

Workshop To Identify Your Brilliance

LANCASTER (Lancaster Co.) — Ever notice how when you do something you really like or are good at you seem to have lots of energy and enthusiasm? Imagine being able to discover what makes you shine and having it be a part of your daily life and work at home Penn State, The Lancaster Center is offering a one-day workshop designed to help you Fire Up Your Brilliance and its set for Thurs., Oct 22 from 8:30 a.m. - 4 p.m.

Fire Up Your Brilliance is a workshop that will help you discover your brilliance and develop an action plan to bring it into your everyday life. You will learn how to uncover and name your brilliance through exercises and small group discussions;

claim at least one area of your brilliance by telling other people about it; commit to your intentions by writing them out and deciding how to use your brilliance; and live out your brilliance by setting up a plan to bring at least one area of your brilliance into everyday life.

Dr. Ann Taylor, the seminar leader, is an educator and business and personal coach with 20 years experience. She will help you discover how to become more successful in today's business world by helping you find your brilliance Taylor's work focuses on how to deal with paradigm shifts in business and society: shifts from hierarchy to teamwork, management to empowerment, competition to

cooperation, outcome to process and "The way we do it" to "The way that works"

"With the extraordinary performance that most employers want from their employees, it is vital that employees discover their brilliance and bring it into their daily performance. Imagine having a team where each person knows their strengths and can do that part of the job to the best of their ability. Anyone can do this and the energy that transfers from work to home," Taylor said

Taylor emphasizes that people clutter their lives with so many things they don't like, they never really do the things they like most or are best at doing. When people know what they do best, they really shine. This workshop is meant to help you discover your spark, where you really want to put time and commitment to achieve excellence, and then develop a plan and use it.

Taylor shares the story of Ben Franklin and how when he discovered electricity he was so engrossed in his work he forgot to eat and sleep for three days. The outcome of his intense work changed the world. Discovering your brilliance is a process that flows with change and change is a major part of the business world today. "You have to constantly be open to change and discovering your brilliance will help you cope with changes more successfully," says Taylor.

Taylor holds an Ed.D. in adult education from Temple University, a masters in education in counseling from Millersville and has further training in management and communications counseling. She is affiliated with the Central Pennsylvania Chapter of the American Society of Training and Development, the International Coaching Federation and the American Counseling Association.

For a brochure or to register for Fire Up Your Brilliance, please call Penn State, The Lancaster Center at 299-7667 or (800) 828-6233 Cost for the seminar is \$95 and includes a box lunch Penn State, The Lancaster Center is located at 1850 William Penn Way in the Greenfield Corporate Center

Consuming Thoughts by Fay Strickler

Penn State Extension Home Economist For Berks Co.



Frequently family living agents get calls from consumers who are concerned about pantry pests in cereals, grains, and pasta products. Their most frequent questions are "Where do they come from?" and "How can I control them and prevent future infestations?"

Let's take a look at the path that products take and see where infestation might occur.

Modern food processing and packaging methods virtually preclude the possibility of insect infestation at the plant level. When merchandise is shipped from a plant, it may go through several channels of distribution before it reaches its final destination. Sometimes, goods may be exposed to infestation in transit or storage and the result will not be known until it is used by the consumer.

Infestation can also occur right in the home. Sometimes insects infesting other foods in the cupboards come from unexpected sources. Food products which are left undisturbed on shelves for five to eight weeks are particularly susceptible to pests, especially in late summer or early fall.

There are many types of insects that attack foods. They go by names such as Sawtoothed and Merchant Grain beetles, Flour beetles, Drugstore and Cigarette beetles, Granary weevils and Rice weevils, Larder beetles, Foreign Grain beetles, Indianmeal moths and Mediterranean Flour moths.

Some in the larva or adult stage, can bore their way into a tightly sealed package. Entrance holes are normally small and difficult to see. Products packaged in glass containers are less likely to become infested. The insects can follow a path up through the screw-on guide under the jar lid and make their way to the top. If this happens, the insect may be discov-

ered between the seal and the cap, or possibly in the product itself.

To control pantry pest, follow these steps:

1. Locate the source of the infestation. Check seldom-used packages of cereal, flour, raisins and spices. Check dry dog or cat food and bird seed.

2. Wrap heavily infested food in a heavy plastic bag and immediately dispose of it away from all other food.

3. Heat or freeze susceptible foods after you have had them for 60 days, even if they do not appear infested. Cold treat packaged foods such as cake mixes and spices in their original containers. Expose them to 0°F. or lower temperatures for three days, or seven days for larger packages. Heat-treat dried fruits by placing in a cheese-cloth bag and dipping in boiling water for about six seconds.

4. Store insect-free foods in tightly closed glass, metal or heavy plastic containers.

5. Periodically clean pantry and cupboard shelves particularly cracks, crevices and spaces under shelves. A vacuum cleaner works best.

