

Notes To Dad

by

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Raising Children of Character

The world has taken a bit of a shaking recently. We have begun to question our own lives and what truly has meaning.

As a parent or grandparent, these concerns take on more importance when we think of our children.

What will things be like for

them as they grow into adulthood?

You may not be able to change what is happening in the world around your children, but you do have a great impact on what happens inside your children. You can make an impact on the character and moral development of your child. After all of our

searching and questioning, isn't it our relationships that really count? Aren't the people who stand for something and have a good moral foundation the ones you look up to?

As a dad you can be just such a person for your child. The lessons you teach, the mentoring you do, and the life you live will impact not only your children but also their children and generations to come. What an awesome responsibility and privilege to be such a foundation builder for your family!

So just how can you go about building a good moral foundation and raise your child to be a person of character? Remember the old saying, "Do what I say and not what I do?"

We all know children are watching all of the time. It is those things that we do that leave the greatest impression. We need to be watching what we do almost more than what we say. Example is the teacher that has the biggest impact on children.

They are watching all of time. Even when we are not at our best, children are taking notes.

When we talk about being a person of character, we are talking about what we do when no one is looking — what we have internalized to be right.

How will your child know to make the right choices when you are not by their side?

As a parent this goal requires endless devotion on your part. You can't expect your children to always choose the right path, but as a dad you can guide and teach them as they grow through your kindness, love, and constant devotion. Use your own life experiences as examples to teach your child.

Look at what is happening in the lives of those around you. Point out why the decisions made are right or wrong. When your children are on their own, reach-

Workshops For Childcare Providers On Outdoor Play

CARLISLE (Cumberland Co.) — "The Ups and Downs of Outdoor Play" is the title of the workshop being presented by Penn State Cooperative Extension. All childcare providers and interested parents can participate in the workshop at 7 p.m. on Thursday, April 11, at 1100 Claremont Road in Carlisle.

Marg Malehorn, Penn State Cooperative Extension family living agent in Cumberland County, says "Outdoor play is very important for children but be aware of possible dangers. Each year it is estimated that over 205,000 children are injured in playground accidents. Safety and proper supervision are critical when young children are playing outside."

According to Ms. Malehorn "the participants will learn how to identify playground hazards and how to provide proper supervision. Tips for maintaining play

equipment and proper surfacing will also be discussed." The workshop is part of a statewide Better Kid Care childcare provider training program presented by Penn State Cooperative Extension and partially funded by the Pennsylvania Department of Public Welfare, and the Pennsylvania Childcare/Early Childhood Development Training System.

For more information on the program call Marg Malehorn at (717) 240-6500.

Workshop In Scranton

A workshop is also scheduled on April 11 from 7 p.m. to 9 p.m. at the Children's Library in Scranton. The workshop will include: low-cost outdoor play, keeping children safe and great activities for the outdoors.

Childcare professionals will receive credits from the Department of Public Welfare, handout materials, refreshments, and interesting door prizes. The fee is \$4 per person and is payable at time of preregistration.

To find out more information or to register for this workshop, call Penn State Cooperative Extension at (570) 963-6842 between 8:30 a.m.-4 p.m. Other workshop titles will be offered each month.

Chester County Workshop

All childcare providers and interested parents can participate in a workshop on "The Ups and Downs of Outdoor Play" at 7 p.m. on Thursday, April 11, at the Penn State Cooperative Extension, Government Services Center, 601 Westtown Road, Suite 370, in West Chester.

Trudy Dougherty, Penn State Cooperative Extension Family Living Agent in Chester County, says "Outdoor play is very important for children but often brings with it, dangers. Each year it is estimated that over 205,000 children are injured in playground accidents. Safety and proper supervision are critical when young children are playing outside."

For more information on the program, support materials and other services from "Better Kid Care," call Trudy Dougherty at (610) 696-3500.

An Enchanted Easter

(Continued from Page B6)

3 large scoops vanilla ice cream

3 cups cold milk

Pour orange juice concentrate into container or electric blender. Add ice cream and milk. Top with cover and process until smooth. Serve immediately.

Yield: 5½ cups.

CHOCOLATE TOWN SPECIAL CAKE

1¼ cup sugar

⅓ cup shortening

2 eggs

1 teaspoon vanilla

2½ cups sifted cake flour

1½ teaspoons baking soda

½ teaspoon salt

1 cup buttermilk

½ cup cocoa

½ cup boiling water

Preheat oven to 350 degrees.

Grease and flour two nine-inch cake pans.

Cream sugar and shortening together until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla.

Sift together the flour, baking soda, and salt. Add alternately with the buttermilk.

Make a heavy, smooth paste of the cocoa and boiling water. Cool slightly, add, and blend well.

Pour into prepared pans and bake for about 35 minutes.

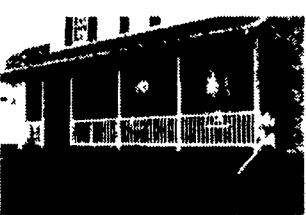
This recipe is from a Hershey's Cocoa tin that dates back to the late 40's or early 50's. It is different from the one on the present can.

This recipe was sent in as an answer to a question from a reader who wanted a Hershey's heavy chocolate cake. Anna writes that if the baker used lard as shortening the cake may have been heavy.

Anna Hertzler
Kinzers

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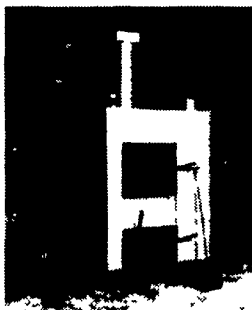
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Do You Suffer From Fibromyalgia?

When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia I was so depressed and in pain the majority of the time I was taking steroids and four other medications, one of which made me so 'groggy' I could hardly get out of bed and another gave me ulcers I began taking New Image secretly because I thought my family would make fun of me After a month, I discovered I had lost eight pounds and seven inches Wow! Then it dawned on me, I was feeling better, the depression and pain were gone In two months I was off all medications "I feel SUPERIFIC!" Now, two years later I have lost 43 pounds and 30 inches Thank you New Image for giving me a new life again
Judy Swift - Mt Washington, KY

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Dairy Princess Court Candidate Search is On

The committee is seeking young women between the ages of 16 and 24 to serve as the York County Dairy Princess for the 2002-2003 year All applicants may either live or work on a dairy farm, own 2 dairy animals or be related to someone in the dairy industry and must have a sincere interest in promoting the dairy industry Anyone who is of dairy princess age but feels that they cannot be the dairy princess may serve as a Dairy Ambassador on the court

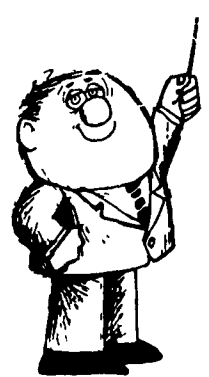


- Girls between the ages of 13-15 may serve on the court as dairy maids
- Dairy Miss and Little Dairy Miss contestants must be between the ages of 5 and 12
- Dairy Princess and Dairy Ambassador contestants are required to give a speech and present a skit at the coronation
- Dairy Maids are required to prepare and present an informational poster
- Dairy Miss & Little Dairy Miss contestants must prepare and present an original poem
- Being on the York County Dairy Princess Court provides an opportunity for tremendous personal growth and a chance to meet many new people
- All contestants must be present at the coronation to be held on June 8 to receive a sash and crown An informational tea will be held on April 14 at the home of the current dairy princess, Michelle Walker, for anyone interested in being on the court

For more information and details contact

Lori Baumgardner 717-432-3169

Heather Crowl 717-862-3955



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