

Hey Dad, You're The Greatest

(Continued from Page B2)

make it," Allison said, "but academics is important to me also."

Allison is often accused of being a perfectionist, which no doubt accounts for her excelling scholastically, especially in science. Public speaking is also her forte.

She credits this skill to 4-H. As a member of the livestock judging team, Allison has learned to express her opinions. This has given her more confidence to speak out as a member of the school social studies debate team.

Andy plays baseball, soccer, football, and his favorite — basketball.

While the kids have been active in many sports, their dad is doing much more than sitting on the sidelines cheering for them. He's coached soccer and basketball for both Allison's and Andy's team, and is now coaching his son's baseball team. Hughes continues as the livestock judging coach.

"My dad treats us really fair," Allison of having her dad as both a sports and as a livestock coach.

Although some people believe that Hughes pushes his children into 4-H programs, they say it is their choice. Both dropped out of Scouts in favor of 4-H clubs.

"At some point, choices must be made because too many activities can be overwhelming," Hughes said.

"I feel fortunate that my job is flexible enough to allow me to attend school activities."

Attending school activities should be a priority, according to fathering studies. A survey of more than 20,000 parents found that when fathers are involved in their children's education, in-

cluding attending school meetings, and volunteering at school, children were more likely to get A's, enjoy school, and participate in extracurricular activities.

The Hughes kids confirm this finding reported by the National Center for Fathering (NCF). It's goal is to help men be better fathers. For more information about NCF, check out their website at www.fathers.com or call (800) 593-DADS.

Father's Day is a good time to review some facts and misconceptions about fathering. Some people mistakenly believe that a girl doesn't need much attention from her father, but research shows that a father and daughter relationship is necessary for healthy relationships with others.

If a girl can't trust her father, she tends to see all men as inconsistent, dishonest, and irresponsible.

Studies have proven that physical touch makes children feel better both physiologically and psychologically. Daughters, especially, need physical affection from their fathers. Teenagers who are promiscuous, most often, report having a poor relationship with their fathers, and this is their way of searching for love and attention.

Not only is it important for men to develop a strong attachment with their children but also they need to treat the children's mother with respect.

If a son sees his dad mistreat his mom, he'll likely grow up believing it's okay to get angry and mistreat women. On the other hand, if a son observes his father apologizing after becoming angry, he gets an entirely different perspective of manhood.

"On Mother's Day, everyone

4-H'ers Learn Citizenship In Harrisburg

120 students from across the state recently participated in the Pennsylvania State 4-H Capital Days, an annual citizenship awareness event, held May 1 and 2 at the Hilton and Towers, Harrisburg.

The two-day program showed 4-H'ers how state government works and helped them understand their responsibilities as citizens. 4-H members from each county were selected through an application process.

On Monday, May 1, the 4-H'ers visited 11 state agencies, including the departments of agriculture, transportation, education, and commerce. Following their visits, they took part in a simulation workshop in which they wrote grant proposals up to \$100,000 and created a budget related to one of the agencies. The students then presented their proposals to a three-person panel.

At the Monday evening banquet, Pat Wolff, senior director of the American Farm Bureau Federation, spoke to the group about advocacy efforts. On Tuesday, the 4-H'ers joined 85 legislators at a legislative breakfast. They were addressed by

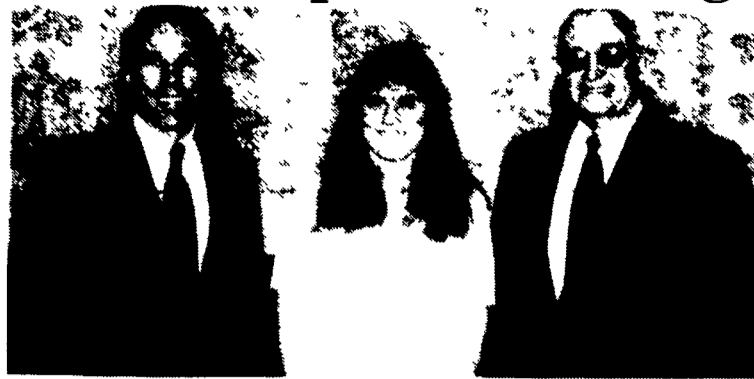
(Turn to Page B11)

comes here and I cook," Hughes said.

On Father's Day, according to family tradition, the Hughes will go to a relative's home where about 30 family members gather to honor the event.

Allison and Andy didn't divulge what they had planned to honor their dad, but Andy said, "My dad's really a great dad."

Allison echoed those sentiments by giving her dad a pat on the knee. "Yeah, Dad, you're pretty great," she said.



Lycoming County 4-H'er, Toni Rinker of Trout Run, participated in the Pennsylvania State 4-H Capital Days, and met with her state representatives while at the event.



Fayette County 4-H'ers to attend State Capital Days were from left Megan Regula, Brownsfield; Christie Regula of Uniontown; and Sarah Regula of Brownsfield. In back are the legislators who greeted them: Representative Peter Daley and Senator Richard Kasunic.



Four York County 4-H'ers attended the State Capital Days. Seated from left are Steve Vlabel, Wrightsville; Krista Lynn Healy, Glenville; and Caitlin Newcomer, York. In back from left are Representative Bruce Smith, Herman Hake, Etters, and Representative Ron Miller.

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- I suffer from allergies
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