

3-D Quilting Workshop

LANCASTER (Lancaster Co.)- Penn State Cooperative Extension is offering a quilting workshop making a 3-D Pinwheel Wall Hanging or Table Runner.

Join the fun and learn to make quilt designs without the worry of making matching points. By folding fabric you can make perfect points and create a 3-D patchwork with raised designs.

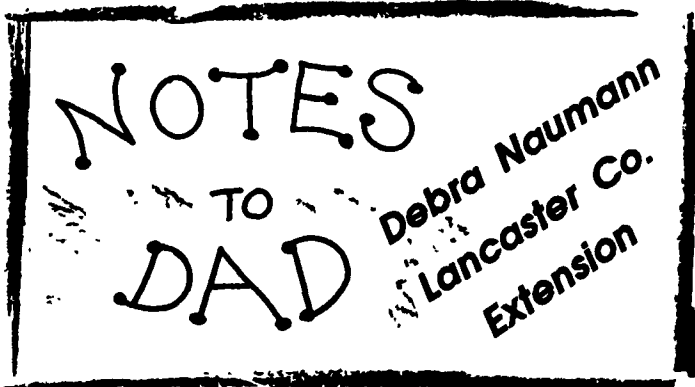
The project includes four different techniques for making

pinwheel designs.

Classes will meet on Mondays, January 31, February 7, and 21 from 7:00 to 9:00 p.m. OR Tuesdays, February 8, 15 and 22 from 9:30 to 11:30 a.m. at the Farm and Home Center, 1383 Arcadia Road, Lancaster.

The cost is \$30 which covers instructor fees. Pre-registration is required. A supply list will be sent when registration is received.

Call Penn State Cooperative Extension at (717) 394-6851 for information.



Verbal Nurturance is Important

My 3-year old son Ben has hit a wonderful period in his development where he loves to tell my

husband and I how much he loves us. Throughout the day, especially after he's had a good peanut butter and marshmallow sandwich prepared by mom or an invigorating wrestling match with dad, he'll share the tender words "I love you," usually followed by "... and I like you too."

Of course my husband and I just bask in the glory of his verbal expressiveness. Most amazing to us is the ease with which he is able to share his feelings of love and appreciation. (Never mind that he can change his mind in a heartbeat when things don't go his way!) It makes me wonder when my "little man" will lose this spontaneous ability to share his emotions with family members without the fear of seeming too vulnerable.

For some men, words—especially the three little words "I love you"—can be difficult to express. Some may fear appearing too "wimpy," while others may not recognize how important it is for their spouse or children to hear how much they are loved and appreciated. Many men may have grown up in a household where loving words were not openly shared. If you've never heard it from your father, it's even more difficult to realize that verbal nurturing is an important part of your role as husband and dad.

A wonderful article in "Today's Father" magazine describes a father's "Slumber Party Research." The author is the dad of a 12-year-old daughter who was enjoying a birthday sleepover party with 12 of her friends. He conducted his "highly-reliable" research by posing the following question to the girls: "What makes you feel special?"

Written responses by the girls included "I feel special when my dad compliments me on something I've done well," and "I feel special when my dad says he appreciates me." Another responded "When Dad tells me I'm beautiful."

The author goes on to share how important it is that fathers communicate their love for their children in words. He even goes on to say "If you don't get it out of your mouth, it hasn't truly been captured in your child's heart."

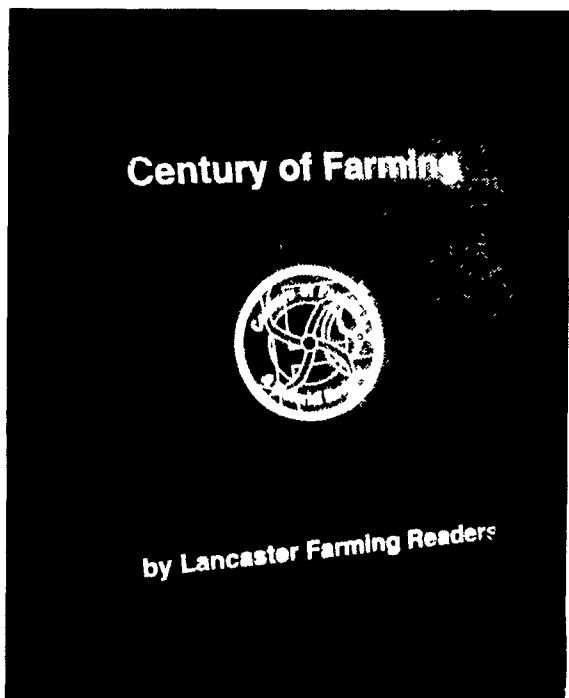
Many fathers rest in the security that their children will know how they feel by their actions. In other words, they assume that because they attend their child's school performance or are involved in other activities with their child, their child will automatically know that they are loved.

While this involvement is certainly a great way to show your love for your child, it is not enough. Children need to know that their fathers love them because of who they are, not because of their performance in school, athletics, music, or anything else. Children want, need, and deserve to hear it in words.

Verbal expressiveness may not come natural for many fathers. But for kid's sake, dads need to overcome whatever discomfort they may have and learn to verbalize their true feelings to their children as well as to their spouse. It may not come out of your mouth as easily as it does for an emotional and unassuming 3-year-old, but like anything else that is difficult, practice and a bit of courage will help. Our children need to hear it!

New shipment to be sent in about six weeks!

Century of Farming



A pictorial history of farming from 1900 to 1999 as presented by readers of *Lancaster Farming*.

Everett R. Newswanger, Editor

Lancaster Farming Publisher

The first shipment of *Century of Farming* has already sold out. *Century of Farming* is the book that recalls family involvement and the historic significance of agriculture's heritage in the last 100 years. This treasure chest of memories includes 120 pages of old photographs from the family albums of readers of *Lancaster Farming*. In addition, Editor Newswanger has written a preface that takes you from the "Golden Age" of agriculture as the 20th century began, through the Depression and on to the tremendous contrast of biotechnology.

The response in sales has been almost overwhelming. And after we ran out of the book, we still had a big stack of orders from disappointed people who really wanted a copy--especially after they saw it. Therefore we have arranged with the printer to do another run to fill the orders we have in hand and some extra for those who still would like to send in for a copy. We expect delivery to be in about six weeks.

If you have sent us a check, money order, or put your order on a credit card we will apply your order toward one from the next shipment, unless you tell us not to. If you want to still order a book(s) use this order form and send it to Lancaster Farming today.

Orders will be taken on a first-come basis.

Century of Farming, A Pictorial Review

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___ copies of *Century of Farming, A Pictorial Review* at \$34.95 (sales tax included) per book.

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