

**Family Living**  
**Focus**  
 by  
**Sandra**  
**Parker Hall**  
 Clinton County  
 Cooperative Extension



**Helping With The Homework**

It's hard to believe that summer has come and gone and that another school year has started. With the school year getting into gear, it's a good time to start establishing good study habits. To help your student study smarter try some of the following tips:

**Schedule regular study periods.**

Set aside regularly scheduled study times. The most effective way to learn is to rehearse regularly. Whether it is practicing the piano, playing sports or reviewing academic material, learning happens through the principle of repetition.

**Establish a designated/permanent study area.**

When a student becomes conditioned to study in the same place, their mind will automatically kick into gear, even when they do not feel like studying.

A designated area also gives a permanent place to keep notes, textbooks, pens and other supplies. They will not waste 10 minutes each day collecting the materials they need — they'll already be

there.

**Study short and often.**

The brain takes in information faster and retains it better if it is not overloaded. Short study periods are more effective than two long ones for two reasons: (1) frequent repetition is the key to building memory; and (2) if there is a long time between study periods, a good portion of the material studied may be lost.

**Start study sessions on time.**

It sounds like a small detail, but it's amazing how quickly those 10-minute delays add up. Use every minute of the time scheduled for study.

**Study the most difficult subjects first.**

Students are most alert when they first sit down, so encourage them to tackle the tough stuff first. They also feel better getting the worst out of the way, and won't be tempted to spend all of their time on easier or favorite subjects.

**Start assignments as soon as they are given.**

A little work on an assignment will allow the student to give attention to its quality. The work-

load will be spread out, avoiding a log jam just before it is due. A calendar to help with scheduling is extremely important.

**Problem solve.**

For courses that require problem solving, such as math, physics, or chemistry spend a good portion of the study time working problems. If the student gets stuck on a problem, don't spend too much time on it. Go to the next question and ask for help the next day.

**Study when you are wide awake.**

Decide what the best time is and try to schedule study time accordingly. We all accomplish more when we are alert.

**Review notes regularly.**

Taking good notes is the first step, reviewing them regularly is the second. The best way to learning anything is to review the information often (aloud, too).

**Take regular breaks.**

A general rule of thumb is a 10-minute break for every 60 minutes of studying. Don't study through breaks. They rejuvenate the student for the next hour of studying.

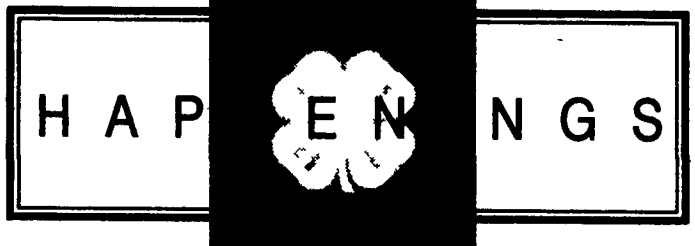
**Reward.**

When a student completes a goal, give a reward. It doesn't have to be anything elaborate — a snack, a movie, a TV show. The reward system is an incentive to reach goals and a pat on the back for achieving them.

**Keep on top of it.**

Letting work pile up can leave an overwhelming task. Identify the problem as soon as possible and don't let it become unmanageable.

Helping your student create



**4-H TEEN LEADERSHIP CONFERENCE**

Four Bucks County 4-H teens participated in a regional 4-H Leadership Conference recently at Millersville University.

Vicki Miller, daughter of Preston and Mary Miller, and Julia Krout, daughter of Rebecca Krout, both of Perkasio, represented the Hilltown 4-H Club. Kirsten Lindsay, daughter of Donald and Diane Lindsay, Riegelsville, represented Springtown 4-H Club. Miriam Jankiewicz, daughter of Robert and Martha Jankiewicz, Chalfont, represented the veterinary science project.

Teens participated in a communications fair, where they fine-tuned their interviewing, writing, public speaking and communication skills. They also selected workshops from topics involving teen issues, community service and team building skills. Other conference activities helped to develop leadership skills which youth can practice in their 4-H

good study habits is a great step toward success both in to school and future career. Good luck during the coming school year and remember school will be out in 10 months.

clubs, school groups and other organizations.

**Paws And Tails**

The club met on Aug. 4. The members did some heeling, sit stays, down stays, and a stand stay. Then they did an out of sight sit stay. They also did a sit exercise, and ended with some finishes.

Several members from the club went to Penn State for the State Achievement Days event and competed in the Canine Bowl and Skillathon activities. Individuals placed second, third, and fourth in the Skillathon and sixth in the team competition. The club celebrated by having a pizza party.

