

## Mental Health Tests for Self

"There are three characteristics of people with good mental health," Mount Joy Rotarians were told Tuesday noon at their weekly luncheon meeting, held at Hostetters, by the Rev. Willar S. Rabert Jr.

They are:  
"They feel comfortable about themselves." "They feel right about other people." And, "they are able to meet the demands of life."

Rev. Rabert, pastor of the Grace UCC in Eden, said that his counseling with many people indicates that man needs to hope, pray and work for the best but he also must be prepared for the actualities of life which include not only the good but the bad.

Rev. Rabert was introduced by Dr. Robt. Brackbill, Rotary president.

Tuesday noon, Dec. 26, Charles O. Groff, was the Rotary speaker.

A certified public accountant, he talked to his fellow Rotarians on the timely topic of "Income Taxes."

He spoke of the principal changes which taxpayers will find when they begin filling out 1972 returns and gave some practical suggestions as to how to handle some of the reporting problems.

The speaker was introduced by Dr. David E. Schlosser, vice-president and program director.

## Name Chairman For King, Queen Contest

The Mount Joy Joyceettes have named Mrs. John Harnish as general chairman of the annual Sweetheart Baby King and Queen contest, to be held in February.

Mount Joy area parents are invited to have their child's picture taken in preparation for the contest. Children between the ages of 6 months and 3 years who have a Mt. Joy address are eligible.

## Made Manager By Armstrong

William W. Hopwood, employee relations manager at Armstrong Cork Company's Marietta Ceiling plant, has been named a manager of training and development in the company's Employee Relations Department at Lancaster.

He succeeds Jeffrey Brown, who has been named a corporate builder specialist at Dallas for Armstrong's Corporate Markets Sales Operations.

Hopwood, Mount Joy R2, a native of Central Valley, N.Y., was graduated from Rutgers university in 1959. After serving as an Army officer and work with another company, he joined Armstrong in 1962. He held positions with Armstrong plants at Lancaster and Kankakee, Ill., before being named to his Marietta Ceiling Plant responsibilities in 1969.

## Recital

George F. Broske, Mt. Joy, will present an organ recital in the Mount Joy Church of God on Sunday, Jan. 7, at 4 p.m.

A graduate of Donegal high school and University of Delaware, Broske presently is doing graduate work in theory and organ at Indiana University, Bloomington - Indiana where he studies with Dr. Robert Rayfield.

The program will include "Psalm XIX" by Marcello; "Schmucke dich, O liebe Seele" and the Prelude and Fugue in D Major by Bach; "Chorale in A minor" by Franck; the first sonata for organ by Hindemith; the Prelude from the First Symphony by Verner; La Nativite from

## Place Well in Mat Meet

With a champion and a 5th place, Donegal's 1972-1973 wrestling team came out among the top contenders in the annual Richland Lions Invitational Wrestling Tourney.

A part of the total holiday sports program, the tourney brought together 16 teams.

The Donegal champion is Jerry Hess, who claimed his crown in the 155-pound division, pushing through the preliminary rounds and then taking the title from a Susquehanna Township matman by a decision, 3-1, in an overtime.

Donegal scored 38½ points in the big meet, fifth in line. Susquehanna Twp. was the winner with 111½ points.

Also in the final round for Donegal were Ken Grove at 112 pounds and Gary Albright

at 126. The tourney was wrestled in the Lebanon Valley College gymnasium, Annville, Wednesday and Thursday, Dec. 27 and 28.

In three matches this season prior to the tourney, Hess has taken three wins. Against Wilson he claimed a fall in the 155 pound class; at Conestoga Valley, again in the 155 pound division, he won by a fall, and at Penn Manor he moved up to the 167-pound section to take a 10-0 decision.

Last season he was a county champ at 145 pounds and went to the quarter-finals of the district.

Donegal's Lancaster-Lebanon League competition begins Tuesday night, January 9, at Lebanon.

## Key '73 Sets Launch Night

Community Key 73 Launch Night Service is planned by the Mount Joy Interchurch Council for Sunday night, Jan. 7, at the Cross Roads Brethren in Christ church, beginning at 7:30 p.m.

Guest speaker will be Dr. Paul Achtemeier, New Testament Professor at the Lancaster Theological Seminary.

A special feature of the service will be a congregational singingspiration, led by Rev. J. Wilmer Heisey, Mount Joy. A trio, composed of Mrs. Darlene Mummau, Miss Sandra Heisey and Miss Donna Flick, Mount Joy, members of the Glessbrenner United Methodist church will sing.

