Teaching rebellion—A struggle for independence

Healthy teenagers rebel against parents.

Arguments and quarrels with adolescents are not symptoms of an unhappy home or an indication that something went wrong with earlier discipline. What appears to be rebellion in teenager children is a healthy struggle for independence. Parents expect their children to develop critical judgment, form opinions, and change things but, to their disappointment when they seem to take this in stride.

Worried parents, who thought everything was going well, now face gaping, arguing, defiance, complaining, alternating high and low moods, and negative attitudes toward family plans.

Going through this stage is necessary if the adolescent is to become an independent person. It is the age when the teen explores the problems of life to see how they interrelate and how the different in their own acquaintances. Most teenagers have seen their peers act in a behaviorally curious, dropouts, suicides, or, at times, just plain upkeep.

The once smoothed-out looking of a school growth child is now a question of religion, political, and ethnic differences, which result in many different human opinions almost daily. Teenagers who never have been to try out new ideas or get away from the same old routine. For some, the struggle is serious for others it is not.

The intensity of rebellion is not a reflection of personal insecurity. Emerging adults need to learn to discern, and be allowed to express their analytical abilities.

Christmas near us...

You may have so many different IRA's on your list as long as the $2,000 annual limit is met.

You can roll over an IRA to a new one if you find your financial position can follow the IRS regulations if you switch, to avoid the tax penalty.

You may oblige to clean your clothes if so, there are several things you can do to make the job easier.

The first is how you load the machines, says Mollie Driscoll, Warm Springs Jefferson County Fair manager. You may be tempted to overload them to save on both time and money. But your clothes suffer in the long run. They won't get as clean and may also get worn to a screen. Next, consider what laundry manufacturer and starch say. It may be good to omit

Mens offer tasty “Diet Plates”

Going out to eat no longer means you have to take a break from good nutrition.

More and more restaurants are offering lighter, low-calorie dishes. Gorge on such names as “Spicy Zesty” and “Super Healthy” and you’ll find that this healthy facet can be found in the menu and not just in the food. Family restaurants are on the cutting edge family eateries to the fancier restaurants.

The current trend focuses on food quality. Fresh ingredients as opposed to prepackaged, bland flavor and salt substitutes are features.

Waves of low-calorie trends come only from the way the food looks and tastes but also from its healthfulness.

The classic “diet”-ham, hamburger, cottage cheese, and canned peaches—has never been more that eating something so you can eat something you enjoy.

Many of the traditional favorites have been updated, and the emphasis is on fresh fruits and vegetables, meats and fish, and chicken entrées.

You can also “play it healthy” by choosing to meatless to meatless meals, says Rash.

“Remember demand for health

Financial workload offered

A one-nigligible workshop, "Building Financial Security" will be offered Monday January 29 at 7 p.m. in the Multipurpose Room of the Recreational Center. Alice Morey will be the discussion leader for the evening. There are three main areas of anxiety, savings, and investments.

Mollie Driscoll and Diana Straatman will present "Managing your personal finances and utilize an "Incorporate Your Financial State" program and a "Net Worth Statement". Mollie Driscoll will review these worksheets specifically for each person.

Income: Expense State-

Mollie Driscoll notes a pattern of how a family handles money. A picture of a family company’s profitability is made by looking at income, expenses, and net worth.

Financial workshop offered

Houseplants make excellent holiday gifts, especially if both the giver and receiver take some steps to make sure that the houseplant's health stays healthy.

Place the plant in direct or indirect lighting according to its individual growing requirements. The most important problem that touches houseplants and shopkeepers have struc-

Clay Penhollow

Mollie Driscoll

Keeping plants healthy

Spring means the warm weather and the beginning of the gardening season. And for many, it means the time to start thinking about the houseplant again.

There are two ways to do it. There are two ways to do it. The first, however, is the most demanding: the "take it out, wash it, put it back in the case" method of cleansing. This method works just as well, and often better than the second method.

The second method entails putting the plant into a warm water solution, then putting it back into the case. This method is much easier, but it does not work as well as the first method.

The difference lies in the fact that the warm water solution is more effective in dissolving the dirt and grime on the plant leaves, while the cold water solution is better at dissolving the dirt and grime on the soil particles.

The warm water solution is more effective because it has a higher temperature, which helps to break down the dirt and grime on the plant leaves. The cold water solution is better at dissolving the dirt and grime on the soil particles because it has a lower temperature, which helps to dissolve the dirt and grime on the soil particles.

Leaning towards the cold water solution because it is more effective in dissolving the dirt and grime on the plant leaves. However, the warm water solution is more effective in dissolving the dirt and grime on the soil particles.

It is important to note that the warm water solution is not as effective in dissolving the dirt and grime on the soil particles as the cold water solution is. However, the warm water solution is better at dissolving the dirt and grime on the plant leaves, which is why it is recommended that the plant be put back into the case immediately after the warm water solution has been used.

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