6. The use of insecticides has no effect on insects within food packages.

To prevent future infestations.

- Avoid long storage periods by purchasing susceptible or seldom used foods in small quantities.

- At time of purchase, examine foods such as cornmeal, coarse cereals and macaroni to be sure they are insect-free.

- Store susceptible foods in insect-proof containers.

- Heat or cold-treat dried foods that you store for more than 60 days.

- Keep storage areas clean

- Finally, remember to check dry dog or cat food and bird seed often for insects

4-H HAPPENINGS

Horse Roundup

Following are the results from the 4-H horse roundup at the Schuylkill County Fair.

SCHUYLKILL COUNTY 4-H HORSE ROUNDUP RESULTS

English Grooming & Showmanship Jr. Division: 1 Tiffany Klinger, 2 Roby Dippel

Sr. Division: 1 Amanda Bosak, 2 Heather Harvey, 3 Michele Bosak

Western Grooming & Showmanship Jr. Division: 1 Rebecca Cunningham, 2 Ashley Dippel, 3 Rebecca Yourey

Sr. Division: 1 Guy Lehman, 2 Amber Grogg, 3 Becky Hornberger

Open Trail Horses: 1 Roby Dippel, 2 Becky Hornberger

Pleasure Pairs: 1 Amanda Bosak and Laura-Lee Herring, 2 Tiffany Klinger and Sheena Grogg, 3 Jennifer Lettich and Becky Hornberger

Stock Seat Equitation, Jr. Division: 1 Rebecca Yourey, 2 Rebecca Cunningham, 3 Ashley Dippel

Western Pleasure Ponies (over 13.0 & nor over 14.2 hands): 1 Rebecca Yourey, 2 Jennifer Lettich

Western Pleasure Horses, Jr. Rider: 1 Ashley Dippel, 2 Rebecca Cunningham

Western Riding: 1 Ashley Dippel

Pole Bending Horses: 1 Becky Hornberger, 2 Guy Lehman

Cloverleaf Barrel Race Horses: 1 Guy Lehman, 2 Becky Hornberger

Raised Box Keyhold Horses: 1 Becky Hornberger, 2 Guy Lehman

Hunter Seat Equitation Jr. Division (not to jump): 1 Tiffany Klinger, 2 Kimberly Pastucka

Sr. Division (not to jump): 1 Sheena Grogg

Sr. Division (over jumps): 1 Michele Bosak, 2 Heather Harvey, 3 Amanda Bosak

Hunter Under Saddle Ponies (14.2 hands & under): 1 Michele Bosak, 2 Kimberly Pastucka

Horses, Junior Rider: 1 Tiffany Klinger, 2 Roby Dippel

Horses, Senior Rider: 1 Heather Harvey, 2 Laura-Lee Herring, 3 Amanda Bosak

Working Hunter Ponies (14.2 hands & under): 1 Michele Bosak

Horses: 1 Heather Harvey, 2 Laura-Lee Herring, 3 Amanda Bosak

Hunter Hack Horses: 1 Tiffany Klinger, 2 Roby Dippel

Horse And Pony Roundup

The Wayne County 4-H Horse and Pony Roundup was held Aug. 1 at the Wayne County Fairgrounds in the new arena.

The roundup showcased 29 equestrians as they competed with their horses and ponies in English, Western, and Gymkhana events.

The county roundup sends its top first, second, and third place finishers to the District III horse and pony show.

Following is a list of show placings.

WAYNE COUNTY 4-H HORSE AND PONY ROUNDUP RESULTS

English Grooming & Showmanship Jr. Division: 1 Rachel Curtis, 2 Jennifer L. Adamitis, 3. Kristen P. Schultz

Sr. Division: 1. Leigh A. Dustin, 2. Christine E. Baldwin, 3. Mary R. Schindler.

Western Grooming & Showmanship Jr. Division: 1 Kendra Merrigan, 2 Kevin M. Dustin, 3 Hilary J. Smith

Sr. Division: 1 Lindsay M. Wagner, 2 Francis R. Burns, 3 Justin R. Burns

Open Trail Ponies: 14.2 hands & under: 1 Jennifer L. Adamitis, 2 Shilah M. Richner

Horses: 1 Kendra Merrigan, 2 Francis R. Burns, 3 Justin R. Burns

Pleasure Pairs: 1. Christine E. Baldwin and Kelly A. Shepstone.