## Marietta Masons Elect Officers

Joe Balt has been elected Worshipful Master of Ashara Lodge, Free and Accepted Masons, Marietta, for 1973.

Others elected are Joe C. Kauffman III, senior warden; Richard C. Howell, Jr. warden; Harold McElroy, treasurer; George C. Rhoads, secretary; Clifford Adams and Geo. F. Waller, trustees; and Geo. Roads, representative to the Grand Lodge.

The following were appointed: William R. Smith, chaplain; Raymond Sell, senior deacon; Paul Linard Jr., Junior deacon; Donald Simmons, Sr. master of ceremonies; Donald D. Peters, pursuivant; and Lester uch and John Locky, stewards.

## PROMPTER

The human personality is complex. A man sees a beautiful sunset and says to his wife, "Let's have bacon and eggs for breakfast in the morning." These may seem like two totally unrelated things, but something prompted that reaction from his subconscious. Have you ever felt discouragement or extreme anxiety that seemed to come over you like a wave, for no particular reason? Something from your subconscious prompted it. When an unpleasant feeling comes to you for no reason, deal with it promptly, knowing it is a prompter. It will save you much wear and tear in your day-by-day living.

## PROTECT COWS

When cold winter winds blow, watch for open doors, broken windows and large cracks in the dairy barn, cautions Joe S. Taylor, Extension dairy specialists at Pennsylvania State university. Drafts chill the udders of high producing cows and mastitis can result, says Taylor.

Poemes Evangeliques by Langlais; and Carillon—Sortie by Mulet.

The public is invited.

## Mrs. Rutt Named Research Asst.

Mrs. Galen L. Rutt, Main street, has been appointed research assistant for the new South Central Pennsylvania Health Education Consortium, according to Dr. Edmond M. Miller, the Consortium director.

A registered nurse, Mrs. Rutt received her training at Harrisburg Polyclinic hospital

Previously, she was employed at Chambersburg hospital and St. Joseph hospital, Lancaster, and by Lancaster Neurosurgical Associates. She is a member of the American Nurses Association and the American Heart Association.

"We believe Mrs. Rutt's active involvement as a nurse in various phases of health care will add great strength to our program," Dr. Miller said, in accounting the appointment.

The Health Education Consortium was formed in May with the cooperation and support of the Susquehanna Valley Regional Medical Program to determine and coordinate health care education programs in an 8-county area.

## Over The Back Fence

by Max Smith

AS OF THIS time, the ban on moving fat hogs to market has been lifted; however, the restrictions on moving feeder pigs or any breeding animal from farm to farm exists. We urge producers to comply with this ban in order to prevent the spread of hog cholera; the length of this restriction is not known at this time and it will depend upon the outcome of the various herds under supervision. Producers are urged to keep alert for daily changes in the hog situation. One decision was made that should be recognized by all swine interests, is that the Swine Show and Sales at the 1973 Pennsylvania State Farm Show have been cancelled. This decision is for the good of the swine industry and is toward the effort of preventing the spread of the disease to other parts of the state and country.

WE REPEAT the importance of providing proper ventila-

## HONG KONG

The crown colony of Hong Kong covers 400 square miles, consists of 236 islands, and has mountains towering to 3,000 feet.

## How to relieve those fears?

## Visit the Doctor Office

How do you prepare a young child for a visit to a doctor or a clinic? How do you ready a youngster for a sudden transition into a world of white-coated strangers, sinister-looking instruments and, sometimes, painful medical procedures?

Since children's anxieties about medical visits may impede diagnosis or treatment, or even cause emotional after-effects, tracing and easing the youngsters' fears is a matter of concern to both parents and physicians, reports the Health Insurance Institute.

In order to find out what contributes to children's anxieties about medical visits, two researchers, a West Coast psychologist and a coordinator of child activity program at the University of California hospital and clinics in Los Angeles, tested a number of mothers and their children — boys and girls between the ages of 4 to 12.

