



BACK HOME

By Michelle S. Rodgers

Berks Extension
Home Economist

Learning through Failure

We had an enjoyable day on Mother's day as all of our family gathered together to celebrate May birthdays and Mother's Day. Our extended family of seven children, six and under, made a delightful afternoon. It was fun to watch the four year old try to throw the softball into the mini basketball net and the 6 year old try to hit a wiffle ball. The 1 and a half year olds were busily trying to fill a bucket full of sand.

Regardless of age, one thing all the children did that afternoon was fail. They made effort after effort to hit the basket or the ball. But it took the failures to make the accomplishment exciting. We all applauded when the ball finally sunk into the basket and when the wiffle ball connected with the bat and when the bucket was full of sand.

During childhood, boys and girls gain abilities in reading, writing, running, dancing, jumping rope and many many other tasks. These abilities take practice, and are rarely perfected without a great deal of trial and error.

It's important to remember that children may fail at a task or an activity; however, it is not the child who is a failure. A child is not a failure as a person if he cannot hit a softball well or is not a top reader in the classroom. No one is a failure as a person. Each person has dignity, value, and worth.

Children learn through their failures, and they need to learn that it is all right to fail and try again. Even in adult years, life is full of trying and trying again to accomplish a task. For example, how many times will you make an effort to get the lawn mower started? Probably more than just once! It is through failure that we learn what is possible or what does not work. This is an important lesson for children who are discovering the world.

The greatest resource we can give to our children is to help them recognize that they can look to themselves to find answers. It is far easier to "help" a child by providing quick adult answers. But, children develop their own inner abilities when they are given the opportunity to experience and

Oat Bran Fever

CHICAGO, IL — Rather than succumbing to "oat bran fever," consumers should learn the facts when it comes to the subject of cholesterol, according to Dr. Donald McNamara. McNamara is conducting cholesterol research, funded by the beef checkoff, at the University of Arizona.

A serum (blood) cholesterol level of less than 200 mg per deciliter is considered optimum by the medical community. McNamara says a common mistake made by the public is equating dietary cholesterol with blood cholesterol. "Most of the information that shows up in popular or even health magazines just broadly talks about lowering your cholesterol. We have to stop and ask if we are talking about lowering dietary or blood cholesterol," McNamara says. "There is a distinct difference. And for most of us, dietary cholesterol does not determine our blood cholesterol level."

Recent studies show that some people automatically regulate cholesterol production in response to dietary cholesterol levels, while others lack this ability to regulate. The good news is, 70-80% of the

population has the ability to regulate serum cholesterol production. Almost 90% of blood cholesterol is produced by the body. It's blood cholesterol that really determines heart disease risk.

"Some people consume vast amounts of dietary cholesterol and their blood cholesterol levels will stay at 150, putting them in the very low risk group. Some people can totally cut out dietary cholesterol and their cholesterol levels stay at 300 and they are in a very high risk group," McNamara says. "If someone wants to try to reduce their risk for heart disease, looking at risk factors in order of importance, the major factor is cigarette smoking. The next most important risk factor is an elevated blood pressure, followed by blood cholesterol levels. After that we run into a collection of things including obesity, milk diabetes, lack of exercise and high stress."

McNamara suggests consumers should visit their physician to find out what their cholesterol level is. If cholesterol is a problem, the necessary lifestyle changes need to be made. "If you discover that changes need to be made, don't just go and buy a book in the bookstore, go and see a registered dietitian and spend a little time finding out how to make changes that fit into your lifestyle. After you have given your lifestyle changes a two- or three-month trial, go back and have cholesterol measured again. The follow-up is almost as important a component as getting the initial cholesterol measured in the first place."

think about life's encounters.

So the next time your child is making an attempt at a new task, be there to encourage them. Reinforce a positive attitude such as the little train who could by saying "I think I can, I think I can!". And remember to recognize their successes. Now, I must get back to that lawn mower and give it another try!

Oriental Dish

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2 kiwis, peeled and sliced
Sprinkle steaks with salt. Dredge in flour, reserve the rest. Heat oil and butter over high heat and cook steaks 3-4 minutes on each side or until desired degree of doneness. Remove to warm platter. Lower heat and brown reserved flour, stir in curry powder and peanut butter. Add coconut milk and cook until bubbly. Return steaks to pan, turn over to glaze. Serve with overlapping slices of kiwi, spoon reserved coconut on kiwi slices. 4 servings.

Preparation time: 10 minutes.
Cooking time: 15 minutes.

Coconut milk:

1 cup flaked coconut

1 1/2 cup boiling water

Simmer uncovered 5 minutes.

Mix in blender on highest speed. Strain and reserve coconut.

* You may add more curry powder to taste.

Wally's Flank Steak

1 flank steak

1 package cheese garlic dressing mix

2 tablespoons cooking oil

1 tablespoon wine

meat tenderizer, if desired

Make a paste with the dry dressing mix, oil and wine. Spread about 1/2 on one side of meat. Sprinkle with tenderizer, if desired. Roll meat, jelly roll fashion, and tie with string. Spread remaining mixture on outside. Refrigerate at least 3 hours or overnight.

Make a good fire in charcoal grill. Cook about 15 minutes, turning occasionally. Cut string and lay flat to sear the inside, about 2 minutes. Slice and serve. Serves 3-4 people.

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