

Use Holidays To Enjoy Friends, Strengthen Family Ties

UNIVERSITY PARK, (Centre Co.) — Many of us splurge over the holidays, not just on gifts, but on parties, decorations, cards and food. The result often is not only empty pockets but stress and exhaustion, said a family resource expert in Penn State's College of

Agricultural Sciences.

"We need to reevaluate what the holiday season means to us," said Dr. Marilyn Furry, associate professor of extension education. "The holidays should be a relaxing time to spend with family. This is something children need as

much as adults do.

"Children should get some special attention during this time, but parents often are busy buying gifts, attending holiday parties, cleaning the house and decorating the tree," said Furry. "Too often, children end up spending time

with a babysitter."

When holiday responsibilities aren't shared by the entire family, this diminishes the experience for everyone as well. "Many times it's the mother's responsibility to buy and wrap gifts, decorate the home, bake cookies and mail cards," said Furry. "Often she feels burned out before the holidays are even over."

Furry points out that families need to sit down together and set priorities for holiday activities — and share the work. "Make it a team effort, and do only as many things as you can accomplish comfortably," she said. "Congratulate yourself on what you've accomplished rather than agonizing about what you haven't done."

Holiday parties can be a great time to get together with friends—but too many parties can take time away from the family. "One way to avoid this is to refuse social invitations after a certain date, such as December 15, unless the event includes the whole family," Furry said.

It's also a good idea to set realistic expectations about gifts. This can save time as well as money. "Ask yourself if you really need to buy presents for everyone," said Furry. "Perhaps you could draw names with friends and relatives. Set a price limit for gifts, and have everyone agree in advance.

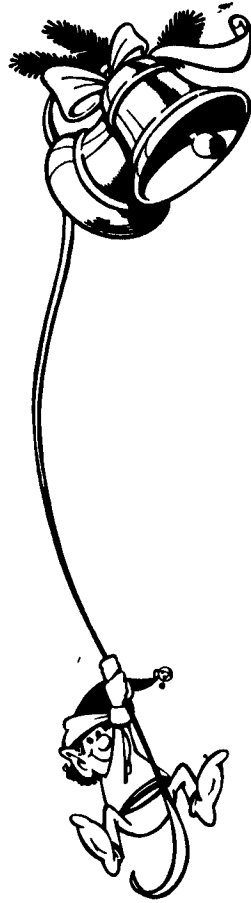
"Buy presents that will last or

that can be recycled or repaired. Use your creativity to make gifts. Capitalize on talents such as cooking, baking, sewing or wreath making. Another idea is to give a coupon book of favors to be redeemed throughout the year. Or make a donation in a loved one's name to a charity or church group."

Furry said that families also need strong holiday traditions to stabilize the unsettling holiday season. "These can be simple things the family does together, such as opening cards, taking a walk in the woods or calling friends. Include activities not centered around giving gifts, and do the same things each year so that the children can say, 'When do we make the wreath?' or 'When can we decorate the tree?'"

Furry also emphasizes an evenly paced holiday season. "From Thanksgiving on, and sometimes even earlier, the holidays receive a huge buildup," she said. "Then after Hanukkah and Christmas, the activities drop dramatically. Everyone feels let down, and the children are left surrounded by a stack of gifts, wondering what to do next.

"Instead, gradually wind down the holiday season," she said. "Don't take the decorations down immediately, and plan some of those get-togethers for after the holidays."



Water Quality An IMPORTANT Ingredient In Livestock Management

It's a fact! Contaminated water can have a costly effect on your livestock and poultry performance. Our years of experience plus hundreds of farm related treatment systems has proven the validity and practicality of correcting contaminated water.



Martin Water Conditioning Co.
SPECIALISTS IN FARM WATER TREATMENT

Call us today for treatment of:
Nitrates • Bacteria • Iron • Sulfates
pH • Acidity/Alkalinity

548 New Holland Ave.
Lancaster, PA 17602
(717) 393-3612
800-224-3612
Along Rte. 23

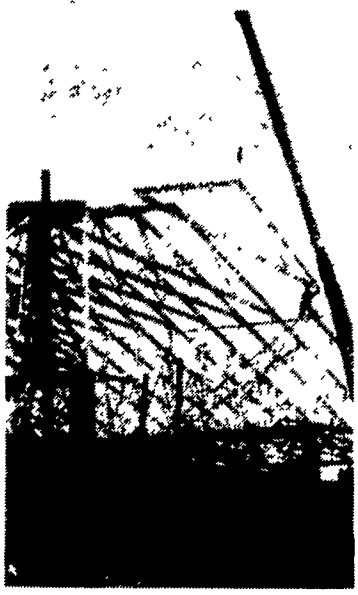
Wills Sharp
Somerset, PA &
Surrounding Counties
(614)-893-5081
800-893-5081

740 E. Lincoln Ave.
Myerstown, PA 17067
(717) 866-7555
800-887-7555
Along Rte. 422

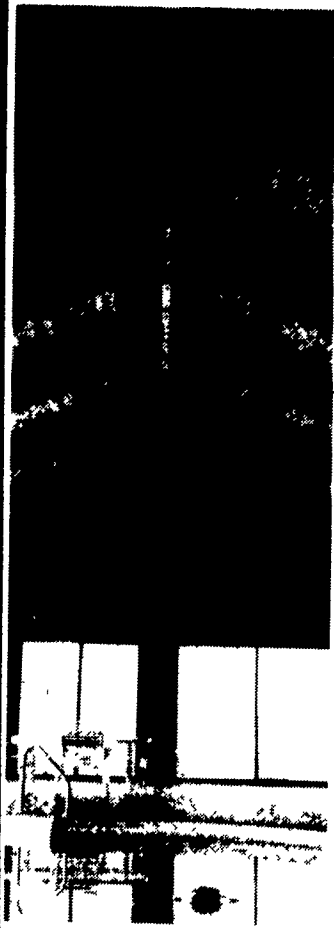
Family Farm to Architectural Innovation

Over Thirty-Five Years
Of Quality Service

WOOD TRUSS



TUDOR ARCH



STRAIGHT BEAM



GOTHIC ARCH



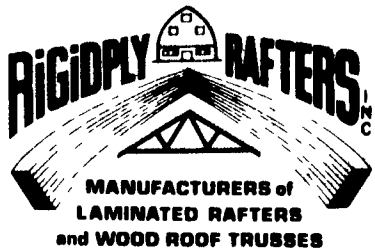
UNIVERSAL ARCH



MANUFACTURERS OF

- GLU-LAM ARCHES
- GLU-LAM BEAMS
- GLU-LAM TREATED POSTS
- ROOF TRUSSES
- FLOOR TRUSSES
- T&G AND V-GROOVE DECKING
- WE CUSTOM DESIGN OR MATCH EXISTING BUILDINGS
- COMPLETE LINE OF POST FRAME BUILDING MATERIALS
- CRANE SERVICE

Everyone at Rigidply Rafters, Inc. is fully committed to serving our customers and providing them with the finest products available. The excellence that we strive for is to show our appreciation for our customers continued loyalty to Rigidply Rafters. You deserve the best!



701 E. Linden St., RICHLAND, PA 17087

Telephone: 717-866-6581
Fax: 717-866-7237



The Symbol Of Quality

In Engineered Timber