

Notes To Dad

by

Lois J. Killcoyne

Northampton Co.
Extension Director



New Year's Resolutions

It's that time of year again! We reflect on our experiences of the past year and think about some goals for the coming one. In exploring ideas for this article, I began remembering significant interactions between my dad and me.

We don't always realize the long-term impact of what we say and do. Sometimes the experiences are positive ones and sometimes negative.

Here are some possible resolutions to work on this coming year for interactions between you and your child. Take those that fit, and make up some of your own.

1. Promote good nutrition. Make a healthy snack. My favorite was popcorn and chocolate milk. Most kids today do not get enough calcium. Offer lowfat milk drinks along with graham crackers or cereal. Your child's bones will thank you.

2. Exercise together. Enjoy winter activities like building a snowman, making snow angels, sledding, skating or shoveling snow. Turn off the computers and video games and get moving. You will both feel better physically and psychologically.

3. Laugh, be silly. Life can be very intense. Make it a littler lighter by acting funny. My dad would play little pranks to make life more interesting — wearing goofy eyeglasses, dressing up on Halloween. When you're trying to get the youngsters to do something, make a game out of it. Humor goes a long way in establishing and maintaining good relationships.

4. Teach cooperation, compassion. Work together as a family to make things a little easier. If mom gets stressed out, call in the troops and assign jobs to help out.

My dad called us for KP duty — kitchen police. We would divide the chores of setting the table, dishes, help with the meal or cleaning tasks. Have the family contribute to a food or toy drive, walkathon for charity or other activity that shares from the heart.

5. Praise. Your words can have a lasting impact. Choose them carefully. Dr. Phil McGraw was talking to a dad on TV and commented that — "It takes a hundred 'Atta girl!'s to make up for one putdown remark." Learn how to give constructive feedback and discipline without personally attacking. Don't communicate with your child only when something is wrong. Give regular praise for what is done right.

6. Model good values. My dad had honesty and integrity, which I then tried to follow through on. My stepchildren never forgot the time the cashier at the movie theater gave their dad \$10 too much change and he went back and returned it. Teach by example in maintaining good health habits, balancing work and play, and maintaining a positive attitude.

Dad, you are one of the most important persons in your child's life. How much money you earn and your status at work will not be the determining factors in your impact on the quality of your child's life.

The time you spend with them, the good habits you impart, the comfort you give, the confidence you instill, the skills you build, the love you share will make a difference into the future.

Plan your time and priorities accordingly. When you are sitting in your rocking chair after they are grown, you'll be glad you did!

Blair County Youths Honored At Livestock Banquet

MARTINSBURG (Blair Co.) — The annual banquet of the Blair County 4-H Livestock Clubs took place Oct. 15 at the Martinsburg Memorial Park.

Diana Bigelow opened the program with the welcome and invocation. All the presidents and vice presidents led the Pledge of Allegiance and the 4-H Pledge. The officers read the names of the 4-H and FFA members, the buyers who purchased an animal and the trophy sponsors.

The presidents and vice presidents are: Beef club - Diana Bigelow and Tracy Bigelow. Goat club - David Bigelow and Danielle Bigelow. Lamb club - Sarah Dell and Wade Pearson. Pig club - Wade Pearson and Angela Mingle.

This is the 100-year anniversary for 4-H and Sarah Dell wrote the history on 4-H and had trivia questions in the program. Also David Bigelow, Danielle Bigelow, Diana Bigelow and Wade Pearson designed placemats for the tables.

Diana Bigelow reminded the buyers and sponsors how important they are to the 4-H program. She also thanked the leaders, parents, grandparents for all their help.

The awards were given by the following clubs:

Kids For Kids - The Goat club: Certificates were given to each member for their participation. High Point Award: Senior - Lila Wise-Favinger; Junior - Tara Brumbaugh; First Year - Jeremy Mock. Best Record Book: Senior - Katasha Miller; Junior - Tara Brumbaugh; First Year - Dalton Simmons. Sportsmanship: Wade Harclerode. Best Big Brother: Nick Burket. Perfect Attendance: Ryan Grealey-Nyce; Wade Harclerode, Jeremy Mock, Lila Wise-Favinger, Michelle Feathers and Kendra Grove. Most Improved First Year Member - Ryan Grealey-Nyce. Certificate of Appreciation - Andrew Brumbaugh for donating and raising the club goat.

