

**Family Living**  
**Focus**  
by  
Adams Co.  
Extension Agent  
**Nina Redding**



**Send the Message of Love**  
The other night when I got home from a late evening meeting Russell greeted me at the door and announced he had done several loads of laundry. What a message of love! Are you sending messages of love occasionally to your partner?

Partners in a growing relationship enjoy doing things for each other. She may send him notes. He may do the laundry. But they do things for each other that send the message of love.

One of the difficulties in marriage is that sometimes one partner is trying to send a message of love, but the other one isn't getting it. For instance, if a husband likes to buy little gifts for his wife but she worries about the budget, she may not appreciate the gifts. Or, if he does not help around the house, she may not feel that he loves her no matter what he says. It doesn't do any good to be an-

gry when your partner doesn't seem to get the message from the things you do for him or her. Rather than be mad, see if you can figure out what language of love works for your partner. Think about the things you've done that your spouse appreciates most. Taking time to listen? Helping out? Writing or telling your love? Baking his/her favorite cookies? Giving a foot massage at the end of the day? In order to be more effective in showing love for your partner, you might ask him or her to describe the things that give the message of love. Pick one or two that you can work on. Send a message of love every day in a way that works for your partner.

Partners in a growing relationship use conflict to improve the relationship. When people first date or get married they often overlook or ignore the things that bother them in each other. After a while they may be more bothered by

those things. They may think only about the things that bother them. They may become angry and wonder why the spouse does such awful things. But sometimes, the spouse has not changed. The other has just focused on the annoying actions. There will always be differences anytime two people share their lives as much as a husband and wife. But those differences can help us to grow toward a stronger and more balanced relationship if we use the differences wisely. There are several rules to remember if you want to keep your differences from ruining your marriage.

Let some things go. Some things aren't worth fighting about, and some times are bad times for fighting. Sometimes we let little things bother us until they are all we think about. It may be best to overlook little differences. Sometimes we are bothered because we're tired or sick. Or we may feel angry. But if we are tired or in an angry mood, we might do better to save the discussion until after a good night's sleep. When we start pouring out our anger, we may just get more angry and damage the relationship.

Talk to find answers rather than to blame or hurt your spouse. Discussions are for finding answers, not for blaming, punishing, or hurting our partner. It is not very useful to figure out who started the problem. Each partner can blame the other. It is damaging to try to hurt or punish your partner. The reason to discuss problems is to

find better ways to make the marriage work. Ask your partner questions like "Would it help if I (describe something you can do to improve the relationship)?"

Recognize the differences between preferences and principles. Preferences include our favorite color, our favorite sandwich, the temperature we prefer for the bedroom. Principles involve standards. We don't believe in hurting other people. We believe in being responsible. Sometimes in marriage we confuse principles and preferences. We think our partner is cruel because of disagreements over television programs, use of money, use of free time. Your partner's way is not necessarily better or worse than your way. Try to find the values you have in common to help you make decisions that satisfy you both.

Take time to understand your partner. It's common for people to

judge the goodness or smartness of what other people do. But a lot of conflict can be avoided by taking time to understand rather than judge. It's hard to do. Most people never get good at it. But the partner who takes time to understand can be a more loving effective partner.

For example, if your partner is bothered about something, it's not helpful to say, "That's stupid" or "You'll get over it" or "Why can't you grow up?" When a person is hurting, it's more helpful to say "That sounds very frustrating" or "Did you feel disappointed?"

Have you thought of a message of love you can send to your partner in the next few days? Take a few minutes to let your partner know that they still are the most important person in your life. Have fun this summer with your growing relationship!

**Lebanon County**  
**Needs Contestants**  
**For Dairy Promotions**

The Lebanon County Dairy Promotion Committee is seeking contestants for the annual pageant to be held during June Dairy Month. Positions to be filled include dairy princesses between 16 and 24 years; dairy maids

between 13 and 16 years, and Little Miss entrants between 6 and 8 years.

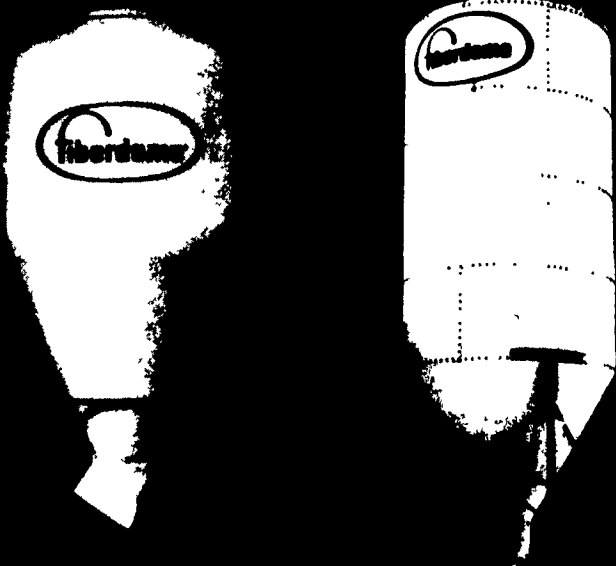
For more information on requirements, call Annette Buck at 717 867-5278 or Roberta Bashore at 717 865-4645.



