## **Cumberland Holsteins**

(Continued from Page C29)

Classifying and becoming Cumberland County Exwith total herd; Total tivities." Performance Index-use in selecting good bulls; feedback and involvement Regular purchasing of good among those students, quality females adding good teachers, businessmen and and new blood to herd and; community groups
Awareness and development associated with the dairy of good health and nutrition program is tremendous. throughout the herd.

registration certificates are Naugle, Audit Committee; playing a more active role in the Holstein breed.

"Looking at the sales of registered cattle today make certificate that trimmed in blue suggest that pride of ownership is second to nothing else."

Duane G. Duncan.

more fully aware of the tension Agent presented a functional traits each cow slide arrangement of county possesses; Liberal culling- activities throughout the removing from herd those year entitled "Telling the cows who cannot keep pace Farm Story and Club Ac-

> Duncan also said the groups

Holstein Club Committee Nichols closed by saying reports were given by: Fred M. Thomas Sheaffer, Nominating Committee and State Directors report; Creedin Cornman, Tour Committee; Delmar Cornman, Youth Committee; and Jeff Reasner, Breed Im-

### William C. Nichol, Executive Secretary of the Pa. Holstein Association, reported the State Association's activities to members of the Cumberland County Holstein Club at their annual banquet and meeting.

Holstein Club Officers are: President - Mark Naugle; Vice-President - Paul Hornbaker; Secretary-Treasurer - Paul Cornman; News Reporter - Jeff Reasner: and State Director - M. Thomas Sheaffer.

Annual Meeting Com-

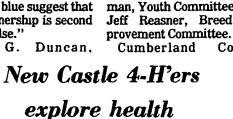
SPOUTING

Box 96 Loop Rd., RD 4

Chairman John Cope, Co-Chairman Donald Thrush, Grace Hornbaker, Jean Sunday and Helen Cope.

Dairy refreshments were provided by Thrush Bros. Farms of Shippensburg. "The Reflection," an area vocal group, provided en-

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in New Castle County enrolled in the health project, recently participated in a health festival.

Resource people discussed proper use of make-up, dental care, hair care, proper exercise suggestions, along with nutritional information dealing with good health. All stressed the importance of good eating habits for a good healthy appearance.

Valarie Moore, junior leader in the health project and Mrs. Jeanette Lowman, health leader of the Porter Gang 4-H Club organized this event.

One of the highlights of the evening was speaker Brenda Wiendenmann of Newark. Brenda is a salesperson of a nationally known cosmetic company. One lucky 4-H'er from the audience was selected for a total cosmetic treatment. Proper skin care and use of the proper cosmetics to meet your complexion was stressed by Mrs. Wiendenmann.

Health projects are a strong part of the 4-H project concept. 4-H'ers can select

# Family Forum

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The York County Cooperative Extension Service Office has copies of the forum Guidebook that will help you plan, carry out and publicize a local family forum Pick up your copy from our office soon at 112 Pleasant Acres Rd, York, PA 17402 or phone 757-9657

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NEWARK, Del. — 4-H'ers from these levels of health, which deal with personal, family and community health. The health projects are sponsored nationally by 4-H, by the Eli Lilly and Company, Indianapolis, Indiana; and Kraft, Inc., Glenview, Illinois.

The major objects of the health project include acceptance of responsiblities for maintaining and improving ones own physical, intellectual, emotional and social health.

Also of key importance is for 4-H'ers to learn the prinicipals of good nutrition as they relate to good health, physical fitness and attractive appearance.



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