See Poultry Leaders Cooking On Television

LOU ANN GOOD Lancaster Farming Staff HARRISBURG (Dauphin Co.) - Two local poultry leaders are appearing on WITF-TV, central Pennsylvania's public

Childcare Workshops

DAUPHIN (Dauphin Co.)-Penn State Cooperative Extension continues its series of satellite workshops for child care providers. This year the workshops will be held at locations in the upper and lower end of Dauphin County. The March workshop "How to Take the Stress Out of Caregiving" will be held on Tuesday, March 14, at the Valley's United Church of Christ located on Route 225 one miles south of Halifax.

The same workshop will be repeated on Tuesday, March 21 in the Educational Activities Building at Penn State Capital Campus, Middletown. Both workshops are from 7:00-9:00 p.m. At the workshop, participants will learn how caregiver stress affects children, how to recognize the signs and symptoms of burnout and how to deal with it. On-the-spot relaxation techniques will also be presented.

The second workshop "What Brain Research Tells Us About Infant Care" will be held on Tuesday, April 18, at the Valleys United Church of Christ and repeated on Monday, May 1, at the Penn State Capital Campus, both from 7:00-9:00 p.m. Participants will learn the type of care infants need at different ages, and how to make feeding, diapering, and sleeping more than just a routine.

Each workshop provides two DPW training credits. Continuing Education Credits are also available. Cost of each workshop is \$3.00 per person. Deadline for registration is one week prior to each workshop. Registration forms may be obtained by contacting the Dauphin County Cooperative Extension office at (717) 921-8803 during regular business hours from 8:30 a.m. to 5:00 p.m.

television station, preparing their favorite dish.

Jim Shirk, assistant vice president for PennAg Poultry Council, and Ann Gehman, who with her husband Mel operates Heritage Poultry Association, will participate in a live cooking marathon today from 2 p.m. to 5:30 p.m. The cooking marathon will be rebroadcast on Thursday March 9 at 8 p.m.

'C is for Chicken" will show central Pennsylvanias how to prepare chicken recipes, from chicken potpie to chicken cordon bleu.

Shirk will prepare Chicken Potpie, an authentic Old Order Mennonite recipe handed down from his side of the family.

Gehman will prepare Chicken Wild Rice Salad for the 10th in a series of WITF cooking marathons.

Shirk and Gehman are two among 10 other guests who were selected from those who sent in recipes for the program. A cookbook featuring all the chicken recipes made on the show and 130 others will be offered as a welcome gift to new WITF members who support public television.



Jim Shirk is one of the participants who is cooking his favorite chicken recipe for live television. Shirk is assistant vice president for PennAg Poultry Council. The WITF-TV cooking marathon will be broadcast today from 2 p.m. to 5:30 p.m. and rebroadcast on March 9 at 8 p.m.

Tractor Driving Course Scheduled for March

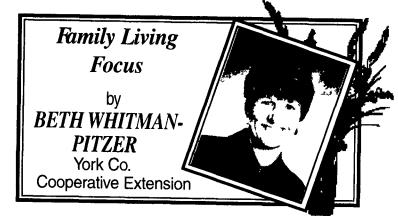
LEESPORT (Berks Co.)-Tractors contribute to more than half of all fatalities on the farm, with the occupation of agriculture being the third most dangerous behind construction and mining. Youth who operate farm machinery, often underestimate their vulnerability when operating a tractor. Also, by law, youth under the age of 15 must be certified to operate a tractor as hired labor.

Penn State Cooperative Extension-Berks county is offering a 4-H Tractor Safety and Certification program for all youth. Youth need not be 4-H members in order to participate.

The program is scheduled for four evenings beginning on Monday, March 13, 2000 and continues on March 16, 20, 22.

The course ends with written and driving tests scheduled for Saturday, March 25, 2000. Classes are held at the Berks County Ag Center and the Teen Challenge Farm in Rehrersburg. The cost for the program is \$8.00 to cover the cost of the educational manual. A student also must obtain a copy of an operators manual from a tractor. Registration is due by March 3, 2000. Class size is limited to 20 participants.

For more information, contact the Penn State Cooperative Extension-Berks County, Berks County Ag Center, 1238 County Welfare Rd., PO Box 520, Leesport, PA 19533-0520. Telephone (610) 378-1327, Fax (610) 378-7961. Email: BerksExt@psu.edu.



Sensory Experiences for Children Is March going to go out like a lion or a lamb?

Most of us wish for March to go out like a lamb, especially if we have young children at home and wish to give them fresh air and exercise outdoors. This truly is the time of year that tries parents and caregivers patience! Let's think about some new activities we can share with children and let's focus on toddlers.

