



10 Tips for Stress-less Parenting

With summer coming to a close and school right around the corner, here are some tips to make it through these last few weeks.

1. Take time each day to do something *for yourself*. Exercise, stretching, listening to soothing music, reading or meditation are some proven ways to reduce stress.
2. If you are feeling overwhelmed, arrange for some *outside help* so you can manage all aspects of your life more effectively.
3. Keep your *sense of humor* when things don't go as planned. No one is a perfect parent-or a perfect child.
4. *Accept* that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.
5. Count to 10 before you *react* when you get angry.
6. Ease tension with a *human touch*—share a hug, hold hands, or give a pat on the back.
7. Listen to your child and show you value your conversations. *Good communication* can prevent conflict and stress.
8. Schedule in *family fun* and fitness. Laughter and physical activity are great stress reducers.
9. Spend time with friends talking about your parenting concerns. Also share your reflections on the *joys of parenting*.
10. Learn how children mature so *your expectations* for your child's behavior are realistic.

A smile is contagious;

Be a carrier.

Rosemount City Insurance Opens

On July 19th, 2004, Rosemount City Insurance Agency relocated to the main Glockner campus. Formerly in Jackson, Rosemount City Insurance now brings quality commercial and personal insurance companies to Portsmouth as a full service independent insurance agency. We are a proud member of Team Glockner since 1977.

Ralph Cartee, Candee Long, and Ronnie Scott are experienced agents specializing in commercial insurance. From tractor/trailers to farming and logging equipment, our staff is sure to find a company to fit you or your customer's specific need.

Priscilla Hunt is the newest licensed agent in the organization. She specializes in personal lines insurance including passenger vehicles, boats, motorcycles and mobile homes.

We are also appointed with Allianz and American Home Life Insurance. They offer competitive life, disability and health insurance rates to protect you and your family.

Rosemount City Insurance welcomes the opportunity to service your insurance needs. We encourage all Glockner employees to consider us as your first choice for insurance. Please contact the office at (740) 354-6216.

Received this fax from DawgByte Productions July 4, 2004

CONGRATULATIONS

Voting for the 2004 RiverCitiesEzine.com E-Xcellence Awards has ended...!!!

Glockner Enterprises website has won the "2004 Best of the Web" in the Automotive Dealerships category.

Visit RiverCitiesEzine.com... www.rivercitiesezine.com for all voting results.

All the Best

Billy "DawgBert" McClurg
DawgByte Productions LLC

| <u>Birthdays</u> | | <u>Anniversaries</u> | |
|--------------------|------|----------------------|---------|
| Dan Glockner | 8/04 | Linda Bryson | 8/01/77 |
| Dan McQuithy | 8/05 | Dan Glockner | 8/11/82 |
| Jeff Powell | 8/06 | Terry Burns | 8/15/88 |
| Karen Dixon | 8/10 | Carlin Russell | 8/17/89 |
| Jack Allen | 8/12 | Andy Schmidt | 8/13/90 |
| Brandi Stewart | 8/12 | Pam Hammonds | 8/22/94 |
| Roger Riggs | 8/14 | Joe Saltsman | 8/18/99 |
| Steve Sutton | 8/14 | Dan McQuithy | 8/27/99 |
| Mike Murphy | 8/16 | Marty Mounts | 8/11/00 |
| Jim Gannon | 8/18 | Reynard Osborne | 8/21/00 |
| Jim Petrey | 8/18 | James Hobbs | 8/13/01 |
| Carol Maze | 8/20 | Jane Welch | 8/20/01 |
| Larry Arthur | 8/24 | Richard Snyder Sr. | 8/12/02 |
| Doug Besco | 8/25 | Jim Pack | 8/01/03 |
| Bethany Wells | 8/25 | Brian Bell | 8/25/03 |
| Jim Pack | 8/31 | | |
| Shannon Southworth | 8/31 | | |

EMPLOYEES FUND

| | |
|---------------------------|---------------|
| Beginning Balance 6/01/04 | \$ 9,814.86 |
| Deposit | <u>456.00</u> |
| Subtotal | \$10,270.86 |
| Illness | 400.00 |
| Baby Gifts | 107.58 |
| Attend Funeral | 100.00 |
| Flower's Illness | <u>46.34</u> |
| Ending Balance 6/30/04 | \$ 9,616.94 |

Randy and Laura Creech would like to thank everyone at Glockner's for all the great gifts for their new baby girl Mollie. We really appreciate everything.

ATTENTION ALL GLOCKNER EMPLOYEES

Auto Now Acceptance Company would like you to participate in the Glockner Employee Cook Book. This cook book will be professionally printed and all proceeds will go to a local charity. If you would like to participate, please forward three (3) recipes to Carol Maze or Janet Sturgill at Auto Now.

Please categorize your recipes under the following categories:

APPETIZERS & BEVERAGES
SOUPS & SALADS
VEGITABLES & SIDE DISHES
MAIN DISHES
BREADS AND ROLLS
DESSERTS
COOKIES & CANDY
THIS & THAT

Please include your name & department when you submit your recipe.

Your participation is greatly appreciated!!!!

All recipes need to be submitted to Carol Maze or Janet Sturgill at Auto Now by August 20th.
Have Fun!!!!

Oil Company News

Patrick and Jamie Bloss have a daughter born June 21st. She weighed in at 6lbs 10oz and her name is Emily Aurelia

Richard Snyder Jr and wife Andrea have a new baby boy Zachary, born March 30 weighing 2lbs 4oz was released from hospital June 7 and now weighs 8 lbs. They also have an older daughter Elizabeth who is 2 ½.

Financial Administration

June 20th the St. James Plantation Men's Golf Association (SJMGA) of Southport, North Carolina today announced flight winners of its 2004 annual Father-Son (Father's Day) golf tournament held on Saturday and Sunday.

Tom Donnally, formally of Huntington, currently of Southport and Jim Donnally, currently of Portsmouth, Ohio posted the winning net score of 111. The format was a team scramble on Saturday June 19th at the Members' Club (net 54) and a best-ball on Sunday June 20th at the Founders' Club (net 57). On Sunday's round at the Founders', Tom shot an 87 gross and Jim had an 84.

Trophies were awarded to the flight winners.