The results of the study, according to Dr. Pat Azarnoff, suggested that children aren't calmed by hearing in detail

tion in the livestock and poultry barns this winter. Our recent weather has made good ventilation more difficult because of the moisture and the wet conditions. Some dairy barns may need extra exhaust fans to pull out the excess heat and moisture so they can have more healthy cows, better quality milk, and provide a longer life to the building. When we get condensation on the walls, ceilings, or windows it is a sign of need of more ventilation. Additional movement of air from the outside plus additional insulation may be needed in some barns. Designed inlets to bring in the fresh air may be needed in tight barns. Open windows & doors should not be used in connection with an exhaust fan system; this may result in drafts and udder infections. A publication on Dairy Barn ventilation is available from our Extension Office.

THE CONTROL of weeds in alfalfa stands is very necessary at this time of the year; weather conditions have favored rapid weed growth this fall and some stands may be injured by Rank growth of chickweed. Fall or early winter are the best times to spray with a herbicide because the weeds are small and easier to kill. With the advancing prices of hay and other roughages, it is suggested that good weed control this winter may improve the quality and tonnage of the hay crop next summer. A number of herbicides may be used depending upon the age of the stand and the grass-legume mixture. The 1973 Agronomy Guide is available and contains this information. The important thing is to give weed control in alfalfa some attention now in order to get a better alfalfa crop next summer.

THERE ARE two important publications available from the Penn State Extension Office at this time. The Farmer's Tax Guide is developed by the Internal Revenue Service to aid farmers in making out their Income Tax Report. Copies of this document are available from the Internal Revenue Office or from our Extension Office in the Farm and Home Center. The Agronomy Guide is published by our Penn State Extension Service and is one of the very best publications to assist in the growing of all major crops. Farmers not getting their guides in the mail by the first of the year may stop at the Local Extension Office and get a copy. We strongly recommend both of these Guides as being very helpful in many current and future farm planning and Planning practices.

what will happen during medical treatment. The researchers found that the greater the detail, the more anxiety the child felt. However, when the youngster asked questions on his own initiative, the opposite resulted. According to Dr. Heffernan, giving him more details on what was about to happen made him less anxious.

The researchers found that mothers who usually discouraged their children from crying, or showing outward expressions of fear, did not seem to ease their children's fears; stiff upper-lip admonitions as: "Be brave," or "Big boys don't cry," don't seem to help matters. Mothers, who permitted a youngster to show concern and tension of a child's natural fears about being touched by strangers, undergoing pain and separation from the mother, the researchers told the Institute.

A close link was found between the mother's own feelings and the child's reactions to the impending medical visit. The researchers speculate that a mother may transmit her anxiety to the child by her own behavior, or the child's anxiety creates similar feelings in the mother. Then too, prior medical experiences may have made both the parent and the child anxious.

## FLAME-RETARDANT SLEEPWEAR GRADUALLY REACHING STORES

Children's sleepwear in the new flame-retardant fabrics are coming onto the market in increasing numbers, according to surveys by clothing & textile personnel at Penn State university. Observations in stores from mid-October to mid-November revealed that at least one national chain store has already converted its complete line of children's sleepwear, sizes 0 to 6, to the new flame-retardant fabrics.

By July of 1973, all children's sleepers, pajamas, robes and gowns must meet flame-retardant standards set by the U.S. Dept. of Commerce. Garments labeled flame-retardant include those made from modacrylic fibers and 100 per cent cotton fabrics with flame-retardant finishes.

The Penn State study is part of a Northeastern regional research project of clothing and textile researchers of the Agricultural Experiment Stations within the land universities of eight states. The project is entitled "Consumer, Market, and Laboratory Studies of Flame Resistant Textile Items." In addition to Pennsylvania, the analysis includes consumers, stores, and laboratory studies in Maine, Vermont, Delaware, Rhode Island, New York, Virginia and Maryland.

Directing the Penn State research are Dr. Barbara Densmore and Dr. Mary Ann Genter of the faculty in textiles and clothing, College of Human Development. Graduate assistants on the project are Rosalie Rhen of State College and Eleanor Quick of Raleigh North Carolina.

The mid-October to mid-November analysis included observations of flame-retardant children's sleepwear in thirty stores in Northumberland, Huntingdon & Dauphin counties. The survey team visited discount, variety, and department stores—as well as children's specialty shops and catalog stores with retail outlets.

Sales people in one-fourth of the stores indicated they were getting requests for the new flame-retardant sleepwear. Tentative findings indicate that mothers are very concerned about flame-retardant and sleepwear for their children. Over 40% of the mothers surveyed said they had tried to buy flame retardant children's sleepwear & robes. About one-fourth of these indicated they had already obtained sleepwear labeled "flame retardant."