

TAKING TIME

by Rebecca Escott

Extension Home Economist



Who Wins When We Hurry?

The other day, a co-worker and I were recalling our activities growing up as children and teens. I remembered the important decision that my mom (thankfully) put before me when I was a teen. She said that she and dad would agree to pay for one set of weekly music lessons but if I wanted to take both voice lessons and piano lessons that I would have to pay for one of them.

After a few weeks, I learned the valuable lesson of prioritizing and dropped piano lessons. That same year I looked at my other activities — field hockey, winter sports cheerleading, track, school musicals, Girl Scouts, 4-H, church

youth group and choir, and school choir (were there more?). After a few days of considering, I trimmed out three other on-going activities.

As a part of my job as an educator, I regularly present seminars on balancing work and family. Last year, one family's commitment to a balanced schedule made an impression on me. The mother in the family explained that they set a standard for the maximum number of activities for their school-aged children. Their family's rule allowed for no more than one community-based activity and one extra-curricular school-based activity for each child per week.

This may not be the ideal solu-

tion for you and your children. But I encourage you to consider several issues. First, research has documented that in order for families to succeed and be strong, the members need to spend time together. This is a difficult task if the children and adults are scheduled to the hilt racing from one activity to another.

Second, a child's ability to adapt is not as fully developed as an adult's. Sometimes as adults we schedule our children's dentist appointments, soccer games, dance lessons, visit to grandma's, and Sunday School play. The schedule seems doable to us. A child may not have the same perspective. And fitting in and making social adjustments through structured group activities may come at the expense of personal health and growth.

Each child (and adult too!) needs some time for free play. This is not a time of play where a lesson is always learned from the experience. Children need opportunities, especially on school days to enjoy unstructured time to vent energy and unwind mentally. Expect that. Anticipate the need and make your home and your

Pork Recipe Contest

Get out your recipe files and send your favorite pork recipe to Lancaster Farming. During National Pork Month in October, we will feature your favorite recipes using pork products. Whether it is stir-fry, grilled, broiled, cooked, smoked, hot or cold, we want it.

The Pork Council will mail you a free barbecue apron, which are made from navy blue, high quality poly-cotton twill, and are suitable for both men and women. Limit: one per family.

Be sure to include your name and full address. Send your recipes to Lancaster Farming's Pork Promotion, P.O. Box 366, Lititz, PA 17543.

schedule one that normally allows such a time.

Finally, recognize that parents aren't the only ones who over-schedule and hurry children. Schools and teachers may do this. The media endorses this kind of

lifestyle. You may have to take an active position to protect your child's well-being if he or she is being bombarded by too many expectations. Teach them to say "No," and practice saying "No" to a few things yourself so you can have time together.

Food Allergy Brochure Available

The American Academy of Allergy & Immunology (AAAI) and the International Food Information Council Foundation have developed a new consumer brochure-Understanding Food Allergy.

The 16-page booklet explains the basic symptoms, diagnosis and management of food allergy and how the condition differs from other from other intolerances to food.

"Anyone who thinks they have

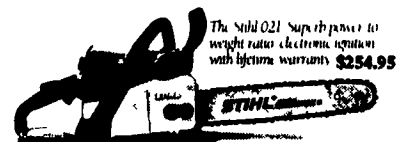
a food allergy should consult their physician for proper diagnosis," said Fred McDaniel Atkins, M.D., booklet medical editor. Dr. Atkins indicated that a number of unpleasant symptoms can occur after eating that are caused by medical conditions other than food allergy. A free copy of the food allergy booklet can be ordered by sending a self-addressed, stamped, business-size envelope to Understanding Food Allergy, P.O. Box 1144, Rockville, MD 20850.

Cancer Reference Book

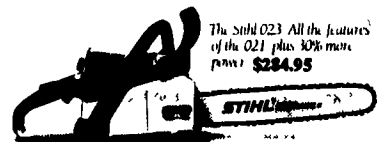
A resource book called "Helping People Cope: A Guide for Families Facing Cancer" is available at NO charge to individuals.

You can receive this reference book of helpful information and services by calling: 1-800-537-4063.

The Grown Man's Candy Store.



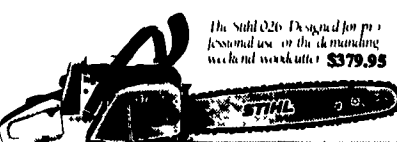
The Stihl 021 Super power to weight ratio electronic ignition with lifetime warranty \$254.95



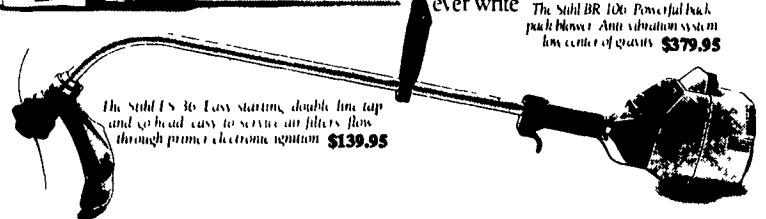
The Stihl 023 All the features of the 021 plus 30% more power \$284.95



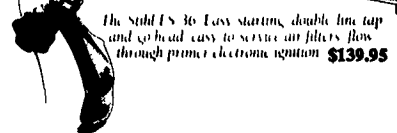
The Stihl 025 More powerful than the 023 plus convenient side chain tensioner \$314.95



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The Stihl BR 106 Powerful backpack blower. Anti vibration system low center of gravity \$379.95



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Better yet, talk to any man who owns a Stihl He'll give you a more enthusiastic sales pitch than any ad we could ever write

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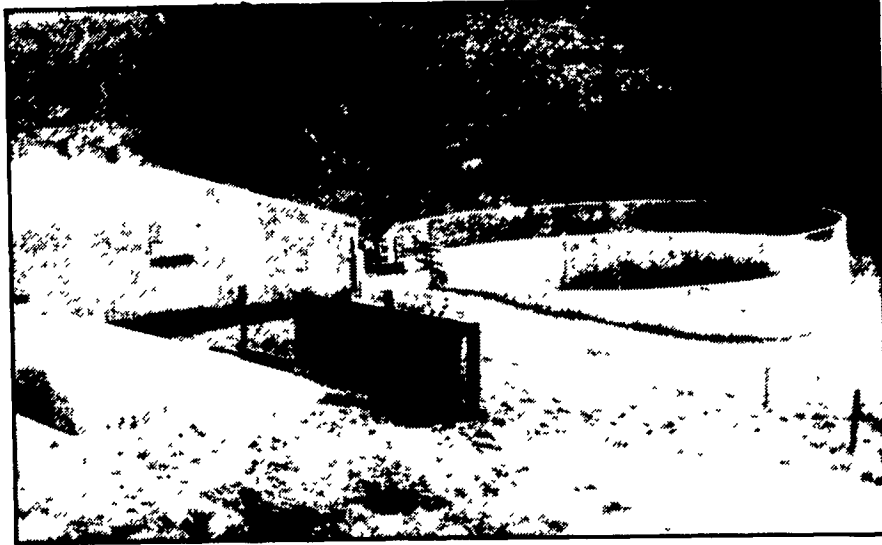
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