

Book Captures Life And Times

(Continued from Page B14)

Tips For Reducing Holiday Stress

To reduce holiday stress, Rita Miller, clinical service representative from Reading Hospital, offers these tips.

1. Check your expectations of yourself and your family and friends. Are they perfectionistic? Are they realistic?
2. Organize your gam plan. Make lists.
3. Delegate some of the preparations to others and let them do it their way.
4. Ask for help with clear, direct communication such as, "I need you to"
5. Get back to basics; decide what's truly important. Name your priorities and honor them.
6. Respect yourself. Listen to what your body tells you. Avoid getting over-tired when possible. "You deserve a break today."

7. Acknowledge your feelings.
8. Lighten up! See and savor the humor in situations. Share family stories.
9. Check your perspective. It is how you view a situation that determines if it is positive or negative stress.
10. Belong to something bigger than yourself, bigger than your family.
11. Stay in the present. Proceed through the day moment to moment. "All the treasurers of earth cannot bring back one lost moment." (French proverb)
12. Create your own unique traditions.
13. Do something outrageous — a random act of kindness.
14. Renew your spiritual side.
15. Sound your battle cry.

Here is one of the poems included in the book.

The Cow Machine
 If it were possible for Grandfather
 To go to the Harrisburg Farm Show,
 With all this new machinery...
 He could not understand this at all.

His eyes would get like saucers...
 He would have to scratch his bald head.
 He would shake his head like everything...
 And think this could not be!

The huge self-propelled combine
 And corn huskers and shellers...
 The grass mowers and choppers,
 And manure spreaders and hay balers.

Many more things people have made...

There is no longer a need for a horse.

The machinery breathes and snores like Tom...

Still one doesn't see a mouth.

But let us take note of the cow...

No person invented a machine for her!

The cow has all of the standard equipment...

Still no gas is burned.

The cow goes on her own power...

Yes, she is self propelled!

She runs her own mower...

And one doesn't see a V-belt.

She has two headlights and a bumper...

Her fog horn goes "Moo!"
 And who stands in her way,
 Will be put to the side!

At the other end is a milker
 And a bug or fly chaser.

Directly under this is a manure spreader...

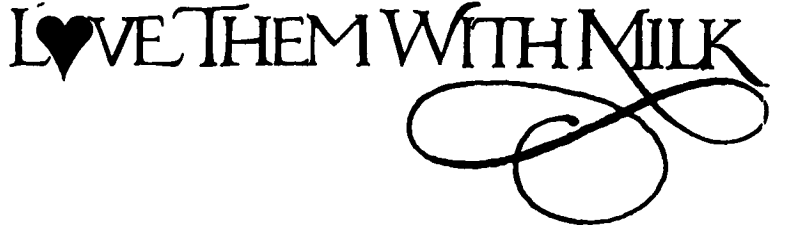
All of this she must carry on four legs.

The cow does not come out of a shop or factory.

She has nothing to do with striking!

She does her own manufacturing.

Take your hat off to the cow!



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