

SUN Area To Salute Dairy Industry

SELINSGROVE (Susquehanna Co.) — Boscov's and the SUN Area Dairy promotion Committee will present the 19th annual Dairy Salute. The event will be held June 10, 11, 12 at the Susquehanna Valley Mall, Selinsgrove.

The three-day event is filled with fun and excitement. On Thursday, June 10, K.J. Riemensnyder-Wagner, a local singer/songwriter will entertain on Boscov's Mall Stage from 7-8 p.m.

From 8-9 p.m., Kate Humbert, Penn State Extension Agent will present a dairy cooking show,

ber of summertime activities and obligations. Identify two things to simplify that schedule. Could you carpool and have one night free?

3. Decide to slow down enough to spend at least 30 minutes together as a family this week. Commit to a sit down meal, try porch sitting one evening or a pick-up game in the back yard. This may be a good time to read *The Berenstain Bears and Too Much Pressure*.

I know a temporary change of pace will be very healthy. I'd like to say, "let me know how it goes" but then that's one more thing for your To Do list. Instead, just enjoy the opportunity to "take some time."

Ironically, I began this Taking Time column several years ago to encourage you to take time for the important things in life. This week I'm the one who needs to take time. Thanks for allowing me to be honest.

For those parents who are fussing with kids over carrots and peas, hang in there. The next column is for you!

Dairy Does a Body Good!

Friday evening at 6:00 p.m. a seven foot-tall *giant ice cream sundae* will be built on the mall stage. Turkey Hill Dairies of Conestoga, will furnish 135 gallons of ice cream, 10 gallons of chocolate sauce, 25 pounds of pecans and 5 gallons of cherries. The best part of this is, the public will be able to sample this yummy treat.

Saturday will be a very busy day. From 10-4 there will be a *Dairy Petting Zoo* in the parking lot in front of Boscov's. The zoo, held under a tent, will feature calves from all of the milking breeds. At 11 a.m. on the mall stage, a newly organized ground called, *True Heart* will entertain with country and gospel songs.

At 1:00 p.m., an *ice cream making contest* open to the public will be held on the mall stage. Judges will taste-test for flavor, texture, and will review the recipe for healthy ingredients. Upon choosing winners, the public will be

given samples. Registration forms at Boscov's Courtesy Desk.

During the day, the Pennsylvania Holstein Association will serve samples of milk punch. And the Dairy Committee will provide samples of cheese. A cow character will greet the children with a balloon.

At 3 p.m., in the parking lot in front of Boscov's, a *Celebrity Milking Contest* could be held. The contestants will be allowed 90 seconds to milk their cow and to decide the winner.

The highlight of the three-day event will be the *19th annual Princess Pageant* on the Boscov's Mall Stage at 7 p.m. Contestants for the princess pageant are Rebecca Dugan of Northumberland County and Taryn Laidacker of Montour County. Assisting with the event and modeling fashions in the Fashion Show will be four dairy maids from Snyder County, Crystal Doak, Shannon Hoffman, Amy Newman and Denise Myer.

TAKING TIME

by Rebecca Escott

Extension Home Economist



"Honesty is the Best Policy!"

It's late! My column should have been in today's mail and I'm still writing it. I had work assignments out of town the last two days and I just rushed to my desk to do the necessities. So...my game plan was to write a piece about how to get kids to eat vegetables. That topic may have to wait, because I've decided honesty is the best policy.

Right now my husband and I are juggling a few things — probably fewer than many of you — but for us they matter. In addition to two crazy work schedules, we're balancing softball, church, two graduate classes, a new garden, garage door contractors, routine bill paying, home repairs (how do you get rid of carpenter ants), visits to family, weddings, showers, and sundry notewriting and gift-buying tasks.

