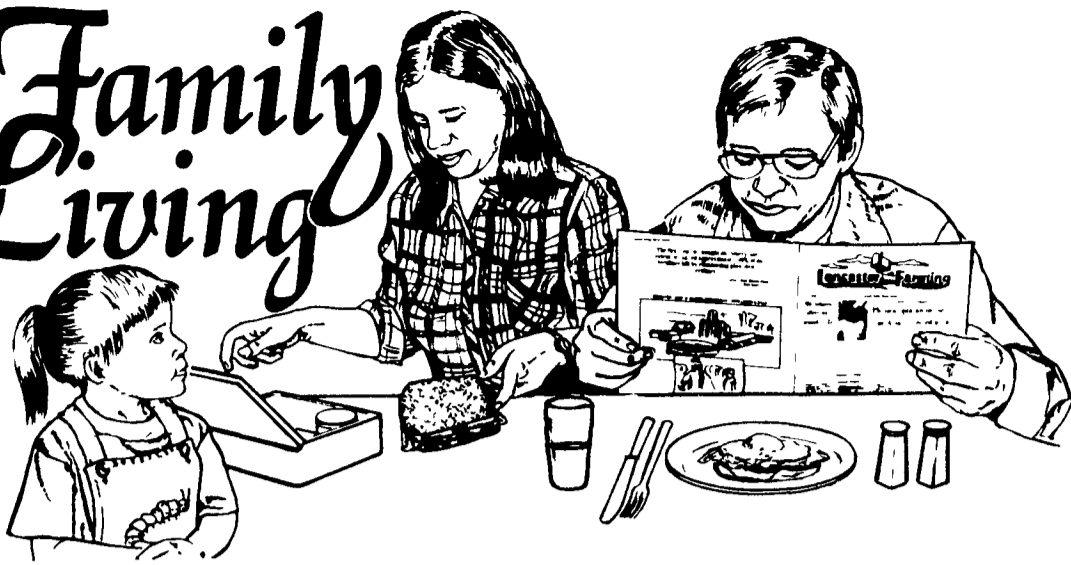


Family Living



Labor Day offers one more opportunity for a summer picnic

Labor Day offers an opportunity to squeeze in one more picnic before school starts and daily schedules become increasingly crowded. Don't miss this opportunity to pack up swimming suits and picnic gear and head for a favorite wooded retreat by a lake.

Chicken is a perennial favorite for such outings, so pack some in your picnic basket to grill over hot coals. You may want to try the Oil and Vinegar Grilled Chicken recipe below which has a tangy flavor with a delicious blend of garlic and herbs.

Complement your chicken with Apple Potato Salad, a tasty variation of an old favorite. Continue on the apple theme with Apples Alfresco, apples filled with cinnamon candies, brown sugar and pineapple chunks. Then, top off your feast with a piece of Blender Double Fudge Cake.

Once the feast is over, you and your family will be well fortified to explore the area in search of new trails or swimming holes.

and add to sour cream mixture. Add potatoes, celery and onions. Cover and chill. Just before serving, sprinkle with pepper.

APPLES ALFRESCO

For each serving, core 1 tart red apple to within 1/2 inch of bottom. Score skin 1/8 inch deep in petal design. Place apple on 8-inch square of double thickness heavy-duty aluminum foil.

Fill cavity with 1 tablespoon brown sugar, 2 teaspoons red cinnamon candies, 2 teaspoons lemon juice and 2 pineapple chunks. Wrap securely in foil.

Place on grill 4 inches from medium coals. Cook 30 to 40 minutes or until soft. Serve with Low Calorie Whipped Topping.

LOW CALORIE WHIPPED TOPPING

- 1/2 cup nonfat dry milk
- 1/2 cup iced water
- 1 egg
- 1 tablespoon lemon juice
- 1/4 cup sugar
- 1/2 teaspoon vanilla

In small mixer bowl, beat milk, water and egg white 3 minutes on high speed. Add lemon juice. Beat 1 minute longer on high speed. Gradually blend in sugar and vanilla on low speed. Serve immediately.

BLENDER DOUBLE FUDGE CAKE

- 1/4 cup nuts
- 1 egg
- 3 tablespoons shortening
- 1 cup milk
- 3 envelopes (1 ounce each) premelted unsweetened chocolate
- 1/2 teaspoon vanilla
- 1 1/4 cups flour
- 1 1/2 cups sugar
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon soda
- 1/2 cup semi-sweet chocolate pieces

Heat oven to 350°F. Grease and flour baking pan, 9x9x2 inches. Measure nuts into blender; chop on low speed. Set nuts aside. In order listed, measure remaining ingredients except chocolate pieces into blender.

Blend 30 seconds on high speed, stopping blender occasionally to scrape sides with rubber spatula. (Batter may be slightly lumpy.) Pour batter into pan.

Bake about 35 minutes or until wooden pick inserted in center comes out clean. Immediately sprinkle chocolate pieces over cake. Place baking sheet over pan so contained heat will soften chocolate pieces. Spread softened chocolate evenly over cake; sprinkle with reserved nuts. Serve warm.

