

## 4-H CUB Activities

### LEXINGTON SEWING

The Lexington 4-H Sewing Club met recently at the Brunnerville Fire Hall to reorganize and elect officers.

The following girls were elected: Cindy Eberly, president; Celeste Seiverling vice president; Amy Spangler, secretary; alternate secretary, Laura Lee; Martha Showalter treasurer; Connie Eberly, alternate treasurer; game leaders—Donna Walton and Carol Martin; song leaders, Jane Hensel and Jean Miller; news reporter, Andrea Smith and Candace Seiverling, council representative.

Mothers were entertained with games, under the direction of project leader, Mrs. Lee. A brief explanation of club requirements and a demonstration on the purchasing and preparation of fabric was given by club leader, Mrs. Smith.

Refreshments were served and the meeting was adjourned.

The next meeting will be held on April 10 in the Fire Hall from 3:30 p.m. to 5:30 P.M.

### SADDLE CINCHES

The Saddle Cinches 4-H Horse Club of the Milton Grove area held an organizational meeting at the farm of Mrs. H. Kenneth Borry, Mt. Joy, R2.

Karen Horn was elected president and Judy Sheetz, vice president of the club. Other officers elected include Linda Watts, secretary; Cindy Wendler treasurer; Kendace Borry, news reporter; Pat Dougherty, song leader; and Vicki See, game leader. County Council members are Karen Horn and Linda Watts.

The next meeting of the club will be on April 18 7:30 p.m. at the home of Lori Cerphey, Mt. Joy R2. Interested persons are welcome.

Leaders for the coming year are Mrs. Tyrus Keeney, Mrs. Kenneth Borry and Mrs. Charles Cherphy.

### NORTHERN SOIL & WATER By Curtis Horst

Karen Martin presented a demonstration about "Capillary Water" to the Northern Lancaster Co. 4-H Soil and Water Conservation Club at its meeting on March 20. The meeting was held in the basement of the Hinkletown Church at 8:00.

Paul Martin, Club leader, taught the lesson for the night. He reminded the members to finish their projects for the club round-up on April 9.

The next meeting will be held on April 3, at 7:15.

### Hazards Of Overweight

Overweight is the nation's number one health problem, points out Mrs. Ruth J. Buck, Penn State extension foods and nutrition specialist. Our society

## Correspondence

### Courses



#### STUDY TREES FOR HOME LANDSCAPES

A single tree on your home grounds may do more than a dozen shrubs.

Whether your need is for shade from summer sun, the balance provided by small trees at the front entrance of your home, or a flowering tree at your back door, a plant can be found suitable to your wants.

According to a Pennsylvania State University correspondence course on trees for your home grounds, over 50 species of trees

with an economy of plenty but a lack of physical activity, sets the stage in many cases of overweight. At each stage of the life cycle persons need to learn and practice a way of life that will keep them within their ideal weight range.

are useful for home landscapes. Within each species there may be half a dozen or more varieties carried by nurseriesmen.

The selection and care of ornamental trees for home landscapes is the subject of the course. It's newly written (revised in late 1968) and gives detailed instruction on planting, fertilizing, pruning, control of insects and diseases, with suggestions on how to use each kind to best advantage in landscaping.

Send your name and address with \$3.85 to Trees, Box 5000, University Park, Pennsylvania 16802. There are no other charges and a complete course copy comes to you by mail.

### Wild Pets

Every time I read about a person with some unusual pet such as a skunk, a monkey, snake, or lizard I wonder if that particular family realizes the possible danger present with this wild pet. Many of these creatures are carriers of disease and dangerous infections. Monkeys may be carriers of tuberculosis or fungus diseases; skunks can carry large amounts of rabies virus in their saliva for long periods of time; bites of wild cats, racoons, lizards, and snakes can produce dangerous infections. Our present advice it to keep domestic animals as pets; they may not attract as much attention but they are much safer.

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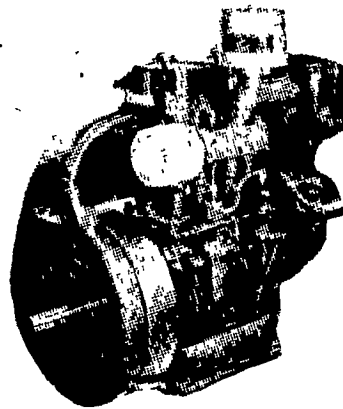
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