

No Time, No Money, Unpredictable Weather Spells Stress

LOU ANN GOOD
Food And Family
Features Editor

QUARRYVILLE (Lancaster Co.) — "The world thinks farmers lead an idyllic life. They don't see the hinges falling off the barn doors, they don't know that even if the farmer could afford to buy the hinges, he doesn't have the time to fix it . . . that it has rained the past 40 days and the tractor is stuck in the field, that he's been up all night helping a calving cow, that so far this year only bulls instead of heifers are being born, that chickens are losing their feathers and the corn is molding," said Jane Boyd.

Boyd was one of four speakers at the workshops on Farming, Stress, and Economics conducted last week at several different Lancaster County locations.

Too much to do, unpredictable weather, and sinking commodity prices all add to stress. When stress levels get too high, farmers are prone to make poor decisions, accidents happen, and family relationships suffer.

As an agricultural nurse specialist with the University of Rochester, Boyd visited New York farm families to find out how farm accidents happened and how family members are affected.

"Accidents place huge stresses on families. And, in most cases, stress contributes to accidents," Boyd said.

"Farming is a physically demanding occupation with a high potential for accidents. This is partly due to complex machinery and unpredictable livestock. Another reason is the fatigue caused by long hours, demanding work, and time pressures," Boyd said.

Some stress is necessary. "It makes us to get up and work to provide for the family," Boyd said.

People handle pressures differently. Some people aren't happy unless they have a hundred things to do, and others can't handle more than three things on their list.

People also experience stress in different ways. Some people have physical symptoms such as headaches, stomach aches, a racing heart, or sleeplessness. Some have emotional responses such as bitterness, loneliness, and poor relationship management. Some people experience mental



Farming, Stress, and Economics Workshop speakers, from left, Jane Boyd, ag nurse specialist; Janneke van Buscarn and Dan Hess, Life Management Associates; and Gerald Phillips, Mid-Atlantic Farm Credit.

symptoms of feelings of worthlessness, depression, irritability, anxiety, and mood swings.

Relationships suffer during pressure-packed times. Farm spouses attending the Quarryville workshop reported that under severe stress, one spouse will stop talking and the other will explode.

Recognizing this, spouses should try to modify their behaviors. The person who withdraws should force himself to verbalize his feelings. The person who explodes should recognize the negative impact this can have on a spouse and verbalize frustrations before they build up to an unmanageable level.

Sometimes parents try to hide concerns from their children. Even if parents try to hide their stress, children often sense that something is wrong. They may perform poorly in school.

Take time to talk to your family. Let them know if you are feeling pressured or stressed. Find a friend who can listen to your problems.

To counteract stress, Boyd

stressed the importance of support systems with spouses, neighbors, family, and friends, especially with those who understand.

It's important to receive adequate sleep and to eat properly. Farmers who skip meals or eat unbalanced meals because they are too busy to take the time increase their stress. Proper nutrition is needed to build and maintain body tissue, produce energy, and keep the mind alert.

Although farmers have heavy labor, they still need to take time for regular exercise to get their heart rates pumping and relieve stress.

Financial stress often means borrowing more money. The workshop presented information on proper and improper methods when working with creditors.

Talking With Creditors

Gerald Phillips, Mid-Atlantic Farm Credit, emphasized the importance of honesty when working with a lending institution. If a client "fudges" figures to make his numbers look

can, there is no shame in making changes," Phillips said.

"It's a lender's job to put a financial package together based on your plan. It is not the lender's job to put together your plan," Phillips said.

It's important for spouses to be together during financial decisions. "Plan ahead. Don't ask for deals at the last minute," he said.

Phillips believes the best stress relievers is to become involved in an activity where your mind is forced to focus on something other than farming, such as sports or teaching a Sunday school class.

"Take a vacation, even if you think you can't afford it," Phillips said. "That doesn't mean you go on a cruise. Vacation may mean no more than taking every other Sunday evening off. Don't stay around the farm. Do something else," he said.

The workshop broke into two groups, one for men taught by Dan Hess, and the other for women taught by Janneke van Buscarn. Both Hess and Buscarn are from Life Management Associates.

Buscarn said that it's important to discern between stresses that can be controlled and those that can't.

"Don't waste your time focusing on things in which you can do nothing, such as weather," she said.

