


**Family Living Focus**  
**SANDRA PARKER**  
 Lebanon Co. Extension



**Family Summertime Fun**  
 One of the most effective ways to build a strong family is to do things together. The family who routinely spends time together establishes a tremendous reserve or emotional bank account, that can be drawn upon when daily life becomes a bit tedious or trying.  
 The family who spends time

together develops a pattern or habit of doing things together. Family members will enjoy being with each other. They develop the security and good feeling about each other and about themselves that is so vital to growing as human beings.  
 Time together just doesn't happen. Parents especially must plan it, setting aside time and

minimizing distractions. It is good to plan time together on a regular basis. Skipping, canceling, or simply putting off is very disappointing to children. They may get the idea they are not important.  
 Planning time together is very rewarding in a number of ways. Besides deepening the bond with your child, you will see your child do new things — the excitement on your child's face after completing some activity is worth more than all the sacrifices you have made to set time aside. Planning time together helps families reap rewards and satisfaction that no amount of money can ever buy.  
 Here is a listing of activities you can do. Tape this sheet to your refrigerator and check off the activities you do together as a record of your good times. Con-

- sider starting a notebook or scrapbook and include some of your art work, stories, or photographs of your family.
- Let's Explore...Our Family**
- Plan a summer celebration
  - Pretend you are a news reporter
  - Look at cloud shapes
  - Make a family tree
  - List special places you like to visit
- Let's Explore...Our Community**
- Learn about your fire company
  - Visit your local museum
  - Survey neighborhood symbols
  - Clean up your street
  - Visit the farmer's market
- Let's Explore...The Foods We Eat**
- Strawberry Milk
  - Crunchy Bananas
  - Kabobs on a stick
  - S'mores

- Let's Explore...Plants And Animals**
- Early morning bird watching
  - Insect zoo
  - Shell box/rock box
  - Make plaster casts
- Let's Explore...The World Of Crafts**
- Hammer a rubber band board
  - Texture rubbings
  - Collect spider webs
  - Design a monogram
- Let's explore...Other Fun Things**
- Star gaze
  - Wash the car
  - Backyard track meet
  - Window washing
  - Take an emergency tour of your home
- If you would like other ideas, contact your county extension office and request a copy of the age appropriate summer issue of Family Time.

## Scholar Athlete Selected As Milk Mustache Of The Year Award Winner

PHILADELPHIA (Philadelphia Co.) — Louisa Hall, Havertown, has discovered that milk is as good for her mind as it is for her bones. As one of 25 Scholar Athlete Milk Mustache of the Year (SAMMY) Award winners, Louisa will receive a \$7,500 college scholarship and star in a future Milk Mustache ad in USA Today, Sports Illustrated and ESPN Magazine.  
 Louisa, a recent graduate and valedictorian of Episcopal Academy, opts for milk as her favorite dairy product and said, "Milk and dairy products are important in your diet, especially to help prevent osteoporosis." She also noted that milk contains potassium, protein and Vitamin B,

which are essential nutrients for athletes like her.  
 By having Louisa join the ranks of Milk Mustache MVPs such as Cal Ripken Jr., Mia Hamm, and Tony Hawk, the milk industry hopes to inspire other teens to opt for healthier beverage choices and begin to reverse the nationwide teen-age "calcium crisis." According to the U.S. Department of Agriculture, a majority of teens do not meet their daily calcium requirements. Nearly nine out of 10 teen-age girls and seven out of 10 teen-age boys are not getting enough calcium in their diets.  
 Selected from more than 6,500 nominees, Louisa was one of 25 winners named by judges Mia

Hamm, Tony Hawk, Cal Ripken Jr., Jeff Gordon, and Pete Sampras. Winners were recognized at an award ceremony at the ESPN Club at Walt Disney World Resort in Lake Buena Vista, Fla., on June 24.

A member of the Spanish National Honor Society and U.S. Women's World Squash Team, Louisa was singled out for her stellar academic and athletic achievements. When not studying for a school midterm, Louisa

spent time competing on the track, field hockey and squash teams and volunteering at St. Katherine's School for the Developmentally Disabled. She plans to attend Harvard in the fall.

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<p><b>4 DRAWER CHEST</b>                  Pine Finish and Brass Hardware                  Reg. Ret. \$149.95                  OUR CASH PRICE \$99.00  <b>FACTORY SPECIAL #2 \$39.04</b></p>	<p><b>CONTEMPORARY RAMS SOFA AND LOVE SEAT</b>                  - Assorted Colors -                  Reg. Ret. \$2100.00                  Cash Price \$799.95  <b>SPECIAL \$649.95</b></p>	<p><b>SLEIGH BED HUDSON BAY HONEY PINE</b>                  Reg. Ret. \$669.95                  Our Price \$439.95  <b>SPECIAL \$229.95</b>                  FULL/KING - Rails extra CLOSET OUT!</p>																		
<p><b>BEDROOM SET</b>                  (Bleached Oak) Plus Chest With Jewelry Case Top                  Reg. Ret. \$3,200                  Our Price \$1,395  <b>Closet \$899.95</b></p>	<p><b>RAISED PANEL BUNK BEDS</b>                  Reg. Reg. \$1069.95                  Cash Price \$799.00  <b>Closet \$249.95</b></p>	<p><b>TWIN/DOUBLE FUTON BUNK</b>                  In Black, Red, White, w/8" Futon Mattress                  Reg. Ret. \$898.95  <b>SPECIAL \$279.95</b></p>																		
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<p><b>DEALER REFUSED SLEIGH BED</b>                  "Dark Cherry Finish" Queen Only                  Reg. Ret. \$699.95                  Our Price \$449.00  <b>Closet \$169.95</b></p>	<p><b>FIVE PIECE DINETTE</b>                  Table &amp; Four Chairs - Natural, White/Natural, Green/Natural                  Reg. Ret. \$1,029.95                  Cash Price \$469.95  <b>SPECIAL \$249.88</b></p>	<p><b>3019 Hempland Road, Lancaster 397-6241</b>                  Stores in: LANCASTER • YORK • CARLISLE (Closed Sun.)                  STORE HOURS: Mon.-Fri. 9-9 • Sat. 9-6; Sunday 12 to 5 PM</p> <ul style="list-style-type: none"> <li>• No Refunds</li> <li>• No Exchanges</li> <li>• Cash &amp; Carry</li> </ul> <p>For purchases with a check, bring drivers license and phone numbers</p> <p><b>FINANCING AVAILABLE</b></p> <p><small>Not responsible for typographical errors. We reserve the right to substitute gift items.</small></p>																		