Blair County Swine Club - The High Point award winners were: Senior - Valerie Smith; Junior - Wade Pearson; First Year - Jason Eastep.

Lamb Chops - High Point Award: Senior - Sarah Dell, first; Elizabeth Biddle, second. Intermediate - Julie Del, first; Michelle Edwards, second. Junior - Miranda Lynn, first; Wade Harclerode and Jeremy Mock, second. First Year - Lindsay Aungst, first; Caitlin Phelps, second.

Shepherds Contest: Senior - Elizabeth Biddle, first; Lila Wise-Favinger, second. Intermediate - Wade Pearson, first; Julie Dell, second. Junior - Miranda Lynn, first; Jeremy Mock, second. First



Honored at Blair County Livestock Banquet were from left, front: Jenna Ritchey (beef-first year); Tara Brumbaugh (goat, junior); Jason Eastep (pig-first year); and Lindsay Aungst (lamb-first year). Back: Andy Hileman (beef-senior); Lila Wise-Favinger (goat-senior); Sarah Dell (lamb-senior); Wade Pearson (pig-junior); Miranda Lynn (lamb-junior); and Jeremy Mock (goat-first year and beef-junior). Missing: Julie Dell (lamb-intermediate) and Valerie Smith (pig-senior).

Year - Loran Burbaker, first; Lindsey Phelps, second.

Weight Gain: Miranda Lynn, first; Sarah Dell, second.

EWE Award: Shawna Lynn, first; Jeremy Mock, second.

Cooking Contest: Julie Dell and Lila Wise-Favinger, first; Shawna Lynn, Caitlin Phelps and Lindsey Phelps, second.

Guess of Finished Weight: Miranda Lynn and Dakota Biddle.

Perfect Attendance: Lindsey Aungst (one year), Olivia Biddle (four years), Loran Brubaker (one year), Sarah Dell (eight years), Kody Detwiler (two years), Dalton Dowey (two years), Wade Harclerode (three years), Miranda Lynn (three years), Shawna Lynn (two years), Jeremy Mock (three years), Caitlin Phelps (one year), and Lindsey Phelps (one year).

Rate of Gain: Phil Keith, Orchard Lane Excavating, gave each member money for the weight their lamb gained.

Baby Beef Club - The High Point award winners were Senior - Andy Hileman; Junior - Jeremy Mock; First Year - Jenna Ritchey. Perfect Attendance: Jordan Baker, Diana Bigelow, Katie Bigelow, Kristy Bigelow, Tracy Bigelow, Wayne Bigelow, Andy Hileman, Bethany Hileman, Jeremy Mock, Wade Pearson, and Jenna Ritchey. Guess of Finished Weight: Wade Pearson. Weight Gain: Each member received a check from Dennie Dively and Lynn Lovell from the First Commonwealth Bank. The member received 2 cents for each pound their steer gained.

4-H's Honored With I Dare You Leadership Awards

DAUPHIN (Dauphin Co.) — Elizabeth Smith, Harrisburg; Amanda Platt, Camp Hill; Lynn Brandt, Middletown; and Laura Theurer, Harrisburg have been awarded the National I Dare You Leadership Award in recognition of personal integrity, balanced living and potential for leadership.

The honor was presented by Dauphin County 4-H at their award ceremonies at the Dauphin County Agriculture and Natural Resources Center, Wednesday, Nov. 6.

The I Dare You Leadership Award is presented each year by the American Youth Foundation (AYF) in cooperation with principals, counselors, county 4-H

agents, church groups, and other organizations across the country. The award

was first offered in 1941 by the late William H. Danforth, founder of the Ralston Purina Company in St. Louis, who challenged young people to achieve their highest potential and to influence others through lives of service.

The award takes its name from the book, I Dare You! written by Danforth, in which he commends the balanced life of mental, physical, social, and spiritual development as the backbone of leadership.

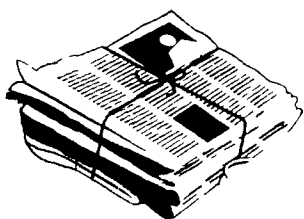
In addition to a certificate of recognition each recipient received a copy of Danforth's inspirational book, I Dare You! and a scholarship opportunity to attend AYF's Leadership Conferences located in Michigan.

Over 7,000 schools, 4-H programs and the other organizations take part in this I Dare You Leadership Award Program yearly.



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