

# 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 mile 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 Pennsylvanians 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.

*Family Living*  
*Focus*

by  
**BETH WHITMAN-PITZER**  
York Co.  
Cooperative Extension

### 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 and your child explore life together.

"In only three weeks of using the Chi Machine, I lost 15 pounds effortlessly - and hospital lab tests showed that my blood cholesterol level dropped from 225 to 160 mg"

**How do I use my Chi Machine?**

- \* Place the machine on a rug Lie on your back and put your ankles in the grooves of the footrest on top of the machine
- \* Set the timer switch to activate the machine for the number of minutes you desire First time users should start with 2-5 minutes
- \* The footrest will begin to move back and forth, carrying your feet briskly from side to side This movement will carry up through your legs and torso, throughout your entire body, causing you to wiggle back and forth - that's right like a fish swimming in water
- \* All you do now is relax and breathe deeply, letting the machine rock you gently but firmly for a maximum of 15 minutes
- \* When the time is up and the machine stops, remain lying down for another two to five minutes, relaxing and breathing deeply, enjoying the remarkable afterglow - chi - as it moves throughout your body

"In two months of using the Chi Machine, my thighs, hips, stomach and buttocks now look as good as they did when I was in my 20's - and I'm almost 52"

Introducing  
**The Chi Machine**  
*The Sun Harmony Aerobic Exerciser*

**It does the work - You get the aerobic benefits.**

**A totally unique device which promotes the body's own natural absorption of oxygen.**

**100% satisfaction guaranteed!**

**For More Information**  
**1-800-468-4909**  
**717-354-4929**  
Leave Message

**Does your body get the oxygen it needs?**  
(Adapted from a quiz by Dr. Eigi Noguchi)

Check all the boxes which apply to you -

- I wake up tired, even after eight hours of sleep
- I sleep restlessly, waking up frequently
- I suffer from chronic fatigue
- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
- I have frequent pain in my shoulder and/or back
- I have weight problems
- I crave sweets, alcohol or soda

If you checked more than three boxes, your body might not be assimilating sufficient oxygen. Please consult your physician. You may wish to have your blood oxygen levels tested - before and after you begin to use the Chi Machine.

**HTE USA, INC.**

"My research has convinced me that lack of oxygen is the root of most or perhaps even all disease"  
- Dr. Shizuo Inoue

<p><b>#28 All Terrain Wagon</b> Removable stake sides 32" x 16-1/2" x 9-1/2" <b>\$139.99 + \$20.00 S&amp;H</b></p>	<p><b>#218 Little Wooden Push Car</b> Steering and Horn really work! 14-1/2" x 24-1/2" <b>\$64.99 + \$6.00 S&amp;H</b></p>
<p><b>CL-14 Hanging Lamp</b> uses kerosene or lamp oil • 19 hr burn time • 28" height <b>\$189.00 Free S&amp;H</b></p>	<p><b>LL#4/EB02 Table Lamp Patronne</b> • 19" height • Etched glass ball shade <b>\$99.00 Free S&amp;H</b></p>
<p>Made from the finest solid brass components <b>Tracy Leigh Enterprises</b> Call toll free <b>1-877-570-6961</b> for FREE catalogue <a href="http://www.compute2000.net/tracy">www.compute2000.net/tracy</a></p>	