

Family Living Focus

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Most people look forward to the added excitement that comes with the holiday season.

However, with the excitement comes added work, play, expenses and fatigue. Frequently, the "too much to do" syndrome takes away from holiday pleasures. What's a person to do?

Recognize that the holidays are approaching. Plan ahead. Set priorities and goals. As a family, identify the "must dos" and "might dos" of the holiday season.

The "must dos" could include attending a holiday choral concert to hear your children sing.

A "might do" could be making cookies and candy.

Goals can center around activities for family and friends. Or, goals can be the organizational and housekeeping tasks for holiday activities. As a family, decide what is most impor-

tant — the holiday party or fancy wrapped gifts.

What will the family cherish most?

When the list of "must dos" are made, place a name beside each task. Post the list on the refrigerator. Divide the tasks equitably. Every family member needs at least one task. The tasks then become the responsibility of the assigned person.

Plan backwards to meet deadlines. Put dates with the assigned tasks and functions. When do cards need to be mailed? When should gifts be wrapped and mailed? What are the dates of the holiday parties? Decide how long it will take to accomplish each task. Determine how many hours or days, then add 25% more time.

Guaranteed, it will take more time than you think. Mark the calendar. Don't forget ongoing

activities still must be done. Laundry still must be done.

Taking children to piano lessons can't be put on hiatus.

Make a check list for every family member. Check off the task as it is completed. Get organized.

January 1999 was a good time to mark on the November calendar what gift wrapping supplies must be purchased. Buy extra tape and tissue paper. Frustration and anger occurs when you run out of tape in the middle of wrapping a mountain of gifts. Determine if wrapping paper should be purchased for all family members. If so, ask how many persons are receiving gifts.

Early fall is a good time to check the food inventory for cookie and candy making supplies. Take stock of the infrequently used spices and fruits needed for making those gourmet recipes. Buying some items ahead will also lessen the strain on the family budget.

A master calendar is a gift from heaven. Write down all the activities for each family member. The master calendar will highlight conflicts. Decide who you want to invite to your house and when. Mark the calendar. Extend the invitation to them early so they can mark their calendars.

Group errands and shopping trips. Shop when stores are least

busy. Mid afternoon and very early in the morning are good times. Shop for short periods of time. Tired shoppers make hasty and sometimes unwise purchases. If possible shop without young children. Most people accomplish less than they expected on a shopping trip. Keep the list in the car, so items can be checked.

Finally, all family members maintain some balance. Remember those priorities. Remember why the holidays are celebrated. Exhaustion and illness is not the purpose of the holiday season. Make time for work and rest. Plan quiet time along with the hustle and bustle of many holiday activities. Expect the unexpected.

Milton Hershey Before Chocolate

HERSHEY (Dauphin Co.) — Milton Hershey created a chocolate empire known everywhere for making chocolate an everyday luxury. But he didn't start with chocolate.

The Hershey Museum introduces visitors to the early years of Milton Hershey's candy talents in the Old Time Candy Kitchen, a new exhibit opening Nov. 13.

The exhibit recreates what Milton Hershey's shop might have

looked like when he began his candy business in 1876. The shop area will be presented as if Milton Hershey were just moving into his new location with his displays and advertising still in development. A demonstration on making clear toy candy will be held Saturdays and Sundays at 11 a.m., 1 p.m., and 3:30 p.m., from Nov. 13 through Dec. 19, and every day following Christmas Day through Dec. 31.

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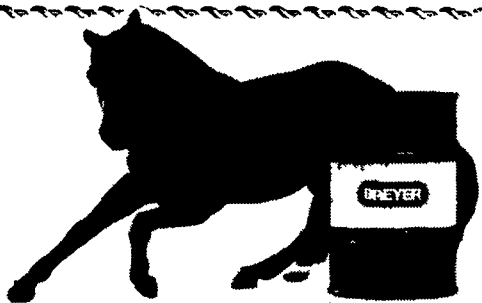
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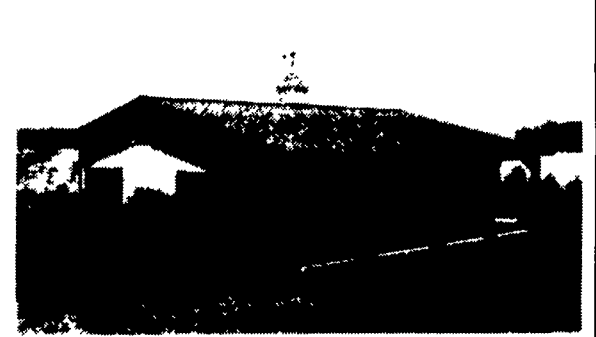
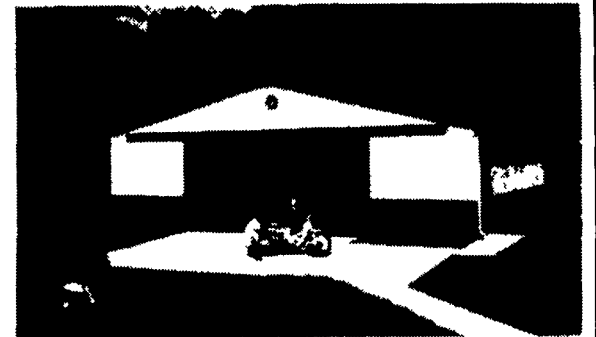
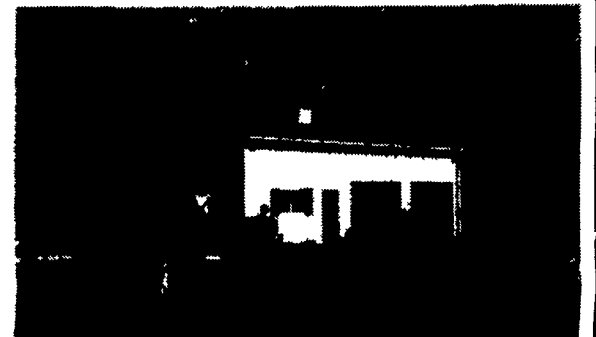
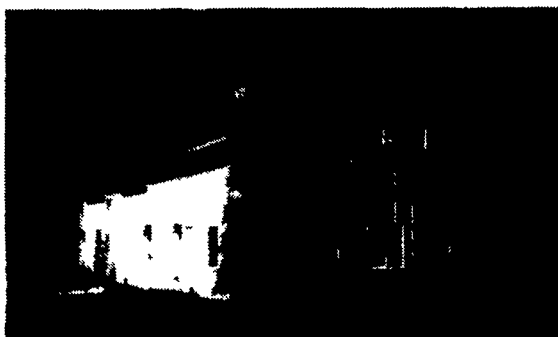
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