. Help them learn what talents, strengths or special personality qualities they have to offer the world.

Avoid comparisons with brothers and sisters.

* It's important to feel capable and competent. Affirm your child's positive behaviors and qualities.

Choose activities and responsibilities that are right for their ages. Allow children to make choices when they're old enough and the occasion is right.

Encourage them to explore unique interests.

Children need unconditional love and a supportive family.



Debbie Eastman of Jefferson County receives "Dairy Promoter of The Year" Award from ADADC Manager of County Promotions, Shirley Griffith.

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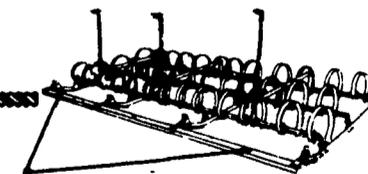
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