

Dairy Farmers Sponsor Promotion With Hershey Bears, Pizza Hut

HARRISBURG (Dauphin Co.) — Cheese will be the theme this hockey season as the Hershey Bears provide the focal point of a winter promotion involving the Pennsylvania Dairy Promotion Program and Pizza Hut. The "Power Play Pay-off" returns to provide fans of all ages with the opportunity to win Real cheese pizzas.

The contest will be run through the Bears Sports Network, with coverage throughout the Harrisburg, Hershey, Lebanon, and Lancaster areas. The core of the contest will be advertisements that focus on Real cheese, made in Pennsylvania. Pizza Hut restaurants in central Pennsylvania use plenty of Real Pennsylvania cheeses, primarily Italian.

To enter, fans must send an entry into the Hershey Bears Radio Network. The entry requires the contestant's name, address and telephone number. Then, for each Bear game, one person will be selected to compete in the "Power Play Pay-off." If the Bears score two power-play goals in any one period of the game, the contestant wins a Real cheese

pizza party for four. If not, a consolation prize, one personal pan pizza, will be awarded.

Dairy farmers organized the contest with Pizza Hut because

Pennsylvania is a recognized leader in the production of Italian cheeses. Annual production of these cheeses amounts to 76% of the total cheese production in the

state. Pennsylvania is ranked sixth nationally in cheese production, behind popular dairy states like Wisconsin, California, and New York.

The contest will run throughout the Bear's regular season. Further information about the contest and entries is available by calling the PDPP office at (717) 787-6903.

Motivating Child To Learn Takes Patience

NEWARK, Del. — Parents and teachers who try to motivate children to learn may be doing just the opposite without realizing it.

"For many and often complex reasons, a child can be an underachiever, unmotivated and discouraged," says Joy Sparks, University of Delaware State 4-H Program Coordinator. "The two fundamental reasons are fear of failure and feelings of inadequacy."

Some children believe they cannot meet the high standards and expectations of parents and teachers. Instead of challenging or questioning these expectations, children are often intimidated by competition and question their own adequacy, which undermines their sense of self-worth.

Parents and teachers have many opportunities throughout the day to encourage children. What adults say and how they say it

well, even if those activities are unrelated to school work. This helps children see themselves as capable.

"Demonstrate caring," Sparks advises. "Acknowledge, recognize and describe the effort children put into their work. Focus on the behavior you appreciate rather than imply a child is 'more valuable' or 'good' when they achieve or perform to your expectations."

"Sarcasm, criticism and nit-picking reinforce negative feelings children may have about themselves," Sparks adds. "Resist the urge to compare your child with others. This causes undue stress and feelings of inadequacy."

Sparks offers parents and teachers suggestions to help children value themselves:

- Accept and respect each child's specialness.
- Encourage children's strengths in areas which they do

well, even if those activities are unrelated to school work. This helps children see themselves as capable.

• Keep expectations realistic and age-appropriate. Brains and bodies develop over time, each reaching a stage of development at its own pace. The order is more important than speed. Don't hurry development; nurture it, being continually aware of a child's physical and mental readiness to move on.

- Help children identify their goals, not yours.
- Allow children to do things on

their own. Provide opportunities for children to meet challenges and to overcome obstacles. Don't jump to a child's rescue; let the child handle it.

• Accept mistakes. Let children know it's okay to make mistakes and that people learn from failures as well as successes. Share your mistakes to let children know no one's perfect and they aren't expected to be either.

• Spend fun time with a child. Parent-child togetherness helps a child feel significant, valued and secure.

A to Z it's All in the CLASSIFIEDS



FORESTS CLEAN, STORE, REGULATE WATER.

**Guy Temple
Union Co. Agent**

I was recently reading the Pennsylvania Woodlands News, which is produced by our Forestry Resources Extension staff at Penn State. It had an interesting article about the relationship of forests and water. I thought in light of the many discussions about the planting and the cutting of trees and the water supply of communities in the valley, it would be an article you would find of interest. The article follows.

Forests are important to our water supply. They not only receive rain and snow in upland regions, but also store and clean the water as it infiltrates the forest soil.

Forest soils act much like a blotter by filtering microscopic organisms from the water. In fact, the closer natural water is to the forest, the cleaner it is — which explains why municipal reservoirs are located as close as possible to the forest, collecting water at its cleanest point.

The forest also regulates the flow of water. Thanks to trees and woody vegetation, the forest floor becomes an enormous sponge, typically absorbing up to 18 inches of precipitation before gradually releasing it into natural channels and watercourses.

In this way, forests slow the volume of rainwater discharged into streams and rivers immediately after a rainstorm or snowfall. That reduces the harmful "peak" discharge which causes erosion and sedimentation.

Not all watersheds are forested. Any higher elevation land that feeds water into creeks and streams is a watershed. But pasture or farmland watersheds don't clean, store, and regulate water as well as forest soils.

Picture the difference between watering your lawn and watering your sidewalk, and you get some idea of the advantages of forested watersheds. Your lawn slowly absorbs the water and holds it as needed; your sidewalk sheds the water in torrents. Much like your lawn, a forest will supply an even flow of water -- even in a dry climate with relatively little rainfall. Without the forest, the water would flow all at once after the rain.

Forested watersheds can be as small as the valley enveloping a mountain stream or as large as the Mississippi Valley watershed, which covers much of the middle third of the United States. But whether a watershed is small or large, they all have one further advantage; they can be managed to regulate water supply.

By removing small blocks of tree, for example, forest managers can reduce the amount of precipitation used by the trees themselves. That allows more water to pass

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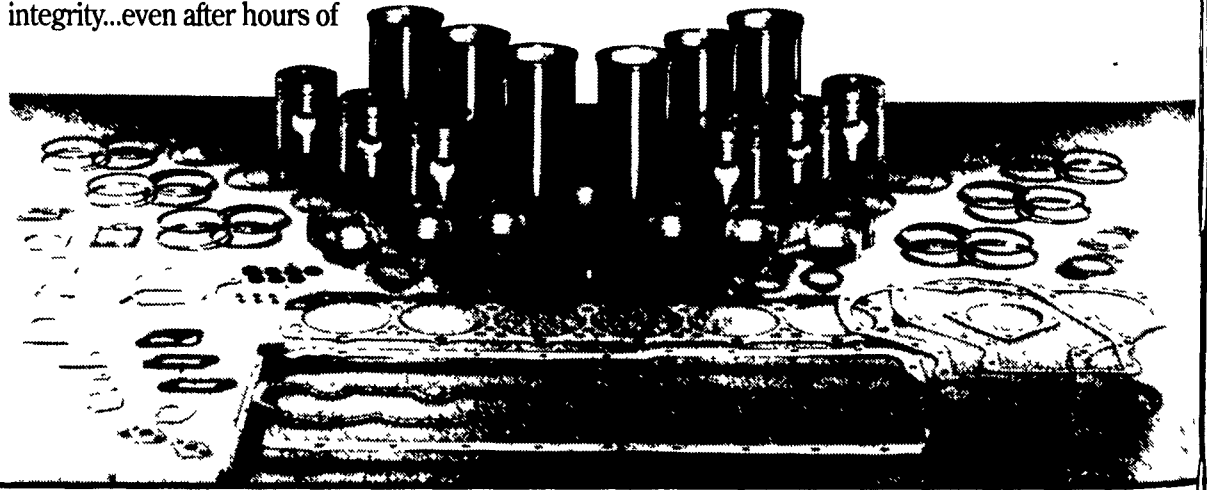
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