

# Help your child know the joy of reading

The love that some children develop for reading doesn't happen by accident. It is usually something that is carefully planned by parents who want their child to experience the joy of reading.

Many parents start to develop this interest in their child by reading stories during the



preschool years. But the parent's role does not end once the child start school — or even when the child learns to read alone, reminds Growing Up, the child development newsletter for school-age children.

Reading is a joint responsibility of school and home. In school, the child learns vowel sounds, grammar, syntax, and all the other skills that are needed through countless workbook pages and drill exercises. What happens after that depends not only on the school, but on the parents.

If parents fail to show an interest, the child will begin to think of reading as just another chore. The drill and the exercises at school seem like torture. A good teacher's efforts to instill a love of reading at school may count for nothing if parents do not provide encouragement at home.

But if parents are willing to create a home environment that encourages the joy of reading, new horizons will be opened for the child's creative mind.

One part of a good reading environment at home is helping a child select an appropriate book. Most children need parental help

with this. Keep in mind when selecting a book:

- The child's interests
- The child's reading ability level.

What a child reads should add something meaningful and important to life. It may lead to either laughter or tears — but in either case it adds new depth and new meaning to life. If the book is too easy or too difficult, the child will soon lose interest.

Here are some more suggestions for increasing the joy of reading:

- Help your child get a library card of his own. Make the library a special place that the whole family visits often.

- Invite your child to talk about a book or a story, not in a questioning manner like school, but in a way that allows the child to talk about it in his own words. Ask, "What did you like most about the story?"

- Parents who enjoy a good book themselves and who share that enjoyment by talking about what they themselves are reading are helping their child develop the habit of reading for fun.

## Homemakers compete for top places in Open Foods competition

**HARRISBURG** — Homemakers from across the state brought their best canned and baked goods to Farm Show to compete for the top prizes. Below are the top three winners in each class of open foods competition.

