

Family Living Focus

by
York Co.
Extension Agent
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needs. Eat healthy, exercise, feed the pets and get enough sleep.

- Keep in mind that only you can control your feelings and attitudes. Don't allow others to "push your buttons."
- Remember, on-going disagreements will probably not go away just because it is a holiday. Keep your perspective. Only one or two days a year with a difficult relative is not the end of the world. Just be polite!

For your family get-together, make each person a Family Asset Building Kit. Put the following items in a gift jar or bag with this description.

Family Asset Building Kit

When you see these simple items, let them remind you that you can be a Family Builder.

- Toothpick — reminds us not to be too picky.
- Hugs — reminds us to give hugs and praise daily.
- Rubber Band — reminds us to be more flexible.
- Paper clip, reminds us to hold things together.
- Caramel, reminds us to "chew the fat" — talk, listen and act positively.
- Gum — reminds us to keep cool in sticky situations. Don't blow up.
- Band Aid — reminds us to

take care of each other's hurts.

- Candle — reminds us to celebrate together! Everyday things happen for which we can be thankful.

- Penny — reminds us to have enough "cents" (sense) to realize what a valuable asset we

are to our family.

- Button — don't let anyone push your button — know when to button your lip.

- Nuts — there's gotta be some in every family.

Positive relationships are what life is all about!

Christmas Show Opens

HARRISBURG (Dauphin Co.) — The 15th annual Pennsylvania Christmas and Gift Show will open Wednesday, December 2, at the Pennsylvania Farm Show Complex in Harrisburg. The five-day show will be open until Sunday, December 6. Occupying over 235,000 sq. ft., the event is reportedly one of the largest Christmas Shows on the East Coast.

An exciting new attraction has been added this year. A new 1,600-square-foot Christmas Gardens display located in the Northeast Hall. Visitors will be treated to a beautiful display of Christmas trees, plants, shrubs and flowers in a festive arrangement designed and landscaped by Walter-Nisley and Walter of Harrisburg, landscape contractors for the past 70 years.

Also new this year, the Greater Dover Dance Academy will present "A Nutcracker Showcase" at 3 p.m. on Friday, December 4.

Entertainment includes a

dazzling 30-minute Ice Show. presented four times daily at noon, 2:00, 4:00 and 7:00 p.m.

Continuous daily craft demonstrations and cooking clinics take place throughout the day.

Show and all events are included with the \$6. admission price. Admission for Senior Citizens over 62 is \$4.00! There is no admission charge for children under 12 when accompanied by parents.

The five-day Pennsylvania Christmas and Gift Show will take place at the PA Farm Show Complex, Cameron & Maclay Strs., Harrisburg, PA, (2 blocks south of Cameron St. exit #23 on I-81). Show hours are 10 a.m. - 9 p.m. Wednesday, Thursday, and Friday; 9 a.m. to 9 p.m. Saturday; and 10 a.m. to 6 p.m. on Sunday.

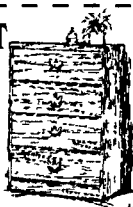
Food is available from five concession stands on the Main Floor, and a 600-seat cafeteria serving hot meals on the 2nd floor. Parking is free and the lot accommodates 5,000 cars.

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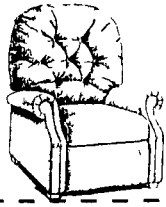


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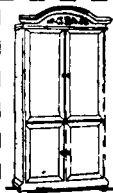
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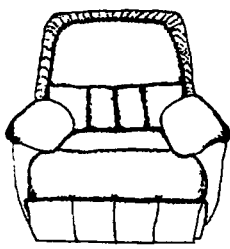
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