**Dimock Community**

The club meeting was held on Aug. 8. Ben Hibbard discussed the responsibilities of being a 4-H ambassador. A 4-H ambassador tells people about 4-H and what members and leaders do in 4-H. Shana Mack, Lucas Mack, and Ben talked about dairy roundup. Ben Hibbard and Kevin Nesta told about the 4-H One Day Trip to Baltimore, Md. Shana Mack, Robert Squier, Jessica Squier, Kyle Karpich, Ben Hibbard, and Kevin Nesta did demonstrations. The next meeting will be Sept. 12.

**North Jackson Ag & Community Club**

The club held a brief meeting at the 4-H Dairy Roundup on the Harford Fairgrounds. Twelve members and six leaders were present. The meeting was called to order by President Matt Pavelski.

Secretary Heather Pease called the roll. The president next asked if anyone needed extra help on projects or had any project problems while getting ready for roundup. At the next meeting on Aug. 4, to be held at the home of Lloyd and Denise Pease, a demonstration will be done by Becky Empet.

The North Jackson Ag Club hosted the Montrose Junior Clovers Club with Holly Squier and Brandy Tator, cooperative extension summer assistants. The meeting started with Brandy telling about the "Blue Ribbon 4-H Club Award" papers. Then, Holly had the members do a project on communication and told how important it is to improve their skills. Next, Becky Empet did a demonstration on how to strengthen sports-related injuries. Before refreshments were served, each member introduced himself/herself and told what projects he/she was taking for this year.

**EXTENDED PARTS DEPT. HOURS**  
**EFFECTIVE SEPT. 2 THRU OCT. 31**  
**Closed Monday, Labor Day, Sept. 1**

**To Better Serve You During**  
**The Busy Harvest Season**

**MON. ★ TUES. ★ THURS. ★ FRI. 7:00 AM - 8:00 PM**  
**WED. 7:00 AM - 5:00 PM; SAT. 7:00 AM - 12 NOON**

**BINKLEY-HURST**  
**BROS. INC.**  
 FAX 717-626-0996

133 Rothsville  
 Station Rd.  
 Lititz, PA 17543  
 (717) 626-4705  
 1-800-414-4705



**Farm Plan**  
 A Service of FPC Financial

**Demo Derby**



**Saturday, September 13, 1997**  
**7:00 P.M.**

**Lebanon Area Fairgrounds**  
**Lebanon, PA**

**Gates Open 5:00 PM**

**Admission — 12 & older \$8.00**  
**Kids 6 to 12 \$2.00**

**Food available for more info. 717-273-3670**

**Deluxe Horsehide**  
**Heavy Duty Sole**

**DELUXE HEAVY DUTY**  
**AMERICAN MADE**

This shoe features a one piece tough long lasting Marathon sole. Genuine Goodyear welt with storm welt. Soft padded leather collars, permafresh cushion insoles and arch supports. Extra stitching at stress points. Hooks and eyes, steel shank. Excellent for barnyard use or any use where long wear is desired. Generously sized. We pay shipping costs. Sizes 7-13 including 1/2 sizes. Dark brown with black sole.



STYLE	WIDTH	PRICE	SIZE	TOTAL
6 inch	D, EE, EEE	\$87.95		
9 inch	D, EE, EEE	\$90.95		
9" Steel Toe	D, EE Only	\$92.95		
8" Insulated,	EE, EEE	\$98.95		

We ship in 24 hours. We pay shipping NY Add 7% Tax  
 1-800-533-1675 Grand Total

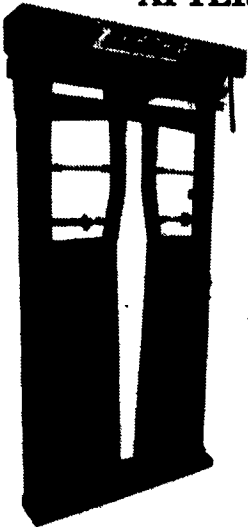
**W-R SUPPLY CO.**  
 Lake Craine Rd.  
 Box 310  
 Earville, N.Y. 13332  
 1-800-533-1675

CUSTOMER \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 TOWN \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_

VISA — Phone orders shipped same day — Mastercard

**PAUL B. Zimmerman**  
 INC.

**AUTOMATIC HEADGATE**  
**FINISHED WITH BAKED ON TOP GRADE**  
**POLYESTER TGIC POWDER COATING**  
**AFTER FABRICATION.**



**FEATURING:**

- Full roof cover for outdoor protection
- Heavy duty latch for positive locking
- Double linkage for extra stability
- Control handle operated from either side
- Fast, easy adjustments to match animal size and neck size from 5" to 7"
- Handle to manually operate for slow or horned cattle

**PAUL B. ZIMMERMAN, INC.**

Call or Write For  
 Additional Information  
 And Your  
 Nearest Dealer

Hours  
 Mon. Thru Fri.  
 7 to 5

295 Woodcorner Rd.  
 Lititz, PA 17543-9165  
 1 Mile West of Ephrata  
 717-738-7365