

# Foods and Nutrition 4-H Award Winner

(Continued From Page 1)  
chosen for the Showmanship contest.

Connie won state honors for all her work in the 4-H projects when she was named Keystone Award winner in both the Dairy Foods and Foods and Nutrition divisions this summer.

Along with her nutrition projects, Connie has also taken teen leadership work, sewing and even a dog obedience class.

Connie has attended many 4-H functions for her Leadership ability including the Teen Leadership Conference, State 4-H Days, the Citizenship Short Course in Washington, D.C., 4-H Club Congress and a Leadership Retreat at Dublin Gap.

When asked how she got interested in 4-H work, Connie explained that it had been a family project. "My older sister was in 4-H and my mother was a leader, so 4-H for me was just natural in coming."

Both of Connie's parents are active in 4-H work. Mrs. Horst has been working not only as a leader of the Elcoettes Club but also served as a program leader for 4-H work and was

responsible for starting many new clubs in Lebanon County this past summer. Mr. Horst is a leader for the Cedar Crest Dairy Club along with keeping his herd of over 60 head of dairy animals.

Connie explained that being in 4-H has given her a lot of confidence in herself.

"I think it has helped me to talk more confidently in front of people," she stated.

"I have learned a great deal through 4-H that I may never have learned otherwise."

If 4-H work doesn't keep her busy enough, Connie is also active in clubs at the Eastern Lebanon County High School where she is presently a senior.

Connie is a member of the Drama Club and also the Bible Club along with being a member of the Girl's Field Hockey Team and the school band.

After her graduation this spring, Connie would like to go on to college and major in Elementary Education.

"I like to work with children and I think elementary education would be a good background even if I don't teach."

Until that time however,



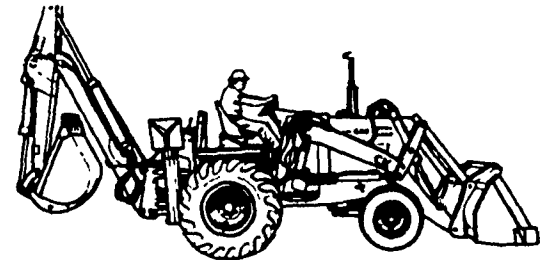
Connie Horst, RD1, Newmanstown, looks through her 4-H project books. Connie was a Keystone Award Winner in the Foods and Nutrition categories this past summer.

Connie will still be working Council to determine fund in 4-H. In fact following the raising projects so that the interview, Connie was County could plan a 4-H planning to go to a meeting member exchange trip with of the Lebanon County 4-H another state.

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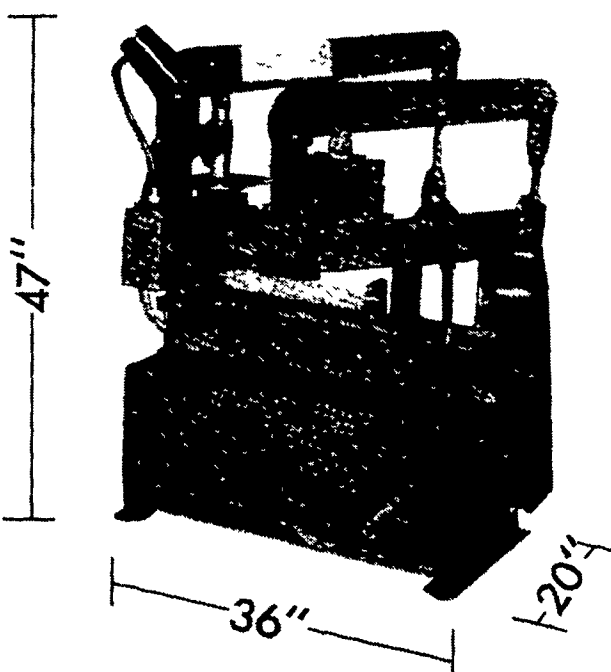
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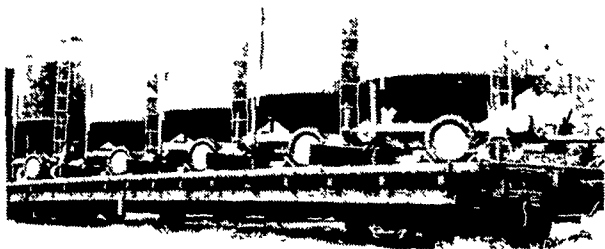
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