

MidAtlantic Farm Credit Awards \$7,500 In Scholarships



From left, Walter Hopkins, chairman of MidAtlantic's Board of Directors from Lewes, Del.; scholarship recipients Katie Zeng, Bradley Thompson, and Kimberly Mielke; and MidAtlantic's President Bob Frazee.

WESTMINSTER, Md. — MidAtlantic Farm Credit has announced that three students have received a total of \$7,500 in scholarships towards their college education. Applicants for the scholarship program had to be members or the children of current members. Over 100 entries from across the association's territory were received.

Kimberly Mielke, from Easton,

Md., is a junior at Randolph-Macon College in Ashland, Va. She is studying international relations. Mielke is active in Pi Sigma Alpha, Gamma Sigma Alpha, women's field hockey, and Phi Mu Sorority. Her parents are Stephen and Donna Mielke. She hopes her career will revolve around the political science field.

Bradley Thompson, son of W. David and Marilyn Thompson of


Street, Md., is another scholarship recipient. He is a sophomore at the University of Delaware where he is majoring in landscape/horticulture and minoring in plant biology. He is a student representative to the University of Delaware Botanic Gardens Board and participates in lacrosse club. He hopes to be the second generation in the wholesale nursery that his father started 23 years ago.

Katherine (Katie) Zeng is the final recipient of a MidAtlantic Farm Credit scholarship. She is the daughter of Thomas and Victoria Zeng of Kinzers. She graduated from Pequea Valley High School and plans to study music education at Indiana University of Pennsylvania in the fall. Katie was very active in school activities including softball, chorus, and the National Honor Society.

Bob Frazee, president of MidAtlantic Farm Credit said, "We feel it is important to help the education of our membership, current and future, and our scholarship program is one way in which we're doing that." He adds, "Programs like this is just one more benefit of belonging to a cooperative."

Consuming Thoughts

by
Fay Strickler
Penn State Extension
Home Economist for
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Many parents, grandparents and childcare providers are often frustrated by toddlers' and preschoolers' eating patterns at mealtime. Problem eaters will often refuse food or will only eat the same food, day after day. If you have experienced some of these problems, read on to find possible solutions.

• **Child Has Small Appetite** — The growth rate of toddlers slows at age one and so does the appetite. If your child doesn't eat much, you will need to see what she does eat is nutritious. Offer small sandwiches, fresh fruits, and vegetables or leftovers as snacks.

• **Avoid allowing her to satisfy her appetite on low nutrient foods like candy, cake, chips or cookies.** Try to offer food before she gets tired and cranky. Overly hungry children are sometimes too weak and upset to eat. Check with your doctor to see if there may be a medical reason for the limited appetite.

• **Child Won't Try New Foods** — Forcing a child to eat a particular food usually just creates a bad association with the food which can last for years. About all you can do is try various methods of preparation and offer it occasionally without reference to the fact that the child didn't like it before.

Infants and toddlers have more taste buds than adults do and they may truly not like some foods. Remember, too, that food temperatures make a difference. Foods that are too hot or too cold will not be well accepted.

• **Child Demands the Same Food Over and Over** — It is not uncommon for a preschooler to go on food jags and want the same food over and over. These periods usually do not last too long and are often an expression of independence. As long as the food in demand is not a high-sugar or other empty calorie food, allow the child his food choice and hope that the phase passes quickly.

• **Child Won't Eat Vegetables** — Vegetables have a bad reputation, especially with children. Creative preparation may help to make them more acceptable. Buy an inexpensive steamer basket and try steaming fresh vegetables over a small amount of boiling water. Cook for only a few minutes until tender, but still crisp and brightly colored. Combine several vegetables and steam together to add color and interest. Strong tasting vegetables like cabbage takes on a mild, sweet flavor when simmered just until tender in a small amount of milk.

Forcing a child to eat vegetables will often create unnecessary tension at mealtime. If cooked vegetables are rejected with dinner, try offering fresh vegetables with a dip as an afternoon snack. Children over three can handle most vegetables served raw. Try to stimulate an interest in vegetables by allowing your child to help select them at the market or grow them at home.

• **Child Spills Often; Uses Fingers** — This is normal behavior for young people. Coordination is not yet well developed so fingers work better than forks. Feeling food with the hands is one way toddlers can explore their environment.

When mealtime spills occur, handle them calmly and matter of factly. When you give too much attention to your child's bad behavior, she may begin to seek attention by intentionally spilling or misbehaving.

Be gentle and consistent with enforcing table manners and know that as the child matures, so will their eating habits. Remember to sit and eat with the child and set a good example.

Why Be Sick And Tired?

America has more sick people than most countries, because they eat too much cooked food which lost all the enzymes and up to 80% of the nutrition. Most food you buy contains harmful toxins because they use weed killers, insecticides and many harmful chemicals in growing it, and then more chemicals in processing to increase shelf life. But there is a solution to the problem.



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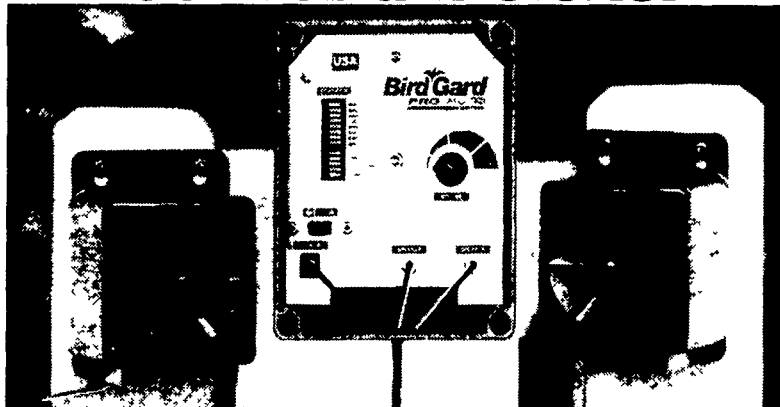
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