What do you think about when you think of toddlers? We know they are inquisitive youngsters who are becoming more independent and learning exciting new skills. They learn to run, to hop, to jump, and to dance! As parents and caregivers we want to encourage the opportunity for these fun, sensory experiences.

Let's look at our role as parents. We know that there are a lot of wonderful things going on with children. What we as parents and caregivers specifically do makes a difference in your child's life. Sometimes we lose the enjoyment of being with kids. Burton White has said that every child needs to have one person who thinks that what they do is absolutely amazing and fascinating.

Amazing and fascinating!

It's amazing when children learn new words, learn to hop, learn to twirl, learn to recognize the letters in their name.



Are you reflecting this sense of wonder with your child?

Why is this so important? The recent brain research has shown that under age five, the primary action in the brain is connecting brain cells together. Rich, sensory experiences create connections for the child. So, we need to be providing these rich, sensory experiences for our children.

Encourage silly, rhymes and encourage movement. Get out those shakers and dance through your house to some fun music! Children love to swirl scarves through the air to music. Colorful scarves can become superhero capes and wardrobes as well. We know that reading is important. Why not try acting out the story in the book! Create your own props. The ideas are endless.

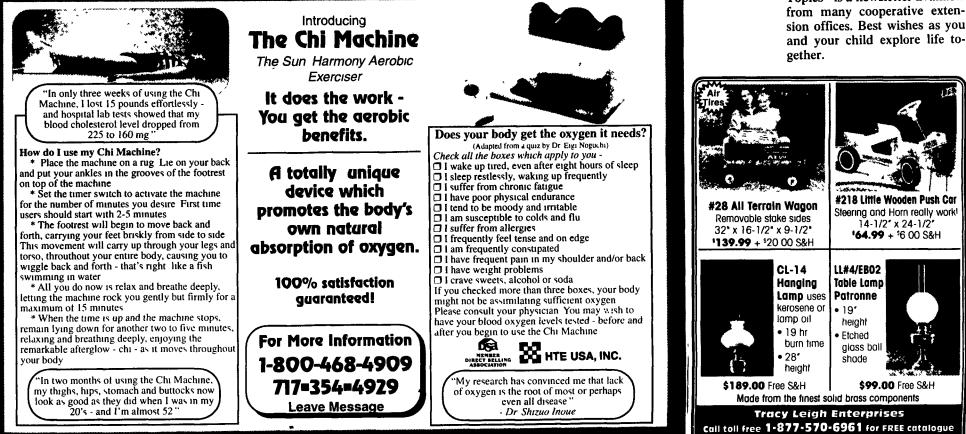
A second thing we can do as parents and caregivers is to be in tune with our children's emotions. What range of emotions is your child experiencing today? Happy, content, rested, sad?

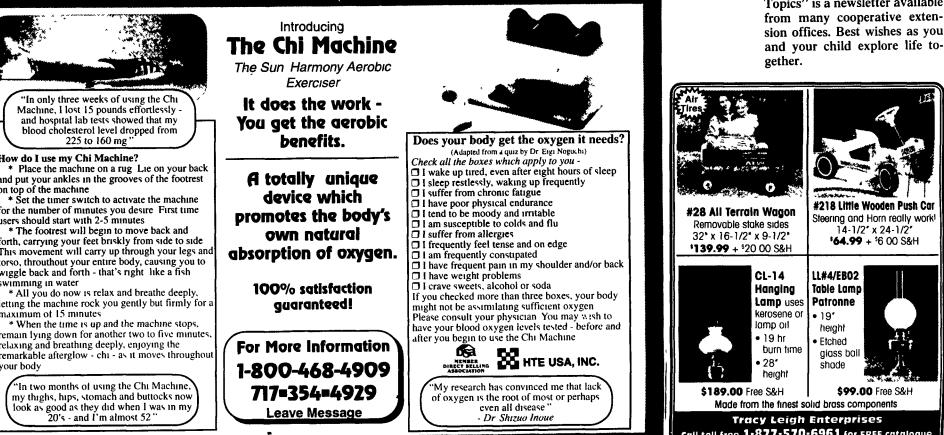
Children need to learn to express their positive emotions. My daughter wanted to wear her "party shoes" to childcare this morning. We had a great time celebrating a party over the weekend, and she wanted more fun time. Give your children the opportunity to express their playful, fun, silly feelings.

Your role as a parent, grandparent, or caregiver or friend can make a very positive impact on your child. I read that the most important day in your child's life was the day you were born. That's powerful!

Provide many opportunities for fun, for movement, and for silliness with your child. Listen for your child's feelings and help her to express the positive ones.

For more information about parenting toddlers, "Toddler Topics" is a newsletter available from many cooperative extension offices. Best wishes as you





Lancaster Farming, Saturday, March 4, 2000-B7

www.compute2000.net/tracy