

Family Seeks Others

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choanalysis have little benefit and is occasionally harmful. They recommend cognitive-behavioral therapy by a therapist who has had intensive training and experience in using this method of treatment.

Although the Eshelmans are skeptical if the therapy that their daughter is receiving really helps, they want to work with the school's request for it since the school has basically been very cooperative in accomodating Alisha.

Cindy said that she had considered home schooling but believes withdrawing Alisha from daily contact with others would be more detrimental than helpful.

At this point, Alisha likes school and enjoys talking to classmates whenever adults are not within hearing distance.

At home, Alisha spends hours playing with the family's 10 cats, three dogs, a pot belly pig, chickens, ducks, a goat, guinea pigs, horse, and fish.

The Eshelmans also have a 12 year-old son, who his mother describes as "very outgoing — the opposite of Alisha."

Cindy said, "They argue just like every normal brother and sister does. She has no problem talking with her brother!"

Although Alisha won't answer the telephone, she will talk to her peers if they call, but not to adults.

"When her grandparents were

vacationing in Florida for several weeks, Alisha cried because she missed them. But she would not talk on the telephone to them. Nor does she speak in person to her grandparents, although when she was younger, she did speak a little to them. Now she writes notes to them. The therapist discourages note writing but Cindy sees it as a life saver.

Although Cindy sees little progress in the interaction of her daughter with other adults, she was thrilled when Alisha recently participated in a church play.

Cindy said, "Alisha didn't want to do it. She didn't have a speaking part, but she had a small action part, which she did and seemed pleased with herself afterward."

Although Alisha doesn't talk with any adults except her parents, she seems to enjoy some adults. Her mother said that she playfully teases their pastor by running up behind him and then running away when he looks at her.

Alisha's brother said, "She seems to like people who don't try to get her to talk but are friendly with her, like our pastor."

According to Cindy, Alisha exhibits no problem in speaking to her brother's friends and to older children. But she seems to have her own defined line of when a teenager becomes an adult. She talks to some teen-agers but treats others as adults.

"Some studies show that children with selective mutism respond

to anti-depressant drugs," Cindy said. "But drugs scare me. We aren't ready to try drugs because I don't want her to become dependent on them."

The Eshelmans are optimistic that their daughter will someday talk to adults. Cindy said, "We think if she says one or two words, the floodgates will open."

Some ties link the disorder to genetics, but the Eshelmans are not aware of any family members who have had the disorder.

Cindy, who works in interior landscaping, and her husband, who is a salesman, are friendly and talkative, although they both said that they were shy as children.

Cindy would like to correspond with parents whose children have or have had this disorder. She would like to exchange ideas on what helps or hinders children in overcoming the disorder.

"I am no longer obsessed with this problem day and night. I've learned to adjust, but it would be helpful to talk with other parents," she said.

If you have or know of someone who has a child with selective mutism or a similar disorder, please write to Cindy Eshelman at R.D. 3, Box 7957, Jonestown, PA 17038.

Information about the disorder is available from Selective Mutism Foundation, Inc., P.O. Box 13133, Sissonville, WV 25360-0133 and from Norfolk Mental Health Association, 886 Washington St., Norwood, MA 02062.

Homemade Heating Pad Instructions

Fill a tube sock with uncooked rice, knot the top, then microwave on high for three minutes.

This creates a pad that will mold easily around any painful joint and hold its heat for about one hour — without risk of burns.

Attend Parenting Workshop

WAYNE (Wayne Co.) — Nine sessions of Systematic Training for Effective Parenting (STEP) will be taught at the Western Wayne High School beginning September 5 and continuing for eight Thursdays from 7 p.m. to 9 p.m.

Joan Kujawa, a licensed social worker, will teach the program designed for parents of children ages 7 through 12.

Cost is \$15 for the book and \$5 per two-hour session.

Class size is limited. Register at (717) 226-0977.



York Farm Women Society 26 held its recent meeting at the farm home of member Louise Pennay of Liverpool. A picnic luncheon was served outdoors. The business meeting was conducted by Athena Bashore, president. Games were played and Charlotte Hardy won a door prize. Mr. Pennay gave the group a hay ride around the farm.



Bedford County's Dairy Princess, Becky Carson, helps with the family's 110 Holsteins.

Becky Carson Knows About Farm Work

LINDA WILLIAMS
Bedford Co. Correspondent
MARTINSBURG RD (Bedford Co.) — Becky Carson, daughter of Rod and Cathy Carson of Martinsburg, is Bedford County's 1996 dairy princess.

Crowned at a special ceremony held in June, the perky, petite blond, lives on a 129-acre farm where she helps with a herd of 110 Holsteins, milking 60.

"I mix the feed, feed the calves,

and do a lot of odd jobs on the farm. I know what farm work is all about," she says.

A senior at Northern Bedford County High School, Becky is a member of the Varsity Club, chorus, and is the yearbook staff chief executive. She is also the FFA president.

Becky will attend Penn State University where she will major in ag business and hopes to minor in some type of international relations.

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