

TAKING TIME

by Rebecca Escott

Penn State
Extension Home Economist
For Lehigh County



Keeping Your Marriage Strong

Have the wedding chimes turned into noisy gongs and clanging cymbals? If June is a traditional month for weddings, July may be a month for the "first falling out." During the first year of marriage, much enthusiasm for the relationship exists. I encourage any newlyweds to take advantage of this enthusiasm. This is the time to put into place routines that will keep your marriage strong throughout your lives.

In *Secrets of Strong Families*, Stinnet and DeFrain describe strong families as pleasant, positive places to live and grow. Strong families learn how to treat each other in healthy ways which promote positive self-esteem. One way to do this is to regularly ex-

press appreciation to one another. Appreciation helps each of us feel good, and when we feel good, it's easier to show appreciation to others.

Sometimes though, we aren't quite sure how to express our appreciation in healthy ways. Young couples (and the rest of us) need to work on building some of these skills. Starting out on the right foot makes future months so much easier.

For instance, it is important for each partner to communicate to the other just how important and lovable that person is just for being. Comments like, "Hi, I'm glad to see you," "I love you," and "How are you?" let a person know that he or she is important.

A person can also reinforce how capable or skilled the partner

is. When's the last time you said no to your partner, "I like the way you organized the garage" or "I appreciate how quickly you took care of those banking errands?" When's the last time your partner said those kind of words to you? Building a strong family and setting up healthy communication patterns is a two-way street. Both partners need to participate.

Believe it or not, it is also OK to provide your partner with "negative messages." But those messages must be carefully chosen. The only kind of acceptable negative messages are ones that point out a specific action not to do which is followed with an explanation and an alternative behavior that improves the situation. Saying, "Don't ever talk to me like that in front of my parents again!" doesn't help. Try saying something like, "If you ever feel angry like you did tonight, I'd prefer if you ask me to go into another room and tell me there rather than in front of my family." This allows both people to work on finding a way that's acceptable for each person's needs.

Other statements like, "That's dumb!" or "Stop that!" are ineffective and demeaning. Negative comments need to be carefully screened. What starts off great can

sometimes end up being really bad. Think about how you would feel if someone said to you, "You look great even though you're putting on weight." or "That looks good considering you made it." Wouldn't it be better to simply say, "Wow. You look great!" or "The cabinet you made is just perfect for that spot in the den."

I encourage partners to take time early in the relationships to

begin positive communication patterns. It will help you to build a strong family together. And for those of us who have been in our relationships for a longer time, it's never too late to improve the ways we talk to the people we care about.

Remember, it isn't enough to know yourself how much someone means to you, it is essential to let them know too.

Poultry Ambassador Needed

LANCASTER (Lancaster Co.) — The Lancaster County Poultry Association is seeking qualified individuals from the ages of 16-21 to apply for the newly created position of Poultry Ambassador.

The chosen individual must be available to represent the Poultry Industry in parades, at the farm show, for Ag In-the-Classroom events and other functions relating to the industry. This individual would help to enhance the image of the poultry industry in Lancaster County and would help to promote the consumption of a variety of poultry products available in

the market place.

The Lancaster County Poultry Association is offering a \$1,000 cash award to the chosen individual, in addition to monetary reimbursement for appearances and expenses for each function.

The interviews will take place on September 8. The selection process will include an interview based on knowledge of the Lancaster County poultry industry and a five to ten minute oral poultry promotion presentation.

Interested applicants are encouraged to contact George Georges, of the Lancaster County Poultry Association at Wenger's Feed Mill, 1-800-692-6008. Deadline for applications is August 31.

AG CYLINDERS



2 X 8 ASAE.....20 1/4 Pin Center.....62.00

2 1/2 X 8 ASAE.....20 1/4 Pin Center.....65.00

3 X 8 ASAE.....20 1/4 Pin Center.....69.00

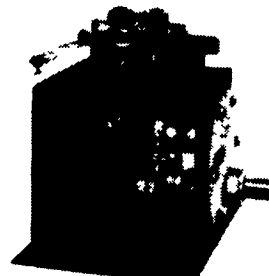
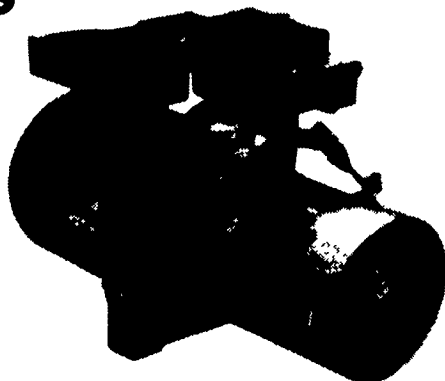
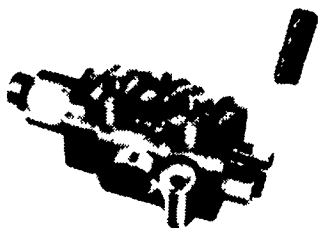
While Supply Lasts

Prince Directional Control Valves... Quality • Performance • Versatility!

Prince directional control valves give you everything you need for top quality performance and reliability.

THE "ROYAL" Welded-DA-Heavy Duty-Universal Mountings-2500 PSI

Williams
quality products



Series 20

Hydraulic DC Power Units

STOCKING DISTRIBUTORS

Beiler Hydraulics

252 N. Shirk Rd.
New Holland, Pa 17557

Box 56 RR1
Atglen, Pa 19310

(717) 354-6066

(215) 593-2981

Open Mon. thru Fri. 7 AM - 5 PM, Sat. 7 AM - 12:00 Noon

Get MOOOvin' with Dairy Foods

NEW!

COW MATTRESSES

The Answer To Cow Comfort!

- Fits Any Stall
- Polyester Bag Filled With Rubber
- Bag Sewn Every 4" To Prevent Shifting
- Heavy Nylon Fabric Top Cover With 3 Year Warranty
- Easier for cows to get up & down
- Reduces Bedding costs
- Installation available 215-593-6959

CALL FOR DETAILS

SAMUEL S. PETERSHEIM
117 Christiana Pike, Christiana, PA 17509
Answering Service 215-593-2242

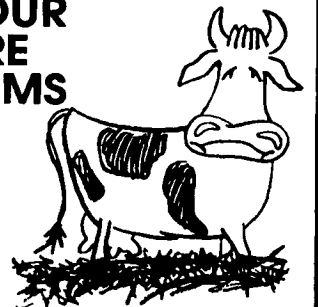
Since 1972...

The Original & The Largest

POURED SOLID CONCRETE

STORAGE SYSTEM SPECIALISTS

ARE YOUR MANURE PROBLEMS KNEE DEEP?



If so, call Balmer Bros.

■ Poured Solid Concrete Steel Reinforced Walls.

■ The Wall Is Only As Good As The Material Used.

- Manure Pit Walls
- Hog House Walls
- Chicken House Walls
- Concrete Decks
- Silage Pit Walls
- Retaining Walls

Balmer Bros.

CONCRETE WORK, INC.

Invest In Quality - It Will Last A Lifetime

243 Miller Road
Akron, PA 17501

(717) 733-0353
8:30 AM - 5:30 PM

(717) 659-2074
After 6:00 PM