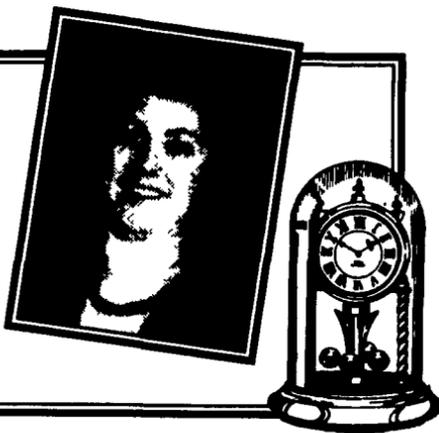


Taking Time by Rebecca Escott



Well the end-of-school, beginning-of-summer rat-race is upon us! And this is supposed to be fun, right? Well, I hope that you are taking time during this holiday weekend to spend time with your family and to honor servicemen who gave their time and their lives for our country.

But if instead you find yourself rushing—to multiple baseball games, gatherings, meetings, and errands—you are not alone. Just because you're not alone, doesn't mean you don't deserve some relief. Here are several ideas that you may want to try. I borrowed them from some of the "Earth Day" literature—reduce and recycle.

Reduce the amount of things on your schedule. Say to yourself and your family, "Everything is not going to get done." Period. Make some choices. Also, train yourself to reduce clutter in your lives before it accumulates. If you know you're not visiting a resort this summer and you don't need another credit card, you can discard (or recycle) a lot of junk mail

without even opening it. Review the summer playground, camp and festival opportunities. Which ones will you do? Which ones will you say "No" to?

You can also reduce clutter by running a 15-minute pick-up drill with your family. Assign each person to one room. For 15 minutes, you all scurry to straighten up, store away or throw away, wipe down, and spruce up a room. It's amazing what people can do when the clock's ticking. Promise to take a break after 15 minutes to survey the results.

Reduce your expectations for what a clean house is, what a family reunion should be, what a graduation party consists of. Make them realistic pictures that you and your family can accomplish. And then remember that you should not be pulling off the show on your own. Who else can help. If people offer to help, "What can I bring/do?" be prepared with a list of possibilities. Don't say, "Oh, nothing, just bring yourself." Ask your family to play an active role in "covering" responsibilities. Can

an older teen go to a younger child's ball game instead of you? Can your father phone in an order to the bake shop or pick up a graduation gift that just arrived at the store?

Think about the time you spend in travel, at meetings, and in idle conversation. Can these be reduced? How? Continually ask, "What would happen if we didn't hold that meeting?" "Can I pick up those things on my way to the mall tomorrow instead of making an additional trip today?" "Doesn't my son drive by that shop every day on the way home?" We can

come up with lots of ways to reduce the time spent in these areas.

Also learn to "recycle" things. If you're cooking pasta, cook a huge batch at one time and use it for several meals. This saves time in the long run. You can do the same thing for ground beef, chicken breasts, rice, and potatoes. Think of multiple uses for the food you spend time preparing. Also reuse other things that take time. Did your granddaughter make you a cute centerpiece for Easter at daycare? Maybe you can reuse that idea for a Mother-Daughter

banquet you have to plan. Did you do something at work that can be used at your civic meeting? By multiplying the times you use the things you create/make, you stretch your efforts to accomplish more.

When all the other steps for juggling fail, ask yourself before making a choice about your time... "What will this matter three months from now or five years from now?" Some actions will greatly influence the future. Some will have little impact. The answer to that question will help you make good decisions.

Auction To Benefit Birth Center

QUARRYVILLE (Lancaster Co.)—Birth Care & Family Health Services will hold its Third Annual Benefit Auction on Saturday, June 3, 9 a.m. to 5 p.m. at the Hoffman Building, Solanco Fairground, Route 472 So., Quarryville, PA. Located in the heart of Lancaster County farmland, Birth Care is Pennsylvania's first non-profit birth and health care center, founded in 1978. Proceeds of the

benefit sale support the center's services to needy families.

Featured at the sale will be beautiful handmade Amish and contemporary quilts and other needlework, woodcrafts, furniture, farm and building supplies, tools, and housewares. Local folk arts and crafts along with original artworks including limited edition prints from some of Lancaster Co.'s best known artists have been donated. Collectible Winross and

Ertl trucks will be sold at noon. Children's activities and great food will be available.

For information or to donate to the sale, contact Maren or Rita at (717) 786-4010 or 786-5506. Donations welcome until 5/30/95 and pick-up can be arranged. Visa, Mastercard, Discover and pre-approved out-of-state checks accepted. Auctioneers: John Stoltzfus (AU-001728-L) and Enos Petersheim.

Perry County Seeks Applicants For Pageant

NEW BLOOMFIELD (Perry Co.)—Perry County Dairy Promotion Committee is seeking girls between the ages of 8 to 24 to help in promoting nature's most perfect food — milk! Girls ages 8 to 11 serve as a Little Miss, while girls 12 to 15 serve as either a Dairy Miss or Dairy Ambassador. Young ladies between the ages of 16 to 24

can vie for the title of Perry County Dairy Princess.

To find out qualifications, con-

tact Marel Raub at (717) 834-4721 or Patty McLaughlin at (717) 582-4847.

Tioga County Wants Contestants

COVINGTON (Tioga Co.) — Monday, June 12, has been set for the Tioga County Dairy Princess Pageant.

Contestants are needed between the ages of 16 and 24 for the dairy princess title. Girls between the ages of 13 and 16 can become a

Tioga County Dairy Maid. Dairy princess and dairy maid applications are available at the Tioga County Extension office in the Courthouse Annex in Wellsboro or by calling (717) 724-9120 or by calling Bonnie Baker at (717) 549-2599.

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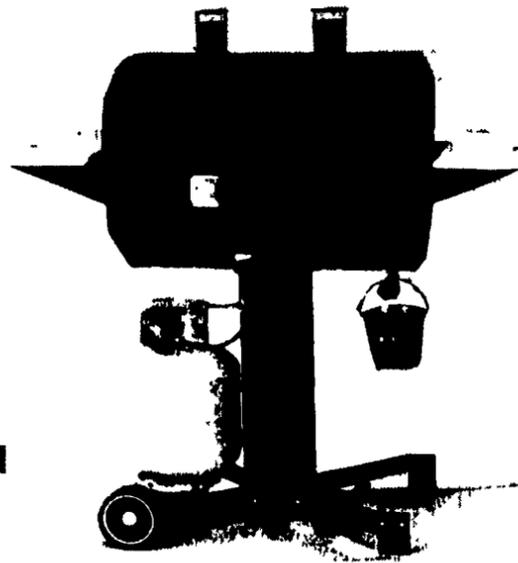
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