She emphasized the importance of developing a positive mental attitude and a sense of humor, regular exercise, communicating with family members, especially a spouse, proper diet, self acceptance, spiritual attunement, and a supportive environment.

For more information on stress management, contact your local county Penn State extension office.

BOWMAN'S STOVES & PATIO

VERMONT Castings

Pre-Season Sale
Aug. 1 to Sept. 15

1060 Division Highway 322 East, Ephrata, PA 17522
1 Block East of Rt. 222
(717) 733-4973
800-642-0310
www.bowmansstove.com
Mon., Tues., Wed. 10 to 6, Thurs.

SEPTEMBER'S ADDITIONAL FEATURE MONTH SMORGASBORD

BREAKFAST: Banana Walnut Coconut Pancakes, Made to Order at the Grill. New Beef Sausage Omelet Served at the Grill

LUNCH: (Mon.-Fri.) 11:00 AM - 3:15 PM Smorgie Cheese Steaks Served At The Grill

DINNER

Mon. (4 p.m.-8 p.m.) T-Bone Steak in Addition to Our Reg. Steaks Served
TUES. Our Reg. Seafood Nite
WED. Our Reg. Prime Rib Nite
THURS.-FRI.-SAT. (4 P.M.-8 P.M.) Beef Steaks Served at the Grill

SERVED LUNCH/DINNER, Mon.-Sat. (11 A.M.-8 P.M.)

Broasted Chicken Wings w/Ranch or BBQ Dip, Lightly Seasoned Fries, Fresh Red Skinned Mashed Potatoes, Our Very Own Homemade Chow Chow & Cucumber Salad Carrot Cake w/Cream Cheese Frosting and Our Very Own Fresh Made Peach Danish.

Hours: Mon.-Sat. 5 A.M.-8 P.M.

FAST FOOD DUTCHETTE
(10) Grilled Shrimp on a Skewer with 2 Veggies \$4.99
Hours: Mon.-Sat. 11 A.M.-8 P.M.

GIFT SHOP

Located on the Lower Level is Our Beautiful Gift Shop Filled with a Great Selection of Philadelphia Eagle Memorabilia, Fenton Art Glass, Bridgewater Candles, Willow Tree Angels, Wind Devas, Fall & Christmas Plush, Ashers Chocolates, Camille Beckman, Amish Made Oak Wood Furniture and Many More Items to Choose From.

Hours: Mon.-Sat. 8 A.M.-9 P.M.

Shady Maple Smorgasbord

Lancaster County's Largest Smorgasbord

129 Toddy Drive, East Earl, PA - Just East of Blue Ball, Between Rt. 23 and Rt. 322
717-354-8222 or 800-238-7363
Closed Sunday

Every Farmer Deserves A Good Night's Sleep!

Experience the **Original Swedish Mattress**

Mention This Ad and get a FREE PILLOW with mattress purchase.

Tempur material molds to your body!

Recognized by NASA

SPACELAB

Tempur-Pedic® Pressure Relieving Swedish Mattress and Pillow

Tempur-Pedic® has used technology originally developed for NASA to create a mattress that automatically reacts to your body's weight, shape, and temperature to provide unsurpassed comfort and therapeutic support. Billions of viscoelastic memory cells conform exactly to your body, alleviating counter-pressure and prompting rejuvenating, deep REM sleep.

Recommended by Thousands of Healthcare Professionals Around the World

Tempur-Pedic® Pillows for Beds and Cars
Clinical Studies Indicate That the Tempur-Pedic® Mattress Cuts the Average Nighttime Tossing and Turning by More Than 70%

OTHER FEATURES:

- Does Not Transmit Motion • No Need to Turn or Flip
- Zippered Removable Cover • Breathable Liquid Barrier
- 100% CFC-Free • Allergy Resistant
- Conventional Mattress Pad Not Needed

Free Delivery within 30 Miles, Delivery Available beyond 30 miles and to neighboring states or stop by when in the area and get a discount for pickup

Stone Barn Furniture

10th & 11th Streets, East Earl, PA 17522
Two miles east of Cedar Crest High School

717-272-0441

Hours: Mon. - Thurs. & Fri. 9-9
Wed. & Sat. 9-4

LA-Z-BOY GALLERY

LAZBOY 6 Months Same As Cash Upon Credit Approval