


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



**Crossed Wires**

At our house, Russell says that when he does the supper dishes in the evening he's sending me a message. The problem, I told him, is that I don't really know exactly what message he is sending unless he verbally tells me! Sure I can guess, but what if my assumption is wrong?

The marriage relationship is all about communications and understanding each other's communication.

Here's a great article I read recently from the British Columbia Concerning Couples newsletter. Have you ever had a conversation like this with your mate?

Wife: "You never tell me you love me anymore!" Husband: "I do so. All the time." W: "Yeah,

like when?" H: "Last night at dinner, I reached out and took your hand. Then later, I smiled at you when you came back into the room from the kitchen." W: "That's not telling me you love me! I want to hear it. I want to see it written on a card..." H: "But I tell you I love you all the time by the things that I do."

Does this conversation, or one like it sound familiar to you? Couples miscommunicate all the time, because they simply don't pick up on what they are trying to tell each other. Sometimes it seems like you're listening to different radio stations at the same time and not even close to being on the same wavelength.

In verbal communication, interpretation is difficult enough.

"What did you mean when you said...?" But when it comes to the nuances of an intimate relationship — over time — how do you communicate messages between the two of you in ways that are understood?

We all have different ways that we like to be told we are loved, cared for, respected, needed, appreciated, etc. Some people like to hear the actual words. Others like it to be written down, yet others know by what another does for them. A common problem is that we often let our partner know how we feel in ways that make sense for us. Unfortunately, this may not be the most accurate means of communicating with our spouse.

A first tip is to watch the ways your spouse says "I love you." They are giving some very broad hints about how they like to be told. The second, is to have a conversation about it. How do I like to be told? How do you?

The following questions can be used to guide your conversation. If you tend towards introversion, you will find this exercise more helpful if you take some time to think about your responses before you schedule a date to talk about it together.

1. What is (are) my personal preferred way(s) of knowing that

you care for, love, respect, need and appreciate me? Specific ways that you could communicate this to me are:

2. What do I notice about how you communicate this to me? What hints do I think you are giving me about how you like to be communicated with? (Check them out! Are you accurate in your guesses?)

3. How do I typically let you know that I care for, respect, love, appreciate you? Am I using the most effective means?

4. Something that you do or say, which I am not sure about the meaning of is...

5. When I do or say \_\_\_\_\_, I don't get the response I am expecting. By this, I mean to communicate \_\_\_\_\_. Does this come

through to you? How could I send you this message more accurately?

After you have this conversation (not always the easiest one to have, and undoubtedly more difficult the longer the time you have been crossing wavelengths), sit down and come up with a list of seven ways you can accurately communicate care, respect, love, etc. to your spouse.

Try one a day, all week. At the end of the week, take the pulse of your relationship. Have things changed? Check in with your spouse. Are you communicating more accurately? How could you fine tune this even more? Seems like a lot of work? Well, healthy relationships do take work, but the rewards are worth it!

**Bone Up On Calcium**

LANCASTER (Lancaster Co.) — Learn how to encourage good bone development in adults and children. This workshop held at the Lancaster Farm and Home Center will teach how to boost calcium content in casseroles, soups, and salads, and how to get enough calcium for those who don't like dairy products. Recipes and food sampling will be offered. The free

workshop taught by Nancy Wiker, family living agent, will be offered twice on April 18, from 10-11:30 a.m., and from 7-8:30 p.m.

Register by sending your name and address to Extension Training Center, Farm and Home Center, 1383 Arcadia Rd., Lancaster, PA 17601-3184 or call (717) 394-6851.



**Become Certified Babysitter**

COLLEGEVILLE (Montgomery Co.) — Young people ages 11-14 are invited to a program that will help prepare them to become a better babysitter. The 4-H Babysitting Course will be offered at the Montgomery County 4-H Center this spring. The Center is located on Route 113, near Skippack, just one mile south of Route 73. The course meets for six sessions, Tuesdays and Thursdays, beginning May 13 and ending May 29, from 6:30-8:00 p.m. All course materials will be provided by the 4-H program and participants will become 4-H members as a result of taking the course.

The course will also include the American Heart Association "Choke is No Joke" program, which provides instruction on the Heimlich maneuver and how to prevent choking. Certificates of Achievement are awarded to those who successfully complete this important part of the 4-H Babysitting Course. Class size is limited to 20 and you must be at least 11 years old before the course begins to participate. The cost of the course is \$5. Scholarships are available. Please register by calling the library at (215) 379-2077.

**NEW JOHN DEERE 466 AND 566 ROUND BALERS**

**Perfect bale after perfect bale... acre after acre**

Among the seven new John Deere round balers are two especially suited to large-acreage hay fields... the new 466 and 566 Round Balers.

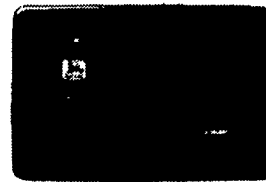
Perfect bales — every time — start with the exclusive new BaleTrak® Plus monitor. It's the most advanced monitor-controller available — and it's a standard feature. Virtually every function is controlled on-the-go from the cab — from setting bale diameter to adjusting the twine spacing and number of wraps.

New pickups pack more hay into the bale. The patented, new MegaTooth pickup features stronger teeth and three times the pickup power. It's ideal for tough or wet crops. The wide-pickup option is perfect for gathering scattered windrows. Or, choose the standard pickup with increased strength over previous models.

Both balers feature John Deere's field-proven variable-belt forming chamber with exclusive staggered, diamond-tread belts. These reduce both

leaf loss and bale chafing. You'll build tight, dense bales that stand firm and tall when others slouch and sag.

Choose the baler that best fits your operation. The 466 Baler makes 4-foot-wide, 6-foot-tall, 1,650-pound bales; the 566 Baler makes 5-foot-wide, 6-foot tall, 2,200-pound bales. Visit your John Deere dealer to see how these new balers combine field-tested productivity with new time-saving baling controls.



The exclusive new BaleTrak Plus monitor lets you control baling without leaving the tractor seat. Choose the bale size, then opt for twine spacing or surface-wrap (or switch from one to the other). You can even select the number of twine end-wraps or surface-wraps, and set the distance of twine from the bale ends.



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