Stock Seat Equitation Jr. Division: 1 Kendra Merrigan, 2 Stephanie A. Martzen, 3 Meghan E. Wall

Sr. Division: 1 Lindsay M. Wagner, 2 Justin R. Burns, 3 Francis R. Burns

Western Pleasure Horses Jr. Rider: 1 Kendra Merrigan, 2 Stephanie A. Martzen, 3 Meghan E. Wall

Sr. Rider: 1 Lindsay M. Wagner, 2 Justin R. Burns, 3 Francis R. Burns

Reining: 1 Stephanie A. Martzen

Pole Bending Horses: 1 Shawna Leslie, 2 Michelle Giannetti, 3. Tabatha Williams

Cloverleaf Barrel Race Horses: 1 Shanna M. Bodine, 2 Tabatha Williams, 3 Michelle Grinnetti.

Raised Box Keyhold Horses: 1 Shanna M. Bodine, 2 Shawna Leslie, 3 Michelle Giannetti

Hunter Seat Equitation Jr. Division (not to jump): 1 Kristen P. Schultz, 2 Jennifer L. Adamitis, 3 Annie M. Martzen

Sr. Division (not to jump): 1 Christine E. Baldwin, 2 Leigh A. Dustin, 3 Mary R. Schindler

Jr. Division (over jumps): 1 Jennifer L. Adamitis, 2 Emily T. Lantzsich

Hunter Under Saddle Ponies (14.2 hands & under): 1 Shilah M. Richner, 2 Jennifer L. Adamitis, 3 Annie M. Martzen

Horses, Junior Rider: 1 Emily T. Lantzsich, 2 Kristen P. Schultz, 3 Kelly A. Shepstone

Horses, Senior Rider: 1 Leigh A. Dustin, 2 Christine E. Baldwin, 3 Mary R. Schindler

Working Hunter Ponies (14.2 hands & under): 1 Jennifer L. Adamitis, 2 Annie M. Martzen

Horses: 1 Leigh A. Dustin, 2 Emily T. Lantzsich, 3 Mary R. Schindler

Pleasure Pony Driving (14.2 hands & under): 1 Jennifer L. Adamitis

Walk/Trot Equitation (Western): 1 Heather A. Yedinak, 2 Kevin M. Dustin, 3 Ryan P. Canning

Pleasure (Western): 1 Kevin M. Dustin, 2 Ryan P. Canning, 3 Heather A. Yedinak

Equitation (English): 1 Rachel Curtis

Pleasure (English): 1 Rachel Curtis

SCHUYLKILL COUNTY FAIR 4-H LIVESTOCK JUDGING CONTEST

The 4-H Livestock Judging Contest concluded Wednesday, Aug. 5. All 4-H members who enter are challenged to prejudge the livestock entries.

The contestants who come the closest to the actual judging placements become the contest winners. This contest is new for the 1998 fair. All three winners are members of the Schuylkill Stampedes 4-H Club.

The winners are first place,

Richard Luckenbill of Schuylkill Haven; second place, Jessica Smith of Auburn; and third place, Naomi Schaeffer of Bernville.

SCHUYLKILL COUNTY FAIR 4-H CATTLE CLIPPING CONTEST

Here are the results from the 4-H Cattle Clipping Contest at the Schuylkill County Fair on Tuesday, Aug. 4. Each 4-H contestant clipped his or her animal in the show ring and was given fitting tips from the contest judge.

The winners were: first place, Holly Moyer of Pine Grove, Schuylkill Stampedes 4-H Club; second place, David Dunn of New Ringgold, West Penn Community 4-H Club; and third place, Joshua Daubert of Pine Grove, Schuylkill Stampedes 4-H Club.

NORTH JACKSON AG 4-H CLUB MEETING

The North Jackson Ag Club held a meeting at the home of Stuart and Carole Carey on Tuesday, June 30. Reports were given by Secretary Abby Onyon, Treasurer Katie Onyon, Jeremy Page on

Camp Brule, Andrew Onyon on the dairy project meeting at Pavel'ski's, Katie Onyon on the horse project meeting at Sartell's, and Sara VanCott on County Council.

Demonstrations were given by Daniel Frechen on charcoal drawing, Kim Frechen on a school camping trip, and Janet Merithew

on hermit crabs.

Upcoming events and deadlines were discussed — cleaning at fairgrounds for dairy camp, horse and dairy project meetings, dairy roundup and district shows, one-day trip to New York City, and the one-day camp.

Scan Scams

Checkout scanning errors may be costing shoppers more than 1 billion dollars a year. Researchers in California found that close to 1 out of 10 scans was wrong. Three out of four mistakes favored the Supermarket.

How can you beat the Supermarket maze, and still get your groceries and save money? Follow the suggestions given below.

- Make a shopping list and stick to it. But also remember to take advantage of sale items in the store.

- Compare unit prices to

make sure you are getting a good deal on sale items and larger packaged items.

- Shop every other week, and limit your trips to the grocery store.

- Don't shop when you are hungry or when the store is crowded.

- Purchase store brands.

- Items on sale at the end of the aisles, may not be a good buy. Compare with similar items in the store.

- Pay attention when your order is being rung up, especially to items on sale.