

Ideas For Celebrating National Family Week

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It will be here before you know it—Thanksgiving Day. And along with it comes National Family Week, which is traditionally celebrated during the week of Thanksgiving. With all of the busyness associated with Thanksgiving, how can we also work in ways of celebrating National Family Week? One approach is to keep it simple, fun and cheap. Here are some idea starters that will serve to spark your own creativity:

- First of all, your celebration of National Family Week need not necessarily take place on Thanksgiving Day. You can celebrate it over several days during the designated week, or perhaps the weekend before or after, or even the week before or after Thanksgiving week, if that is more convenient for you.
- While it may be ideal to celebrate with all family members, often this isn't possible or practical. So be flexible and keep it easy: A mother and daughter might simply take a walk together in a nearby nature preserve, or as an individual, you might make several surprise phone calls to family members you haven't

seen in a while.

• After your Thanksgiving Day meal or other family dinner, allow all persons present to tell something they really appreciate about their family. Focusing on the positives in our families creates good feelings and builds family cohesion and strength.

• A variation of the above suggestions is to gather family members, perhaps around a campfire or over a big bowl of popcorn. One by one, let each person answer the following two questions: "What are two things you really like about our family?" and "What's something about our family life that you'd like to be different?"

• Encourage discussion, honesty, and an accepting and positive atmosphere.

• Go on a personal one-, two-, or three-day "criticism fast" where you refrain from focusing on the negative in your actions, words and thoughts. Simultaneously, do your best to catch children and other family members doing positive things, letting them know that you've noticed and appreciated their actions.

• Select an ancestor who somehow made a meaningful contribution to your family or society. Find out as much as you can about this person and share it with other family members in person or by letter, email or phone.

• On Thanksgiving Day or at another time during National Family Week, when a variety of family members are around, have an "I remember when" session. Recall interesting or funny times from the past that hold special memories for the various family members present.

• Pick out a relative who has died in the recent or distant past and

collectively share fond memories about this particular person.

• Invite one or more people who do not have close family ties, or who cannot easily go home, to join your family for Thanksgiving Day.

• Think of a family member you will probably not see during the holidays, and write a brief letter detailing a few of the reasons why you appreciate him or her.

• Bury a "family time capsule" in your backyard or other special place. Enclose written messages about family goals, individual dreams, predictions about the future, current conflicts, and so forth. Also enclose

hand-drawn or painted pictures as well as current photos, jokes or even current newspaper clippings. Set a time, perhaps during National Family Week three to seven years from now, when you can assemble to open the capsule. A good way to preserve the capsule is to seal it in a large, airtight glass jar or other waterproof container. Then enclose the jar or other container in a tightly tied plastic bag before burying it.

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Rockcastle County Extension Homemakers Officers for 2000-2002 were elected at the County Annual Meeting on November 2nd. Officers are, from left: Noreita Thompson, president; Millie Eaton, vice-president; Virginia Hansel, secretary and Brenda Powell, treasurer. For more information on Extension Homemakers call 256-2403.



Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Rinse and Return Recycling Program

Rockcastle County farmers joined with surrounding counties this fall for a chemical jug recycling program. The Rinse and Return Program provides a safe way for farmers to dispose of used plastic chemical jugs. Surrounding counties collected over 1500 jugs with Rockcastle contributing a third, which is a great start for the first year.

Farmers interested in recycling plastic chemical jugs next season should triple rinse their containers,

remove plastic sleeves and store until collection day. Storing and handling can be made easy by running a string through the handles, tying several jugs together. This avoids problems with jugs being scattered about and, in most cases, they can be hung up in the tool shed.

Rinse and Return saves money by assuring that all chemicals in the containers are applied to crop land. Plus, proper disposal by recycling helps protect the environment.

For more information, contact the Extension Office at 256-2403.

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Geoff McGuire assists Skip Custer of the Department of Agriculture, by loading used chemical jugs in a special trailer used for recycling. Farmers with old chemicals may also get assistance with disposal by calling 1-800-205-6543.

Brodhead Sports Cafe

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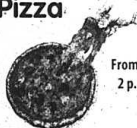
Catfish Dinners, Chicken Strips, Hot Dogs, French Fries, Chili, Cheeseburgers, Onion Rings. Try our *delicious* Mushroom and Swiss Burgers, Fresh made Pizza, Cheesestix and Steak Hoagie and Sub Sandwiches. And, pick up one of our fresh made salads!! **We are also now serving Fresh Baked Pies**

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