**Menu and Display of 3 Jars of Food**

1 Mrs. Merle Mishler, Somerset 2 Frankie L. Hensel, Cumberland, 3 Shirley Keith, Somerset

**Display of Canned Fruit**

1 Mrs. Merle Mishler, Somerset 2 Mrs. Roy B. Mull, Lancaster, 3 Shirley Keith, Somerset

**Display of Canned Vegetables**

1 Mrs. Roy B. Mull, Lancaster, 2 Ester Sangry, Lancaster, 3 Mrs. Merle Mishler, Somerset

**Canned Fruit**

1 Naomir R. Hughes, York, 2 Mrs. Roy B. Mull, Lancaster, 3 Wm R. Fritsch, Lancaster

**Sweet Cherries - Dark or Red**

1 Nettie Chubb, Fulton, 2 Wm R. Fritsch, Lancaster, 3 Mrs. Henry Zimmerman, Lancaster

**Sweet Cherries - White - With Pits**

1 Naomir R. Hughes, York, 2 Mrs. Roy B. Mull, Lancaster, 3 Wm R. Fritsch, Lancaster

**Sweet Cherries - Without Pits**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Shirley Keith, Somerset

**Sour Cherries - Without Pits**

1 Esther Sangry, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Mrs. Roy B. Mull, Lancaster

**Peaches**

1 Mrs. Merle Mishler, Somerset, 2 Esther Sangry, Lancaster, 3 Mrs. Roy B. Mull, Lancaster

**Pears**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Mrs. Harry Heim, Mercer

**Plums - Red or Blue**

1 Irene Lahr, Lancaster, 2 Mrs. Roy B. Mull, Lancaster, 3 Esther Sangry, Lancaster

**Raspberries - Red**

1 Gail Wolfe, Cumberland, 2 Mrs. Roy B. Mull, Lancaster, 3 Mrs. Merle Mishler, Somerset

**Raspberries - Black**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Kathryn Aumon, Dauphin

**Blackberries**

1 Mrs. Roy B. Mull, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Elizabeth Shertzer, Lancaster

**Blueberries**

1 Mrs. Roy B. Mull, Lancaster, 2 Wm B. Fritsch, Lancaster, 3 Mrs. Merle Mishler, Somerset

**Canned Vegetables**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Esther Sangry, Lancaster

**Tomatoes - Cut in Juice - No Added Water**

1 Mrs. Merle Mishler, Somerset, 2 Pat Crider, York, 3 Mrs. Roy B. Mull, Lancaster

**Tomato Juice**

1 Lois Feichtl, Lehigh, 2 Mrs. Merle Mishler, Somerset, 3 Mrs. Harry Heim, Mercer

**Beans - Snap - Yellow**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Faye Ann Hahn, Somerset

**Beans - Snap - Green**

1 Helen Blystone, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Mrs. Merle Mishler, Somerset

Mull, Lancaster, 3 Mrs. Merle Mishler, Somerset

**Beans - Lima**

1 Esther Sangry, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Mrs. Roy B. Mull, Lancaster

**Peas - Hulled**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Frankie L. Hensel, Cumberland

**Asparagus**

1 Mrs. Roy B. Mull, Lancaster, 2 Mrs. Henry Zimmerman, Lancaster, 3 Mrs. Merle Mishler, Somerset

**Corn**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Esther Sangry, Lancaster

**Whole Kernel - Yellow**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Esther Sangry, Lancaster

**Whole Kernel - White**

1 Mrs. Merle Mishler, Somerset, 2 Esther Sangry, Lancaster, 3 Mrs. Roy B. Mull, Lancaster

**Carrots**

1 Mrs. Roy B. Mull, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Esther Sangry, Lancaster

**Beets**

1 Irene Lahr, Lancaster, 2 Mrs. Roy B. Mull, Lancaster, 3 Faye Ann Hahn, Somerset

**Canned Meats**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Mrs. Henry Zimmerman, Lancaster

**Chicken**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Mrs. Henry Zimmerman, Lancaster

**Beef**

1 Mrs. Roy B. Mull, Lancaster, 2 Kathryn Aumon, Dauphin, 3 Mrs. Merle Mishler, Somerset

**Pork Loin**

1 Mrs. Henry Zimmerman, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Mrs. Roy B. Mull, Lancaster

**Pork-Sausage**

1 Mrs. Merle Mishler, Somerset, 2 Mrs. Roy B. Mull, Lancaster, 3 Mrs. Henry Zimmerman, Lancaster

**Dried Fruits**

1 Art Sweinhart, Lebanon, 2 Hazel Angle, Franklin, 3 Kenneth Zimmerman, Lancaster

**Apples**

1 Mrs. Roy B. Mull, Lancaster, 2 Kenneth Zimmerman, Lancaster

**Peaches**

1 Mrs. Roy B. Mull, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Elizabeth Shertzer, Lancaster

**Dried Corn**

1 Mrs. Henry Zimmerman, Lancaster, 2 Pearl Barron, Somerset, 3 Mrs. Roy B. Mull, Lancaster

**Display of Jellies**

1 Ruth Most, Somerset, 2 Wm R. Fritsch, Lancaster, 3 Josephine C. Oas, Chester

**Jellies and Preserves**

1 Ruth Most, Somerset, 2 Josephine C. Oas, Chester, 3 Wendy Newhard, Lehigh