OIL AND VINEGAR GRILLED CHICKEN

- 1 broiler-fryer chicken, cut in parts
- 1/4 cup olive oil (do not substitute other types of oil)
- 1/4 cup wine vinegar
- 2 teaspoons sugar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon tarragon leaves
- 1/4 teaspoon rosemary
- 1 clove garlic, minced
- 1/2 teaspoon freshly ground pepper

In a pint jar, place olive oil, wine vinegar, sugar, mustard, salt, tarragon, leaves, rosemary leaves and garlic. Cover jar and shake vigorously. Pour marinade into shallow dish; add chicken, turning several times to coat each part. Cover and allow to marinate overnight in refrigerator. When ready to cook, place parts on prepared grill, skin side up, about 8-inches from heat. Cook, turning every 10-15 minutes for 1 hour or until fork can be inserted in chicken with ease. Makes 4 servings.

APPLE POTATO SALAD

- 2 tablespoons lemon juice
 - 8 ounces sour cream
 - 2 teaspoons minced dill
 - 1 teaspoon salt
 - Pepper to taste
 - 1 cup diced potatoes, cooked
 - 1/2 cup diced celery
 - 1 onion, diced finely
 - 3 cups diced apples
- Mix together first 5 ingredients. Wash, dry and peel apples; dice

Teens and parents may clash during changes

ITHACA, NY — "Nature plays a dirty trick on families by juxtaposing turbulent, confused adolescents with middle-aged parents who often are going

through their own critical changes in life," says Florence Cherry, a human development specialist for Cornell Cooperative Extension.

Although very little research has

been done on midlife crises, many researchers acknowledge the existence of "middlescence," the time of life between ages 35 and 55 when adults realize their lives are about half over. It includes dealing with the demise of youthfulness and health, adjusting to the socialization rather than the sexualization of human relationships, establishing emotion flexibility to cope with parents or friends dying and children leaving home, and struggling to avoid falling into developmental stagnation.

"While adolescence is an easily identifiable life stage, the crises in middlescence are much more subtle," Cherry says. "Yet, like their children, middle-aged parents also may endure stormy periods of depression and mood changes and struggle with changes in identity and self image."

In the same family, both adolescents and parents may feel helpless about the future, have a sense of despair about their limitations, feel that life may be meaningless, and be preoccupied with self. Adolescents grapple with ego identity and role confusion at the same time that their parents may be reexamining and reassessing their own lives. All may become egocentric in their attempt to resolve their personal problems.

Parents may often deal with their own problems of middle age at the same time as their children seem to like them the least and are particularly critical of their parents' shortcomings. Meanwhile, adolescents are under stress trying to form an identity at a time when parents may be unable or unwilling to give them the support and guidance they need.

Children hit adolescence just when some middle-aged parents are feeling less confident and

(Turn to Page B15)

BACK HOME

By Michelle S. Rodgers



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Home Economist

CHECKING OUT CHILD CARE

There's something in the air... I believe it's the excitement of back to school day's (at least for some students and many parents). I can hardly believe that it has been over four years since I had that reality of back to school. And for some families, this fall signals, "back to work or a career." Sometimes the feeling in the air is not as exciting in this case, especially if it means selecting and using child care. However, this does not have to be negative. The latest statistics indicate that 50 percent of women are now employed outside the home. As a result, many more child care options are becoming available. In addition, some parents are finding a new career in providing child care for others, and still staying at home with their own children.

This column is not large enough to list all the pro's and con's of child care. Many families have already made that choice, and choosing child care or setting up your own are what I plan to focus on in this issue. Here are a few key points for selecting child care.

Look for these things in each care giver you interview:

- a warm, loving personality, and visible interest in children.
- someone reliable, physically and mentally able to keep up with an active young child
- a mature adult who shares your values and child rearing methods.
- a flexible, stimulating manner that encourages children to be curious and imaginative with their play.

Check these points in the physical surroundings:

- a clean, safe play area with dangerous poisons, drugs, and plants removed; stairs blocked off; heating units protected.
- outdoor play areas fenced in and away from automobile traffic.
- a variety of equipment for different kinds of play.
- a "quiet" area for books, records, or napping; and a "noisy"

area for running and jumping.

- accessible, child-sized bathroom facilities.

- eating place and equipment that encourage independence.

Finally, what kind of atmosphere exists while the program is in session? Do the children seem happy and involved in their play, or is there mass confusion indicating a lack of rules?

Look for clues to an organized schedule of activities. Do the children know what activities are coming up and what will be expected of them? Is there a regularly scheduled snack or meal time?

Providing good quality child care is not an easy job. Beware of anyone who treats it as a light responsibility. Always, always, visit the child care program first, and take your child with you to see how he reacts to the person in charge and the other children.

If you are interested in providing in-home care for children, evaluate yourself and your home on the qualities that are mentioned above. Do they seem to be the things you could provide? Working outside the home is not for everyone or every family. If you really enjoy being with your own children, (or enjoyed it years ago), providing quality child care in your home may be a service you can provide, and enjoy.

"Children In Your Care, In Your Home" is a new, FREE, learn-at-home program series available through the Extension Service. This nine-part series covers everything from licensing, fees, daily schedules, and safety to snack ideas. To receive this series of valuable information, send your name, address and the title of this program to the Lancaster County Extension Service, 1383 Arcadia Road, Room 1, Lancaster, PA 17601 or check with your county Extension Service.

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