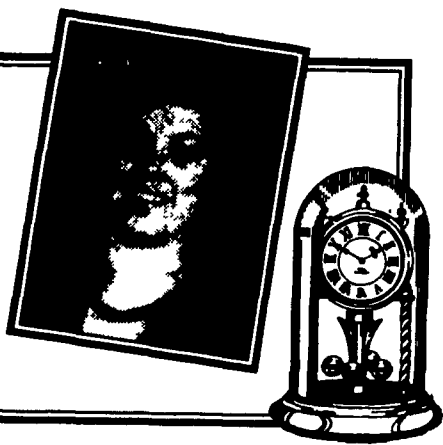


## Taking Time by Rebecca Escott



### The Tyranny Of Others' Expectations

We criticize our children when they give in to peer pressure, but how do we do under the same pressure? Sometime we handle it well, sometimes not so well. Stephen Covey and other authors talk routinely about the "tyranny of the urgent" — how the urgent demands suck up our time — sometimes stealing it from the truly important things. Recently I read one person's comments about another tyranny — the tyranny of others' expectations.

Webster defines "tyranny" as the harsh, unfair rule by another, having another person be in complete control. In our family we jokingly refer to it as the "You've got to..." syndrome.

This past week, I saw the "You've got to..." syndrome at work in many places. "You've got to buy a person at least two or three outfits for a baby shower." "You've got to eat something when you're at the community festival." "You've got to wear a certain brand and style of tie to the office."

Used well, others' expectations can actually help us. It helps if an individual who is trying to lose weight has a support person to hold him accountable for his meal choices and exercise routine. Col-

lege students are often assigned study partners to make it more acceptable to work on a project diligently. Health promotion plans employ children to urge their parents to stop smoking. Parenting groups meet to encourage one another to use positive discipline techniques and to balance family and personal time.

Unfortunately, others' expectations can also push us to make choices that aren't the best. People buy a certain car or an RV because other people in their community have them. Others may volunteer on lots of boards and church committees and rarely spend time with their children. Families may splurge on a vacation because others at the summer ball games keep asking what their plans are. Senior citizens pledge their Social Security checks to organizations they don't even know after a kind phone call.

Parents of youngsters feel pressure to enroll their children in all sorts of special programs so they will be better candidates for the best colleges. People go out on the

weekends even if they don't want to because someone kidded them about being "over the hill" or "no fun." And on the little consumer matters, we buy, serve, and give brand name products because we don't want to be embarrassed having others see us using a less expensive item. The tyranny goes on and on.

If you are noticing that saying "No" is more difficult than saying "Yes" because of others' expectations, here are a few things to consider. First, recognize your weak spots. What are the areas where you give in most — comparing children? clothes? vacations/social life? proving toughness? charity fund-raisers?

Second, tell someone else about the weakness. Ask them to pay attention to your choices and remind you if you're getting ready to go back on a family decision because of outside pressure.

Finally, put together a plan of attack. Know and practice what to do when that "tyranny of others' expectations" kicks in. Here are a few I've heard.

"We allow our children to be involved in only one extracurricular activity at a time. That way we can have some time together as a family." "I'm sorry, our family makes no pledges over the phone. You may send us information in the mail, and we will consider it."

"I have a standing commitment to my husband for Sunday evenings, I'll have to miss your party."

"You know the rule. No couple dating until you are 16 years old."

At my educational workshops, people will approach me afterward and meekly share a standard

in their family. Often they believe that these standards are unusual. But I have heard the rules enough times to know that many families don't allow children to date until 16, that many people buy generic grocery products or "irregular" clothes, that many people buy a used car rather than a new one be-

cause it is more affordable.

The next time that you make a good choice that seems to run counter to the expectations of the people around you, stand tall. You are part of a healthy family movement that is working to overthrow the "tyranny of others' expectations."



At the Lancaster 4-H Fair, Kristine Fisher, 9, beams with pride for earning a gold ribbon for her peanut butter kisses. With her is Kristine's 4-H cooking leader Tina Dill, who also teaches 4-H clubs in baby-sitting, pets, and foods.

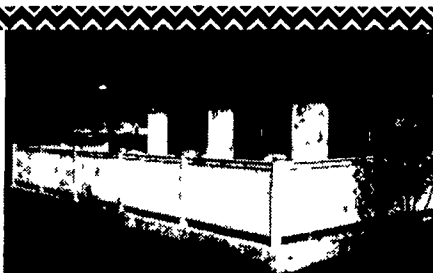


CLOSED SUNDAYS, NEW YEAR,  
EASTER MONDAY, ASCENSION DAY,  
WHIT MONDAY, OCT. 11, THANKSGIVING,  
CHRISTMAS & DECEMBER 26TH

### FISHER'S FURNITURE, INC.

NEW AND USED FURNITURE  
USED COAL & WOOD HEATERS  
COUNTRY FURNITURE & ANTIQUES

BUS. HRS. BOX 57  
MON.-THURS. 8-5 1129 GEORGETOWN RD.  
FRI, 8-8, SAT. 8-12 BART, PA 17503



Maintenance Free Railings For  
Porches, Decks or Balconies



717-354-0524 New Holland, PA



### DAYCO SUPER II V-BELTS

Now there's a belt  
that beats  
the toughest  
drive problems.

