

# Teens Learn To Develop Positive Attitude

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**REEDSVILLE (Mifflin Co.)**—

This is the time of year high school seniors look forward to graduation. But 39 teens and five adults from Perry, Juniata, and Mifflin Counties participated in a graduation of different sorts on Thursday, April 14, at the Camelot Restaurant near Reedsville. They were graduates of the Dale Carnegie course offered to FFA and 4-H Junior Leaders through the Cooperative Extension Service. The Dale Carnegie Program, one of this nation's leading communication workshops, teaches communication skills and helps participants develop confidence, express themselves clearly, maintain poise under pressure and motivate themselves and others.

"Through a cooperative arrangement with the Dale Carnegie Program, Pennsylvania 4-H'ers have a unique chance to get experience and confidence in public speaking," says Dr. Robert Lewis, professor of 4-H and youth development in Penn State's College of Agricultural Sciences. "The Dale Carnegie Course is offered through 4-H in different regions of Pennsylvania several times each year."

"It's a good leadership program," says Jim Ladlee, multi-county Youth Development Agent stationed in Lewistown.

Ladlee brought the program opportunity to the tri-county area through a PA Department of Agriculture Grant—the Agricultural and Rural Youth Organization Grant. This grant was issued to Juniata County with the understanding that all three counties be given the opportunity to participate.

And an opportunity it was. Dale Carnegie courses usually cost almost \$1,000. But with the \$2,500 grant, each student needed to pay only \$20. More than 350 Pennsylvania youths have completed the course during the past five years. Dale Carnegie instructor and Mifflin Countian Audrey

Gay Rodgers conducted the 12-week course with spot instructional appearances by her father John Reed Rodgers.

At graduation, certificates of recognition went to six Dale Carnegie graduate assistants who helped conduct the course. They were Richard Baxter from Lewistown, Candy Ciecierski from Lewistown, Erin Goss from Lewistown, Jim Ladlee from Lewistown, Amy Laughlin from McClure, and Kelly Spokus from Lewistown.

"The graduate assistants have been through the course before. Most have been elected by class members. They give demo's each week of what is expected that week, do the bookkeeping, and time the speeches," says instructor Audrey Gay Rodgers.

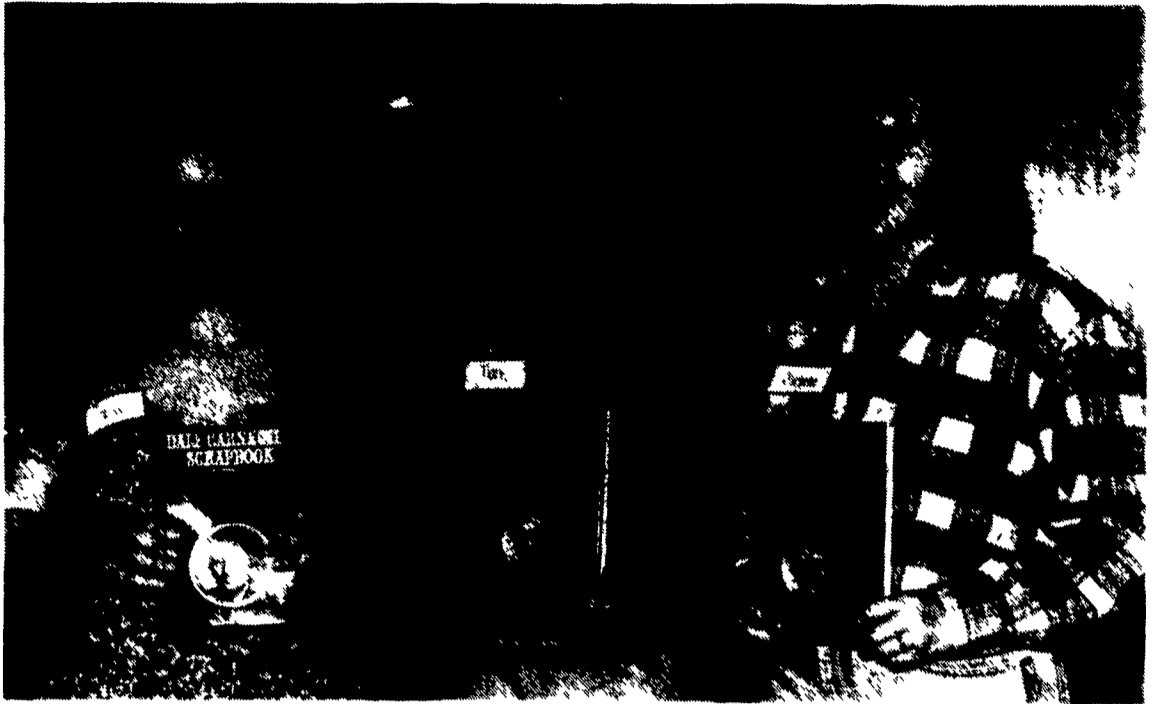
Book awards went to Sonya Ryan of McCalisterville, Mark Fogleman of Mifflintown, and Michelle Burdge of Mifflin, for presenting the most effective talk that evening. Bobbi Burdge of Mifflin received the highest award for achievement.

The students not only learned valuable motivational and leadership skills, but also set self-improvement goals. They were also told how to apply for obtaining three college communication credits for taking the course. Here's some of what the students had to say in their last session three-minute presentation.

**Richard:** My goal was to conquer worry, stress and fear. This was helpful when choosing a college. I learned that it's not healthy to worry.

**Warren:** My goal is to look for the good in others. There's something very special in each person. It is easy to stereotype someone before giving people a chance. My goal is to stop and take a first, second, third, and even fourth look to find something special in everyone.

