


Family Living Focus
by **Laurie Weinreb-Welch**
Clinton Co. Extension



Open House To Help Students Explore Careers In Ag Sciences

UNIVERSITY PARK (Centre Co.) — Teen-agers making career choices often must look past the glitz of "glamor" careers to choose what's best for them. To help in this process, Penn State's College of Agricultural Sciences offers prospective students its ninth annual Open House from 8 a.m. to 4:30 p.m. on Saturday, March 23 in the Agricultural Sciences and Industries (ASI) Building on the University Park campus.

especially to a high school student who hasn't settled on clear career goals. Our open house highlights opportunities in the agricultural sciences in an informal, relaxed setting where students can get personal attention. It's also an opportunity for families to visit with deans, professors and current students.

"About 60 faculty, staff and students from the college will be there to answer questions about the agricultural sciences, and about university life," she says. "Representatives from the Ag Advocates student organization and the Ag Student Council also will attend."

Attendees can learn about careers in agricultural and related fields and the college's 18 undergraduate majors, including turfgrass science, food science, landscape design, agricultural business management, agricultural and biological engineering and environmental resource management. The event will begin with an informational fair at 8 a.m., followed by a general session at 9 a.m. and academic advising sessions at 10 a.m.

Exhibits will highlight academic departments, student organizations, ROTC, housing and food services and other aspects of university life. A special luncheon and advising session for students who already have started their education at a Penn State location other than University Park will be conducted at noon in 101 ASI Building. An information session for minority students also will be conducted at noon in 107 ASI.

Families and students can visit college facilities and explore the campus through tours that will include food science laboratories, animal science facilities and the School of Forest Resources. A panel discussion on internships, careers and international experiences in agriculture will be conducted in 101 ASI at 1:15 p.m.

After the open house, families can visit the University Creamery, the Penn State Bookstore, the Penn State University Libraries and the Palmer Museum of Art. Penn State Housing and Food Services will offer special meal deals for lunch and dinner. The event is open to all prospective college students and their families.

To register for the open house or for more information, visit the World Wide Web at <http://www.cas.psu.edu>, contact the Office for Undergraduate Education at (814) 865-7521 or send e-mail to Marianne Fivek at mafivek@psu.edu.

Cooking can increase vocabulary. Words like flour, sugar and eggs may seem like everyday words to you, but may not be for a 3-year-old. The process of cooking can help improve your child's concept development by comparing hard versus soft, liquid versus solid and hot versus cold.

Cooking can teach cause and effect relationship by adding, leaving out, or changing one ingredient can change the entire product. Cooking can also help develop cooperation by working together.

Keep in mind, that kids can be a little messy, so be sure to have lots of patience, but the potential for fun and learning can outweigh the extra planning and cooking time in the kitchen.

There are four components to begin to cook with kids: Getting ready, getting set up, cooking and clean up. When getting ready to cook, make sure you set up a convenient workspace, use a stool or lower kitchen table to prepare food. Make sure you begin with simple, child-friendly recipes and then work your way up to more difficult recipes.

After cooking for awhile, let your child choose the menu. Browse through some cookbooks, websites or home recipe collections, and let your child put together a simple menu for dinner from soup to dessert. Children are more likely to try foods that they helped cook.

When it is time to cook, make sure you have the recipe handy and show your child the recipe. Make sure all the ingredients, measuring cups, mixing bowls, and other tools are within reach. Always wash your and your child's hands before beginning. During cooking, it is helpful if you name each ingredient that is being used. Let your child feel and smell the item you are using

"The world of careers and employment can be confusing," says Marianne Fivek, assistant professor of agricultural and extension education and undergraduate recruitment coordinator. "Sometimes the best choices aren't immediately obvious,

and then taste the ingredients (not raw eggs, fish, poultry or meat). Let your child put in as many ingredients as possible.

The final component of cooking with is the clean up. To make clean up easier, spread an old sheet or tablecloth under your work area, and then just shake it out when you are done. Let children wear old clothes for easier cleanup.

Keep in mind, when it comes to cooking, there are no mistakes—just different paths to deliciousness. Your brownies didn't rise? Try crumbling them into softened ice cream and spreading the mixture into a pie shell.

The most important goal of cooking with your child is to enjoy each other's company and eating your cooking collaboration.

There are many benefits of having your child help with cooking. Children can learn through cooking. Cooking can help teach kids how to follow directions in order for a recipe to work. Cooking can teach simple arithmetic such as what is bigger a 1/2 cup or 1 cup? Are we putting in more flour or baking soda?

Preparing food allows kids use their sensory awareness. It is helpful if you can use ingredients that have a wide variety of textures, smells and tastes.

Free Admission To Museum March 10

EPHRATA (Lancaster Co.) — In March, 1681 William Penn received his royal charter for Pennsylvania from King Charles II of England. In his new colony Penn planned a laboratory for his "Holy Experiment" where people of different nations and faiths could live side by side. Today, Ephrata Cloister survives as one of the most outstanding examples of this policy of religious freedom in American history. To celebrate the 321st anniversary of the Commonwealth's founding, the Ephrata Cloister will participate in Charter Day on Sunday,

March 10, by opening free to visitors from noon until 5 p.m. Highlighting the day will be an exhibition opening, a book signing, and musical performances.

Ephrata Cloister is located in Ephrata Borough, Lancaster County, on Route 322 at the intersection with Route 272. The National Historic Landmark is open Monday through Saturday, 9 a.m. to 5 p.m., and Sunday from noon to 5 p.m. Admission is \$6 for adults, \$4 for children ages 6-12, and \$17 for families. For more information call (717) 733-6600.

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