**Apple Jelly**

1 Ruth Most, Somerset, 2 Josephine C. Oas, Chester, 3 Wendy Newhard, Lehigh

**Currant Jelly**

1 Josephine C. Oas, Chester, 2 Pearl Barron, Somerset, 3 Gerald Florentine, Cumberland

**Grape Jelly**

1 Helen Blystone, Somerset, 2 Ruth Most, Somerset, 3 Marie Bushong, Lebanon

**Berry Jelly**

1 Pearl Barron, Somerset, 2 Shirley Keith, Somerset, 3 Josephine C. Oas, Chester

**Cherry Preserves**

1 Esther Sangry, Lancaster, 2 Sandee Brechbill, Franklin, 3 Pearl Barron, Somerset

**Strawberry Preserves**

1 Esther Sangry, Lancaster, 2 Mrs. Roy B. Mull, Lancaster, 3 Faye Ann Hahn, Somerset

**Peach Preserves**

1 Tammy L. Ackhouse, Monroe, 2 Wendy Newhard, Lehigh, 3 Esther Sangry, Lancaster

**Yeast Breads**

1 Trudy Johnston, Lancaster, 2 Mrs. Merle Mishler, Somerset, 3 Mrs. Miles Nolt, Lancaster

**Whole Wheat**

1 Trudy Johnston, Lancaster, 2 Mrs. Miles Nolt, Lancaster, 3 Mrs. Merle Mishler, Somerset

**Yeast Rolls**

1 Mrs. Merle Mishler, Somerset, 3 Janet Winebark, Lebanon

**Whole Wheat**

1 Mrs. Merle Mishler, Somerset, 2 Louise Stiglitz, Venango, 3 Mrs. Miles Nolt, Lancaster

**Butter Cake - Layer - Iced**

1 Fern Schwenk, Lebanon, 2 Esther Sangry, Lancaster, 3 Cindy Eppler, Berks

**White Angel**

1 Pat Imler, Berks

**Chocolate**

1 Mrs. Miles Nolt, Lancaster, 2 Susan Sherman, Berks, 3 Kathy Rosendale, Berks

**Sponge Cake (not iced)**

1 Mary Marsteller, York, 2 Mrs. John Rebert, Cumberland, 3 Esther Sangry, Lancaster

**Yellow - Without Liquid**

1 Fern Schwenk, Lebanon, 2 Julia Slothour, Adams, 3 Pearl Barron, Somerset

**Yellow - With Liquid**

1 Julia Slothour, Adams, 2 Wm R. Fritsch, Lancaster, 3 Fern Schwenk, Lebanon

**Cake Made With Oil - Plain Yellow**

1 Julie Slothour, Adams, 2 Julie Mattes, Berks, 3 Mrs. Miles Nolt, Lancaster

**4-H Club**

1 Susan Bell, Indiana, 2 Barb Brenneman, York

**Menu and Display of 3 Jars of Food**

1 Susan Bell, Indiana, 2 Barb Brenneman, York

**Display of Canned Fruit**

1 Wendy Newhard, Lehigh

**Canned Fruit**

1 Wendy Newhard, Lehigh

**Peaches**

1 Wendy Newhard, Lehigh

**Pears**

1 Wendy Newhard, Lehigh, 2 Holly Stackhouse, Monroe

**Display of Canned Vegetables**

1 Susan Bell, Indiana, 2 Barb Brenneman, York, 3 Darlene Ogden, Tioga

**Canned Vegetables**

1 Neal Feichtl, Lehigh, 2 Wendy Newhard, Lehigh

**Tomato Juice**

1 Neal Feichtl, Lehigh, 2 Wendy Newhard, Lehigh

**Green Beans**

1 Susan Bell, Indiana, 2 Holly Stackhouse, Monroe, 3 Ed Transue, Monroe

**Foods and Nutrition, 1st Year**

1 James Daswell, Allegheny, 2 Ebony Harris, Allegheny, 3 Maria Glover, Allegheny

**District II East**

1 Elizabeth Steckman, Lebanon, 2 Jamie Bower, Dauphin, 3 Michelle Ungemach, Lebanon

**Sweepstakes**

1 Elizabeth Steckman, Lebanon, 2 James Daswell, Allegheny, 3 Jamie Bower, Dauphin

**Foods and Nutrition, 2nd Year**

1 Steven Sewell, Allegheny, 2 Kito Harris, Allegheny

**District II East**

1 Glenn Smith, Lehigh, 2 Travis Gooding, York, 3 Bobbi Jo Miller, York

**Sweepstakes**

1 Glenn Smith, Lehigh

**Carrot-Oatmeal Bar**

1 Dana Macklin, Allegheny, 2 Carmel Macklin, Allegheny, 3 Travis Macklin, Allegheny

# BACK HOME



By Michelle S. Rodgers

Berks Extension Home Economist

### Getting Older—And Better!

I find it interesting that in this youth-oriented society of ours, "old age" seems to set in earlier and earlier. Recently, as our youth group was donning roller skates, one teen asked me, "Can you still skate?" He was kidding...I think!

But in a society where women used to dread their 40th birthday, the magic number seems to have dropped to 30. Make-up commercials tell us that skin over 25 needs special care and protection. A little drier I would agree, but my face has not turned to a mass of wrinkles. "Of course, you've seen the same old photograph attached for two years now."

Actually, the study of aging, called gerontology, is becoming quite a large area of interest, and with good reason. Experts now tell us that the life expectancy for men is 70 years, and for women, 78. In effect, we find twice as many women than men who are over 75.

Government agencies and private organizations are aware of the growing number of older citizens and have established many programs and services to help meet their needs. The Area Agency on Aging and the Senior Citizen Groups programs are very active organizations with which older folks are involved.

