



LaDonna Miller shows off her youth award presented at the annual Bedford Cattle-men's Association banquet. She is being congratulated by Glenn Eberly, director of Animal Meat Evaluation at Penn State University; and Barry Lawery, association president.

## Teen Earns Cattlemen's Award

**LINDA WILLIAMS**  
Bedford Co. Correspondent  
BEDFORD (Bedford Co.) — LaDonna Miller of Bedford RD 2, took home the annual Youth Award presented by the Bedford Cattlemen's Association at their annual banquet held at Ed's Steak House.

A freshman at Bedford High School, LaDonna is the daughter of Dave and Linda Miller. She helps with all of the work revolving around the family's 100 head of Limousin on their slightly more than 100-acre farm.

Six of the Limousin are claimed by LaDonna who has won numerous trophies and ribbons to testify to her success as a young farmer.

Last year, LaDonna showed the grand champion steer at the Bedford Fair and had the third overall champion steer for two years previous to that. She also had the champion home bred steer and a champion junior fitting trophy.

At the Pennsylvania State Farm Show, LaDonna took home two seconds and a first and she was second in her class in Keystone competition in October. She also showed the champion bred and owned animal.

Guest speaker for the evening was Glenn Eberly, director of animal meat evaluation at the Penn State University.

Eberly congratulated the Bedford cattlemen on their continued successes and commented that it was the most well attended banquet he had been to this winter.

He said an excellent group of bulls will represent the cattle farmers of Bedford County at the upcoming Bull Sale at Penn State in March.

Having recently attended the National Cattlemen's Banquet in Reno, Eberly was enthusiastic over the future of beef in America.

"We were made to realize that we must start becoming a more consumer driven organization," Eberly said. "We have strong competition from the pork and

poultry industries and we should take a lesson.

"The consumer wants quality and consistency but they also want something that is quick and easy. Quality is a piece of red meat that people enjoy eating."

Eberly admitted that negative shows such as "60 Minutes," have had a negative impact on the beef industry.

"The E Coli Jack-in-the-Box incident was also negative," he continued. "Unfortunately, through all that bad publicity, it never came out that the problem could have been caused by dirty ice and that the beef was most probably imported."

"NCA now has 37,000 members and you should be proud to be a part of it," Eberly concluded. "I am very optimistic about the future of beef in this country."

Sam Wiley, a Bedford County beef farmer, was presented with a special recognition award for all of the work he has contributed to the organization.

Door prizes were awarded following the meeting.

## Garden Symposium

**YORK (York Co.)** — Gardeners with Spring fever are invited to the Penn State Garden Symposium on Saturday, March 19 from 9 a.m. to 3:30 p.m. at the Lancaster Farm and Home Center. Cost is \$35. To register, contact Penn State Cooperative Extension, 1383 Arcadia Road, Room 1, Lancaster, PA 17601-3149.

Topics and speakers include: Landscape Garden History: Variations on the Garden of Eden by Dr. Irwin Richman, Professor of American Studies; Penn State-Harrisburg. Wild Kingdoms in Town and Country by James Anthony van Sweden, Oehme Van Sweden & Associates, Inc., Washington, D.C. Selection and Uses of Shrubs in the Garden by Dr. David Sanford, Penn State, Berks Campus. Improvements in Flowering Crabapples and Dogwoods by Alan Michael, Penn State, Multi-County Extension Agent, Incorporating Water into Your Garden by Virginia Crum, Lilypons Water Gardens, Director of Marketing, Buckeysville, MD, and Bulbs as Companion Plants in the Landscape by Brent Heath, The Daffodil Mart, Inc., Gloucester, Va.

## TAKING TIME

by Rebecca Escott  
Extension Home Economist



Again!

Recently, I've been spending time with several toddlers and preschoolers. What a treat! I think one of their favorite words is "Again!" I sang "Miss Polly had a Dolly" with a two-year-old at least five times in my living room and then at least five more times on the way to the pizza shop before the adults managed to distract this enthusiastic child. If I caught her eye during the evening, she'd ask, "Miss Polly?" And the negotiation process would begin again.

I've also been cornered by a preschooler to read to her. The last sitting entailed the reading of four to six books. I finally had to limit it, saying "I'll only do two more... One more. This is the last one... Okay that's the last one." What is it about children that makes them want repetition? Invariably if you offer to read a story, they select the same one time after time. This often happens with videos or songs or games, too. Repetition. It can be maddening for an adult. But maybe if we have a perspective on it, it can be tolerable.

Children ages 18-months to three-years-old are developing their memory skills by asking adults to repeat rhymes, songs, and stories. They are also strengthening observation skills. Children ask adults to make funny faces or sounds again and again. Each time the performance brings a peal of laughter or an attempt to imitate. These, too, are important intellectual and motor skills development activities. And family rituals — of singing the same song or reading the same story — builds a sense of routine and predictability into a young child's life. Children feel more secure when life progresses in a way they expect.

So how does a parent keep sane

with the sometimes aggravating requests for the same old thing? First remind yourself that your child IS learning through the exercise. Second, focus on the joy that the repetition brings. Encourage the child to join in, sing along or even take the lead in a familiar activity. Try to be open to a few rounds of the song or game. Then state your limits and give some warning. "I know you're having fun, but Daddy is only going to sing the song two more times..." You might try to suggest a planned respite. "That's all for now, but we can sing again after dinner" or "This is the last time for tonight, but let's do it again tomorrow on the way to preschool."

Some children, depending on their maturity, can be coaxed into "singing" or "reading" with a doll, stuffed animal or household pet. These "family members" have more patience than most adults and can provide welcome relief in some cases.

Jean Illsley Clarke, a family therapist and parent educator, believes that one of the important messages we can give preschoolers is that they can "do things as many times as they need to." This message supports positive self-esteem as the child grows and tries new things. Clarke encourages people to speak this verbal message with their sons and daughters — "You can do things as many times as you need to." Adults can also communicate that message non-verbally by agreeing to do a basic activity multiple times.

By taking the time to do things again and again with young children you are supporting very important growth steps for them and bringing enjoyment at the same time. Take a deep breath, count to ten, and say, "Okay, one more time."

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