Many heavy-duty industrial machines demand more than conventional wrapped v-belts can stand. Their punishing drives make ordinary belts crack under pressure. The result: unnecessary and expensive downtime.

Now there's a solution to the consistent costly problem of replacing or retensioning belts. It's the revolutionary new Super II™ v-belt from Dayco. The Super II belt was designed specifically for the most brutal applications. And its performance blows the cover off conventional wrapped belts.

In heavy torque, high horsepower and extreme shock load comparisons, it's not even a contest. The Super II v-belt is stronger, more flexible, and lasts far longer.

Innovative design & construction provide extra strength and stamina.

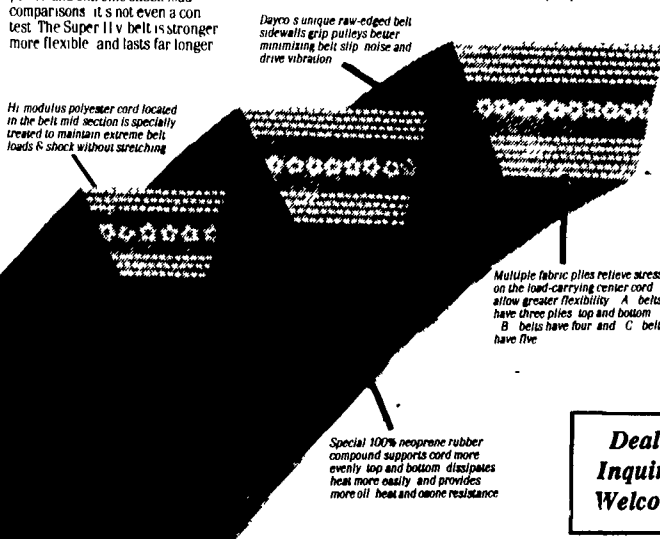
The secret to the Super II v-belt's durability is its unique construction. The central portion of the polyester cords in the neoprene rubber core provides greater strength, balance and longer life. Multiple fabric plies top and bottom enhance flexibility. And Dayco's unique raw edged construction gives it a better grip for controlled slippage.

These attributes combined make the Super II belt superior to conventional wrapped belts in every way.

Test the Super II v-belt on your toughest drive.

The Super II v-belt was field-tested for two years on the most severe applications: rock quarry shaker screens, lumber mill tree debarkers, and pipe descenders. In every case, it outperformed conventional wrapped belts by a wide margin. But the only test that really counts is the one you do on your own equipment.

Try the Super II belt on your toughest drive problem. You'll be so amazed by its incredible endurance that you'll want to put it on all your drives. In fact, we're so sure you'll be pleased with the performance of the Super II v-belt that in the unlikely event you're not satisfied, we'll refund the original purchase price or replace it with a conventional wrapped v-belt. The Super II v-belt from Dayco. The super problem solver.



Dealer  
Inquiries  
Welcome.

### PAUL B. ZIMMERMAN, INC.

50 Woodcomer Rd., Lititz, PA 17543

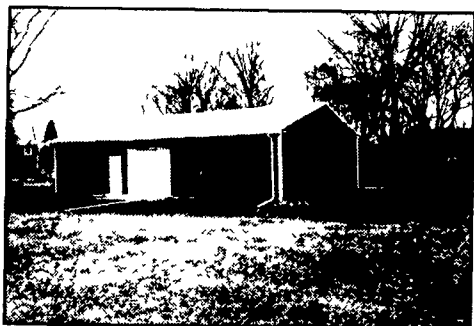
1 Mile West of Ephrata

(717) 738-7350

HARDWARE • FARM SUPPLIES •

HOURS:  
Mon., Thurs., Fri. 7-8:30  
Tues., Wed. 7-5:30  
Sat. 7-4:00

## Quality and Value



- \* Post Frame Buildings
- \* Agricultural, Residential, Commercial, Equestrian
- \* Customized for your needs



### CONESTOGA Buildings Inc.

202 Orlan Road, New Holland, PA 17557

717-354-2613 Fax: 717-355-9170

Call Today For Your Free Brochure

800-544-9464