This extended life expectancy is having several effects on individual families as well. Extension specialists from Penn State tell us that generations within a family are being "processed" faster than ever before. For example, in 1925 it was not unusual for a woman of 40 to have children ranging in age from 20 years old to 2 years old. In 1986, it is not unusual for a woman of 40 to have all her children grown and starting the next generation with grandchildren.

The "empty nest" stage of the life cycle, when the last child has moved away from home, comes at an earlier age for the parents. In addition we find two generations of "parents" aging together—those in the 70 to 80 year range and their children in the 50 to 60 year range.

The population of our country as a whole is getting older. Several

years ago the median age of Americans was in the mid-twenties. Now it has moved up to the early thirties, so that many researchers are predicting our population will soon become "top heavy," with an increasing number of us surviving to old age.

It is obvious that such a change will require some adjustments in our attitudes and beliefs about the aging process.

One very common myth about aging is that a substantial share of the elderly live in nursing homes. Actually, only about one in every twenty of the people over age 65 live in nursing homes or other institutions. Further, only 14 percent of the elderly who live in their home community have physical conditions that limit their mobility. Fully 80 percent of the elderly are capable of moving about the community if adequate transportation is available. My grandparents are just completing a trip to Florida—and they drove there. So, you can look forward to, and start planning for an active life well into advanced age.

Forgetfulness being the first sign of senility in old age is certainly a common myth. It is true that some change in your ability to recall recent events is common in old age. Experts are now suggesting that this may be because "old memories" stored in the brain interfere with the recall of new information.

Think of the brain as a library in which you are looking for a particular book. If it is a young library with only a few books, then the one you are seeking will be easy to find. If however, it is an older library and full of many thousands of books, finding a particular one may take longer, but it's still there. You must need to take the time to look for it.

Aging is not a new phenomenon, but it is becoming a more important aspect of living. Each of us needs to plan for the 10 to 15 years that we may live beyond retirement age. Perhaps our motto should be in contrast to one familiar "old" television commercial— "I'm getting older, but I'm still getting better!"

District II East	1 Jesse Romberger, Dauphin, 2 Marie Bushong, Lebanon	District II East	1 Gretchen Gross, Venango, 2 Gary Gross, Venango, 3 Patsy Baskid, Indiana
Sweepstakes	1 Jesse Romberger, Dauphin, 2 Dana Macklin, Allegheny, 3 Carmel Macklin, Allegheny	Sweepstakes	1 Jodi Stone, Franklin, 2 Marsha Diller, Franklin, 3 Sandee Brechbill, Franklin
C Welsh Cookies	District II East	Sweepstakes	1 Jodi Stone, Franklin, 2 Marsha Diller, Franklin, 3 Gretchen Gross, Venango
District II East	1 Susan Marsteller, York	Choices and Habits	District I West
Foods and Nutrition, 3rd Year	1 John Roe, Westmoreland, 2 Yolanda Moody, Allegheny, 3 Jason Stormer, Indiana	District II East	1 Mark Brubaker, Dauphin, 2 Heather Sowers, Lebanon, 3 Bree Hinkle, Schuylkill
A Pilgrim Bar	District I West	District II East	1 Mark Brubaker, Dauphin, 2 John Roe, Westmoreland, 3 Heather Sowers, Lebanon
District II East	1 Juliane Belford, Indiana	D Consumer Competency	District II East
District II East	1 Mark Brubaker, Dauphin, 2 John Breneman, York, 3 Tracy Bowen, Juniata	District II East	1 Kris Youngman, Luzerne
Sweepstakes	1 Mark Brubaker, Dauphin, 2 John Breneman, York, 3 Tracy Bowen, Juniata	E Food Preparation Safety	District I West
Foods and Nutrition, 4th Year	A English Muffin Loaf	District II East	1 Connie Carney, Indiana, 2 Gladys Trimble, Indiana
District II East	1 Lisa Romberger, Dauphin, 2 Jill Tyson, Adams, 3 Jennifer Folin, Lancaster	District II East	
Sweepstakes	1 Lisa Romberger, Dauphin, 2 Jill Tyson, Adams, 3 Jennifer Folin, Lancaster		
Foods and Nutrition, 5th Year	B Refrigerator Bran Muffins		
District I West	1 Jessica Cramer, Venango		
District II East	1 Barb Brenneman, York		
Sweepstakes	1 Jessica Cramer, Venango, 2 Barb Brenneman, York		
Food and Nutrition Posters	A Basic Nutrition Health		
District I West			