**Sonya:** I learned it's o.k. to change, even though it can be hard. I benefited from my personal change and know that my family



Sonya Ryan of McAllisterville (left), Mark Fogleman of Mifflintown (center), and Michelle Burdge (right) of Mifflin, accepted Book Awards for presenting the most effective talks that evening.

is very important to me and I'm glad Dad is here. My goal is to count each one as special.

**Sharon:** My goal is always to have a smile on my face. I am encouraged to go out and be friendly. I urge others to smile and be friendly. You meet interesting people that way.

**Chris:** I learned we need to recognize strengths in each other. You can always find at least one good thing in each person. It changes a person's life to hear the good things. We need to communicate this effectively to all.

**Charlotte:** I've learned confidence. Now I can conduct meetings and I have improved socially. Now I look forward to doing activities I have planned for myself. My goal is to excel socially.

**Megan:** I learned to give more compliments and to become a friendlier person. Now I notice the good things about people.

**Megan:** My goal was to stop complaining. Now I'm getting better grades in school because I do my homework without complaining. It has helped me with speaking in front of a group.

**Jim:** My goal was to stop worrying, which was hard because the first five Dale Carnegie classes were cancelled because of snow! But we pushed on and I'm seeing a lot of future leaders in this class. My personal goal is to spend more time with my family.

**Mark:** I don't like dealing with academic disappointment. I've learned to try to deal with disappointments by looking at the bright side. I've learned we can do a lot with our attitudes.

**Nathan:** My goal is to begin what I do in a friendly manner and to encourage everyone I meet. If you begin in a friendly manner, it makes others feel important.

**Joan:** My goal in the beginning of the class was to work on com-

munication and listening skills. I have learned to focus on who is speaking. Everyone will get more out of it if more people listen.

**Erin:** My goal at the beginning of the class was to become more enthusiastic about schoolwork. My goal is to keep my grades up.

**Rachel:** My goal is to try and not compare myself with others. My goals are with my family, to not criticize or complain.

**Scott:** This course has helped out a lot with speaking in front of people. It has given me more confidence. It's easier to talk to people.

**Michele:** I found if you have more confidence in yourself, you can go far in whatever you choose.

**Erica:** My goal was to speak better in front of a group. It's a lot easier now. I'm going to encourage others to be leaders and to listen to others.

**Robert:** This has helped me with speaking in front of class. I now like new challenges because of this course. I would encourage others to not be afraid to take on challenges.

**Candice:** I've learned that if I get mad, step back and take a deep breath, don't just walk away. I've learned to know when to say when when you talk.

**Marcia:** I've become more outspoken. I encourage other to be more vocal.

**Beth Ann:** This has helped me in talking in front of anyone. My presentation in front of English class had a good outcome.

**Ryan:** I've learned to give as many compliments to as many people as possible. This course will help me in college.

**Amy:** I've learned to concentrate on what I'm doing and not to worry about what's coming up.

**Danielle:** My goal is to smile during everyday, ordinary things. Everything will be better then.

**Judy:** This has helped me with human relations principles. I am able to listen more effectively.

**Gay:** I encourage everyone to get involved with others, especially kids. I've rediscovered the fountain of youth with my new job at a youth camp.

**Rachel:** I've learned not to complain. I've learned to voice my ideas while not criticizing the other person.

**Kelly:** My ideas now are spoken more clearly. I've learned to listen to what others say.

**Amy:** I've learned to be more enthusiastic.

**Josh:** This has built up my confidence. I've learned if I put my mind to it, anything can happen.

**Bobbi:** I've learned that if you always think positive, you will most likely succeed. Don't be afraid to speak out and be heard.

**Mark:** My goal is to take control of my life, make new friends, and don't be shy about things.

**Jackie:** Now I have no problem getting up in front of people.

**Kelly:** I've learned that if you are enthusiastic about what you do, you'll like what you do, and it will have a good outcome.

**Amy:** My goals were to get up in front of people without getting nervous. I've learned to be open to new challenges.

**Melissa:** This class has improved my self confidence and lowered my self-consciousness. People will think more of you if you speak your ideas.

**Heidi:** I wanted to build up my self confidence. If you smile and put on a cheerful attitude, people will be more friendly.

**Diane:** I learned how to control stress and worry. You can decide how much anxiety a subject is worth and don't give it any more.

**Anita:** I've learned human relations principles, to stand tall and hold your head up high.



Bobbi Burdge of Mifflin accepted the highest award for achievement at the Dale Carnegie graduation.

## First Step To Sound Money System

UNIVERSITY PARK, (Centre Co.) — If you're having difficulty making it from one payday to the next, it's time to start keeping careful spending records, advises Dr. Marilyn Furry, assistant professor of agricultural and extension education in Penn State's College of Agricultural Sciences.

"The first step in developing a budget is finding out just where the money goes each week," Furry says. "Have family members carry a small notebook and jot down all

expenditures. It's important to list even small items, such as parking fees, snacks and one-item stops at drug and grocery stores. These are easy to overlook, but they add up quickly."

Organize everyone's spending records into categories such as food, transportation, mortgage or rent, utilities, clothing, gifts, charities, medical care and recreation.

"Keep recording these expenses for at least a month," Furry says. "With this information, the family can play ways to increase purchas-

ing power and save money. It also will help to decide on allowances for everyone."

Every family member should take part in budgeting. "Hold regular discussions about needs and goals — whether it's a new bike, next year's vacation or paying income taxes," says Furry. "Young children don't need to know every detail of the budget, but it's important that they're included and their thoughts and questions heard."