

Taking Time by Rebecca Escott



The More It Snows ...
When those first snow flakes begin to fall, kids are excited. But after a few inches of snow and a few days off school, snow days become stressful for kids and their parents. If some day this winter, you find your kids wandering around, acting a bit like Winnie the Pooh, singing, "The more it snows tidely-pom, the more it goes tiddely-pom, the more it goes tiddely-pom on snowing," you'll know it's time for snow day relief. Parents need to find a balance

between providing suggestions to their children and allowing their children to come up with their own activities when they are bored or stir-crazy. Early childhood education researchers have found that children don't really start being creative in their play until they've been at it for at least an hour. So in some ways, it is good for adults to urge children to play freely with an activity rather than shuffling one idea after another in front of them every 20 minutes or so.

However, reality says that whining kids are annoying. And when your child whines about having nothing to do on a day at home, you can be prepared. You may even want to write ideas down on slips of paper. Place them in a box. The next time your child whines, direct her to draw a slip from the box and follow the directions. Here are several ideas to get your snow day activity box started.

Write thank you notes for the gifts received over the holidays. Make homemade stationery using stamps, watercolors, etc., for the letters.

"Spray paint" designs in the snow or on snow sculptures. Make a fairly strong concentration of food coloring and water in a spray bottle. Then allow your child to "paint" the snowscape with this solution. This is a great finishing touch to a morning's snow sculpting. Set strict rules about spraying away from others. This activity is best if done with only a few children.

Put together a puzzle. Or make a puzzle from an old calendar picture glued to poster board. Play any kinds of alphabet game. For instance, call out a letter. How many girls names can you think of that begin with "G?" Or work through the alphabet thinking of country names/capitals, etc.

On a snow day, "work" can be a great activity. Involve children in household tasks. They should help shovel walks and clean off cars. Ask them to peruse the cookbooks and select a meal for the day and then help prepare it. Do newspapers need to be bundled for recycling? Animal cages cleaned out? These tasks can be interspersed with other activities throughout the day.

When they've finished, let them enjoy target shooting with snow balls. Be sure they get an adult's okay of what can be used for a target. Tree trunks, old cinder blocks, and barrels are good options. Or if they've been outside too long, play a game of indoor balloon volleyball. Clear some floor space in the den/living room. String a piece of yarn between the backs of two chairs. Have children positioned on opposite sides of the

string and bat a balloon back and forth with their hands. I encourage children to play this game on their knees (knee pads increase comfort) to keep the level of activity a bit more controlled.

For a less physical activity, challenge your school-age child's map-reading skills. Find an old map. Ask your child to mark out routes between two locations (maybe your home and their grandparent's). Put different conditions on the route like only using small roads, not crossing water, or choosing a route that passes through the most communities. Explain that the map he is drawing on is being donated for this activity and that he can't draw on the maps you use regularly.

When the other ideas have been used, ask your older kids to label photographs for you and to arrange them in albums. Even if they don't get many labeled, they'll love to look back over the pictures taken and to recall fun times spent together as a family.

Perhaps 1997 won't bring us much snow. But if it does, clip this column to help you and your children keep your sanity. Happy snow days.

GOOD FOOD OUTLET STORES



See Our Original Line Of Golden Barrel Product Plus All Kinds Of Beans, Candies, Dried Fruit, Snack Mix, Etc. At Reduced Prices

Processors Of Syrups, Molasses, Cooking Oils, Funnel Cake Mix, Pancake & Waffle Mix & Shoofly Pie Mix

If your local store does not have it... SEND FOR FREE BROCHURE

SPECIALS FOR JANUARY

G.B. FUNNEL CAKE MIX 2 Lb. SALE \$1.39

G.B. CANOLA OIL 1/2 Ga. SPECIAL PRICE \$2.39

G.B. BLACKSTRAP MOLASSES 16 oz. THIS MONTH \$1.09

GOOD FOOD INC.
W Main St Box 160
Honey Brook, PA 19344
610-273-3776
1-800-327-4406

L&S SWEETENERS
388 E. Main St.
Leola Pa 17540
717-656-3486
1-800-633-2676

VISA MasterCard MAC Accepted • We Ship UPS Daily



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

Willis Sharp
Somerset, PA &
Surrounding Counties
(814) 893-5081
800-893-5081

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

MOOKOOLER

Breaking new ground

UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES INC.

CLAIM YOUR BARGAIN

FREE

20 PIECE SET OF DISHES

\$50 Retail Value
With Bassett or Serta bedding purchase only. We Absolutely Have the Best Prices on Bedding

BASSETT MATTRESS & BOX SPRING

This is the top of the line bedding and one of the best deals that we ever made! These are all overruns, cancellations and close out fabrics. This is one heck of a price on bedding complete with a warranty of one full year replacement at no charge.

	Reg. Ret.	OUR CASH PRICE	SPECIAL
Single	\$589.95	\$259.95	\$129.95
Double	\$729.95	\$309.95	\$159.95
Queen	\$859.95	\$399.95	\$219.95
King	\$1099.95	\$519.95	\$279.95

SERTA MATTRESS & BOX SPRING

SINGLE	Reg Ret \$609.95	OUR CASH PRICE \$149.95
DOUBLE	Reg Ret \$749.95	OUR CASH PRICE \$189.95
QUEEN	Reg Ret \$889.95	OUR CASH PRICE \$249.95
KING	Reg Ret \$1129.95	OUR CASH PRICE \$299.95

PRICES INCLUDE BOTH PIECES

Little Prices on Big Bedding!

DELCO MATTRESS AND FOUNDATION

Double	Reg. Ret. \$319.95	Sale Price \$99.88
Queen	Reg Ret \$599.95	Sale Price \$129.88
King	Reg Ret \$649.95	Sale Price \$189.88

BIG SELECTION OF WOOD & METAL BUNK BEDS HUNDREDS OF OTHER ITEMS!

3019 Hempland Road, Lancaster 397-6241

We are a five store chain not affiliated with any other stores.

Stores in: LANCASTER • YORK • CARLISLE, PA

LANCASTER STORE HOURS: Mon.-Fri. 9-9 • Sat. 9-6 • Sun. Noon-5

- No Refunds
- No Exchanges For purchases with a check, bring FINANCING drivers license and phone numbers AVAILABLE
- Cash & Carry

Not responsible for typographical errors. We reserve the right to substitute gift items

Clip This Valuable Coupon

RECLINER



Reg. Ret. \$389.95
OUR CASH PRICE \$129.95

WITH COUPON \$89.88

Clip This Valuable Coupon

GLIDER ROCKER

Available in Blue or Beige
Reg Ret \$549.95
OUR CASH PRICE \$129.88

With Coupon \$98.04

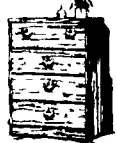


Clip This Valuable Coupon

4 DRAWER CHEST

Pine Finish and Brass Hardware
Reg Ret \$149.95
OUR CASH PRICE \$69.95

WITH COUPON \$39.04



4 PC. OAK FINISH BEDROOM

Armore dresser, headboard and mirror
Reg Ret \$469.95
CLOSEOUT PRICE \$279.95

