108—Lancaster Farming, Saturday, October 14, 1978

4-H state scholarship nominee chosen

UNIVERSITY PARK . Anne G. Zahradnik, 18, of Mars, was named state nominee for an agricultural scholarship sponsored by the Educational Foundation of Alpha Gamma Rho.

The scholarship nominee, competing in the 1978 4-H National Awards Program, was picked from among the 145,000 youth who annually take part in the Extension Service educational 4-H program.

The daughter of Mr. and Mrs. Robert Zahradnik, Anne is a freshman at Penn State, majoring in agricultural engineering. She has been a 4-H member for five years.

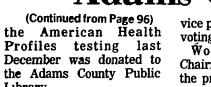


Anne Zahradnik

A member of the High Club, she served as 4-H Achievement Days.

Cooking Fresh?

When cooking fresh fruits and vegetables, remember the three basic rules of nutrient conservation reduce the amount of water used, reduce the cooking Library. time and reduce the surface area by limiting the amount of cutting, paring and shredding Whenever possi-ble, cook roots or tubers like carrots, potatoes, turnips and beets in their skins to preserve vitamins and minerals



At the reorganization meeting of the directors Guy Donaldson, Gettysburg R3, was elected President, William Slagle, Gettysburg R5 was named vice president, Beverly Benner, Fairfield R1, secretary and Calvin F. Bream, Gettysburg R3, treasurer.

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secretary, news reporter, and chairman of numerous committees. She also assisted with club activities and events as a teen leader.

As a 4-H horse club member, she completed all levels in the horsemanship program. She also participated in the County and District 4-H Horse Shows, horse judging clinics, and State 4-H Achievement Days.

In 1975-76 she qualified for the county 4-H horse judging team, and in 1976 won the first place senior high point award and high score on the Trace 4-H Horse and Pony horse judging team at State

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vice president conducted the voting on resolutions.

Women's Committee Chairman announced that the proceeds received from

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Comments Invited

What information do you want on food labels you purchase? The Food and Drug Administration has long life, says the launched a drive to solicit consumer comments on food labels Written comments should be addressed to the Hearing Clerk, HFC-18, Food and Drug Administration, Room 4-62, 5600 Fishers Lane, Rockville, Maryland, 20857

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