Sound familiar? What is it about our society that encourages such crazy schedules? Maybe I should ask what is it about my personality, too. Well, last night I made a choice. I stopped at the office after a long day out-of-town and worked for several hours. Instead of continuing to plug away at my rapidly accumulating desk work, I decided to keep my perspective and finally leave to do some family things. Two quick

errands and a softball game quickly ate into my evening's time.

I did a lot of "that's okay" self talk as I rationalized leaving the office. But the best thing I did last night was to purchase a copy of Stan and Jan Berenstain's *The Berenstain Bears and Too Much Pressure*. I read it to myself. That's when I decided the vegetable article could wait.

Family specialists affirm that in order to be strong, families must spend time together. Parents can't expect to come home and automatically "connect" with their kids in the five free minutes in their day. Spouses can't expect to be able to immediately engage the other's attention. We need some buffers in our schedules. Time buffers allow us to unwind, to make transitions, and to warm-up to others before really locking in for a conversation or cooperating on a task.

Recently all my buffers had disappeared. In fact I was over-scheduled and had conflicting time obligations. Am I the only one? If you're juggling too many hats, try these ideas:

1. Ask each person in your family to re-evaluate this week's schedule. What task is most important? What task can be deleted?

2. Before school ends, make a conscious decision about the num-



Becky Dugan



Taryn Laidacker

Since 1972... The Original And The Largest

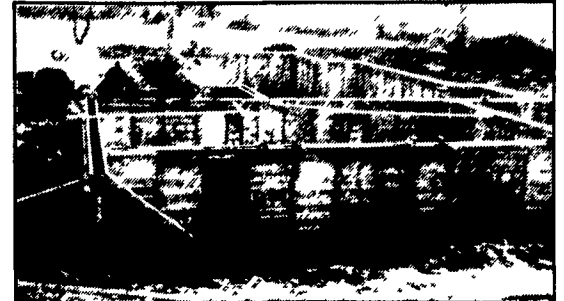
POURED SOLID CONCRETE STORAGE SYSTEM SPECIALISTS



Far Left: 1-Million Gallon Circular Manure Storage Tank
Far Right: 2 Silage Pits In-Barn Manure Receiving Pit



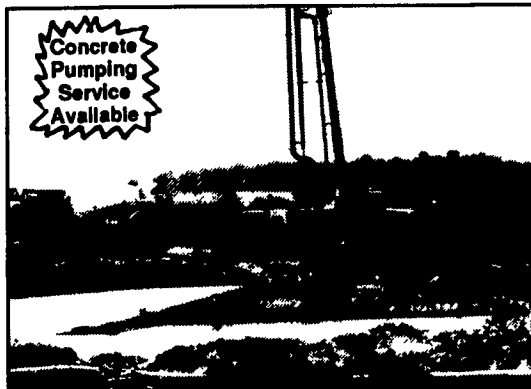
Manure Storage For Hog Confinement



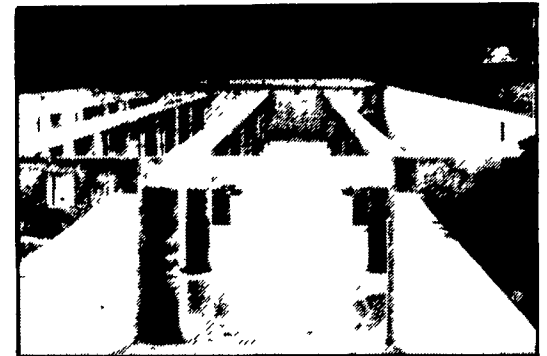
House Foundation Wall



300' Long Manure Pit For Hog Confinement



92' Boom Placing Concrete



Concrete Pit Set-Up For Slatted Floors

Take the questions out of your new construction. Call Balmer Bros. for quality engineered walls.

Invest in Quality - It will last a lifetime.

All sizes available - round or rectangular

Balmer Bros.

CONCRETE WORK, INC.

243 Miller Road
Akron, PA 17501

(717) 733-0353
6:30 AM - 3:30 PM

(717) 859-2074
After 6:00 PM