Why settle for 2nd best - when Fiberdome now manufactures the most advanced fiberglass bulk bin available!

- Eliminates birding, wind, rain or condensation
- Cuts heat, fuel, slip and condensation
- Feed stays fresh in any weather
- Provides superior feed storage longevity
- Unique design warranty
- Adaptable to any model of existing system

For more information, call 1-800-441-4411 or visit our website at [www.fiberdome.com](http://www.fiberdome.com)



Call 1-800-441-4411 for more information.

Write for a full color brochure and a free sample of Fiberglass. The modern material used for high performance bins.

**...made to last**  
**Contact your nearest dealer.**



P.O. Box 11 • Lake Mills, WI 53551  
(414) 648-8376

**SOLLENBERGER SILO**  
Chambersburg, PA  
717-264-9588

**DETWILLER SILO**  
Newville, PA  
717-776-6321

**GNEGY SURGE SERVICE**  
Washington, PA  
412-222-0444

**NISSLEY FEEDING EQUIPMENT**  
Willow St., PA  
717-786-7654

**HOOVER EQUIPMENT**  
Tyrone, PA  
814-684-1777

**BADGER SALES & SERVICE**  
Spring Mills, PA  
814-422-8279

**SOMERSET BARN EQUIPMENT**  
Somerset, PA  
814-445-5555

**McMILLEN BROTHERS**  
Loydsville, PA  
717-789-3961

**BRENNER DAIRY EQUIPMENT**  
Spartansburg, PA  
814-654-7309

**CEDAR CREST EQUIP.**  
Lebanon, PA  
717-270-6600

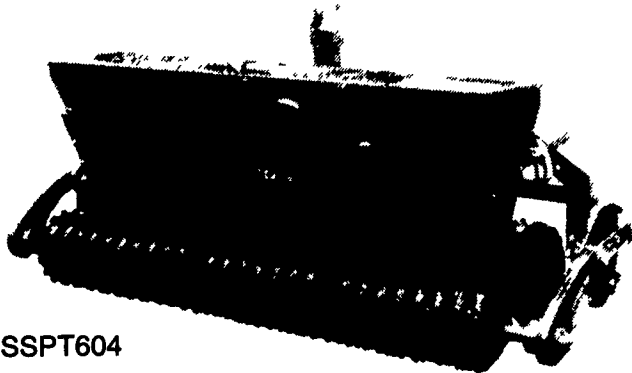
ROLLING ON...IN THE 90'S



When You Buy A **Brillion**  
You Get The Best

MEETS THE CHALLENGE

**5' SURE STAND SEEDER**

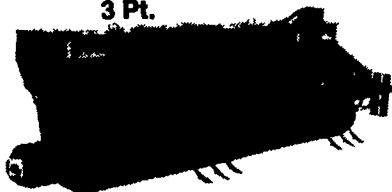


SSPT604

This 5' model has a single box with two compartments. The capacity of the front box (for chaffy seeds) is 1 1/4 bushels, the rear box (for legumes) holds 3/4 bushel. This model fits category 1 three point hitch.

**SSP10 GRASS SEEDERS**

3 Pt.



Available in 3 point or pull type

Features of the SSP10 are 4 3/8 Bu. meter box capacity, 4 3/8 brome box capacity, Standard front wheel, and a 10' rolling width. The overall width is 11'4" and approx. weight is 2018#.

**12' SURE STAND SEEDER**

SS12 PULL TYPE



Special Features of the SS12 Pull Type are a 5 1/4 bu. meter box capacity, 5 1/4 bu. optional brome box capacity, and standard front wheel. It has a rolling width of 12'. The overall width is 15' with an approx. weight of 2547#.

**Pennsylvania**

- ADAMSTOWN  
Adamstown Equip. Inc.
- ALLENTOWN  
Lehigh Ag Equipment
- BECHTELSVILLE  
Miller Equip. Co.
- CARLISLE  
Gutshall's, Inc.
- DOVER  
George N. Gross, Inc.
- EASTON  
Geo. V. Seiple
- ELIZABETHTOWN  
Messick Farm Equipment Co.
- INTERCOURSE  
C.B. Hooper & Son
- GREENCASTLE  
Meyers Implement
- LANCASTER  
Landis Brothers, Inc.
- LEBANON  
Umberger's of Fontana
- LOYSVILLE  
Gutshall's, Inc.
- LYNNPORT  
Kermit K. Kistler, Inc.
- NEEDMORE  
Clugston Farm Equipment
- NEW HOLLAND  
A.B.C. Groff, Inc.
- OAKLAND MILLS  
Peoples Sales & Service
- OLEY  
Pikeville Equipment, Inc.
- QUARRYVILLE  
Grumelli Farm Service
- SOMERSET  
Summit Machinery
- TAMAQUA  
Charles Snyder, Inc.
- WATSONTOWN  
Deerfield Ag & Turf Center, Inc.
- WEST GROVE  
S.G. Lewis & Son, Inc.

**Maryland**

- FREDERICK  
Ceresville Ford New Holland

**New Jersey**

- BRIDGETON  
Leslie Fogg
- ELMER  
Pole Tavern Equip. Sales Corp
- FAIRFIELD  
Caldwell Tractor & Equipment

ROLLING ON...IN THE 90'S



MEETS THE CHALLENGE