

TAKING TIME

by Rebecca Wolf

Extension Home Economist



visit a friend. Plan incentives to help you work toward goals. "If I keep my spending to the budgeted amount each week this month, in September I will buy myself a new pair of shoes."

No matter what you do — whether you follow the status quo or try something different, whether your world consists only of your immediate family or reaches to distant countries and grand social causes, you are important. You have value, and you have a place in your community. Remind yourself of that each day. And be confident about the

choices you have made and will make in your life.

Think of your life as an apple. This summer and fall as you cut, process, and mill apples into pies, crisps and sauce, remind yourself of this illustration. Positive comments and achievements act as polish. Each time you hear a good thought, you get one good stroke that builds the luster of the fruit — causing it to shine. But negative, hurtful comments or neglect take

bites out of the apple's flesh. Some are small nips; others take chunks. Eventually, if the negative comments increase and the positive comments diminish, you'll be left with a person who feels worthless and rotten like a withered apple core.

This summer, take a few minutes to polish the esteem of those around you and add a few good strokes to your own while you're at it.

Grown-Ups Are People Too!

Everyone wants to feel important. In this column, we've talked about children and self-esteem, but we less frequently mention adults and self-esteem.

Yes, adults — farm workers, teachers, stay-at-home moms, middle-aged men, seniors, sales reps, employed parents, unemployed parents — adults need to boost their self-esteem, too.

Daily, we are bombarded by messages that may conflict with our lives. If there are contradictions, we question our lives — not the messages.

For instance, diet product commercials promote certain appearances. In general, we say "You're right. I should look like that." Moms listen to others who do three or four community outreach efforts and say, "I should be giving like that."

The reality is that different choices are good for different people in different circumstances!

We may also feel inferior because of unrealistic expectations. Our spouses, our parents, our children, and even we, ourselves may have expectations that can't be met. Unrealistic expectations chip away at self-esteem.

Most adults can tell when they are feeling like a failure, when

they are frustrated with how things are turning out personally. But what can improve the situation?

First, when you find yourself feeling this way, take some responsibility for your life.

Recognize that no one can do or have everything. You have made choices. (I keep a door hanger that proclaims, "Superwoman doesn't live here anymore.") If you're not satisfied, maybe you need to take action to build in some positive, enriching experiences.

Also, there are two sides to every choice. Trade-offs.

Secondly, surround yourself with people who make you feel good. Give yourself good messages about who you are and what you have done. "Wow. I did a lot of work today." "You know, I really am a good listener." "I'm please with how well I'm caring for Dad." Don't be afraid to announce your successes.

Third, give to others. When I take my eyes off my own needs and get excited about being with or helping someone else, my whole world is brighter.

Finally, build mini-rewards into the system. If you've been giving out a lot, take a break and go get your hair done. Take an hour this evening to sit on the porch and read a novel, or take a day trip to

Pittsburgh Children Learn About Dairy

HARRISBURG (Dauphin Co.) — As part of their celebration of June Dairy Month, the Pennsylvania Dairy Promotion Program and Chuck E. Cheeses of Pittsburgh, held two special promotions at the Bridgeville and Wexford restaurants. The promotions were the culmination of the chain's special June, Dairy Month promotion.

Throughout the month of June, children from the Pittsburgh area colored cow pictures and returned them to Chuck E. Cheeses to receive free game tokens for the restaurant's games and activities. Then, on Saturday, June 29, the dairy industry came to two Chuck E. Cheeses with live calf displays, pudding making, and visits by a costumed cow.

At the Bridgeville and Wexford locations, children visited with Chuckie, himself, and received free coloring books. Calves were provided by the Bisset Farm of Washington, and Marburger Dairy of Evans City, Butler County. Dairy Princesses from Beaver-Lawrence, Butler, Washington-Greene, and Somerset Counties assisted with the promotion.

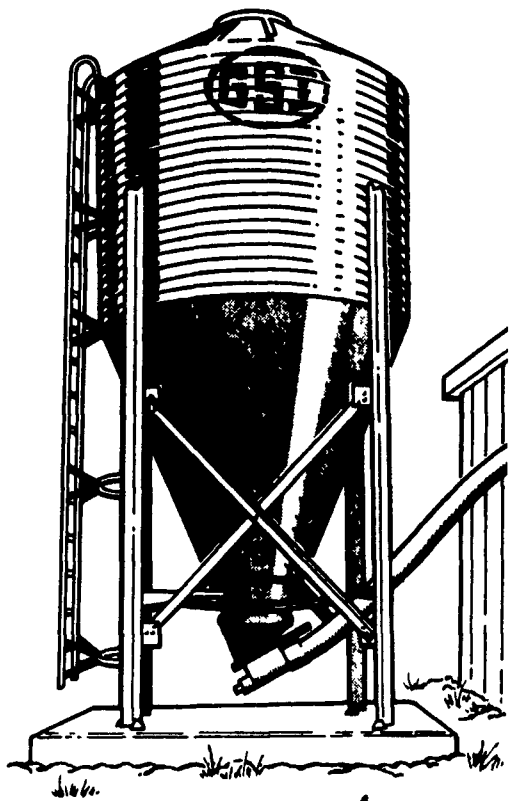
Future promotions are planned with the restaurant chain as their young guests are anxious to have dairy princesses and calves visit again.



Children at the Bridgeville Chuck E. Cheeses visited with a small Jersey calf provided by Janet Bisset, the Washington-Greene County Dairy Princess. This young boy, Stephen Williams, also posed with the calf for area media representatives.



FEED BINS



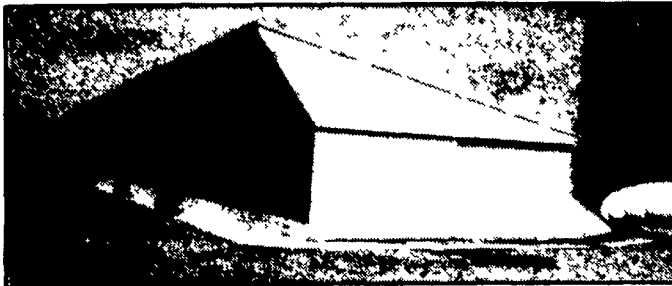
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