

Francisco wins dairy scholarship

CEDAR KNOLLS, N.J. — Yvette Marie Francisco of Lafayette, N.J., is one of three national winners of the United Dairy Industry Association's Employee/Dairy Shrine Scholarship. In winning this honor, Ms. Francisco received a \$500 scholarship.

The scholarships go to outstanding high school seniors who are entering college to study fields related to marketing dairy products. Recipients are selected on the basis of ability, interest and need by a committee of dairy experts assembled by the Dairy Shrine Club. The Club presented the scholarships at an awards banquet in Madison, Wis. on October 2, in conjunction with the World Dairy Expo.

Ms. Francisco hopes to combine a dairy marketing major with her interest in foreign languages to pursue a career in marketing dairy products abroad. She graduated fourth in a class of 178 and was an active participant in French Club, FFA, 4-H, National Junior Holstein Association, and the 4-H and FFA state dairy judging teams.

The UDIA Scholarship program began in 1976 with one award. It

Families can combat

- (Continued from Page B14)
- How much will the treatment cost?
 - Is there a less expensive treatment that will give the same results?
 - Is there a less expensive drug

that will accomplish the same thing?

And finally, for surgery or major treatment:

- Can you recommend someone for a second opinion?

It is also important to discuss the nature of all medications with your doctor and/or pharmacist. Questions to ask include:

- What is the name of the drug?
- How does it work?
- What are the possible side effects and/or allergic reactions?
- Can the drug be taken with other drugs I am already taking?
- How long should I take the drug?
- When is the best time to take it?

was expanded to the present three scholarships in 1981. Funds come from contributions by employees of UDIA, American Dairy Association, Dairy Research, Inc., National Dairy Council, UDIA member organizations, affiliated Dairy Council units, D'Arcy Masius Benton & Bowles, as well as members of the UDIA Board of Directors.

- Are alcoholic beverages restricted? Are there other restrictions?
- Should I make any changes in my diet?
- Can I drive after taking the drug?
- Can you prescribe a generic brand of the drug?
- Should I call if my condition doesn't get better?
- Should I return for another appointment?

"Look for generic brands of nonprescription drugs, too," advises Glenn. "Read the labels for ingredients." Many expensive headache remedies are just aspirin or acetaminophen (the leading aspirin-substitute), which are available in thrifty generic brands.

Comparison-shop for medical tests and prescriptions. Call several places to find out how much a test or medication will

cost. When extension safety specialist Ron Jester recently conducted a telephone survey of five hospitals within a 40-mile radius of Georgetown, he found a \$59 difference in the cost of a cholinesterase test used to detect a farmer's exposure to certain pesticides. Quality doesn't necessarily correspond to cost.

Be well-informed about the nature of your illness. If a chronic disease is diagnosed, seek information and support from reliable health agencies such as the American Heart Association, Arthritis Foundation or American Cancer Society. It's also important to thoroughly understand your health insurance coverage.

Finally, don't waste money on unproven treatments such as folk remedies or commercial products which make outrageous claims. "Let your doctor be the authority on treatment," says Glenn.

Pratt receives scholarship

UNIVERSITY PARK — Michael D. Pratt, son of Mr. and Mrs. Gerald Pratt, Granville Summit, recently received a \$500 scholarship during the 1985 Dairy Herd Improvement Association Annual State Directors Meeting at Penn State University.

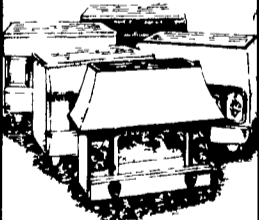
Pratt is a fifth semester student majoring in agricultural science. He worked as a DHIA summer assistant in Tioga County during 1985.

The scholarship is based on the accuracy of the applicants' talents in recording data for DHIA records and his ability to communicate with DHIA members. Pratt plans to pursue a career in the dairy industry upon graduation from college.



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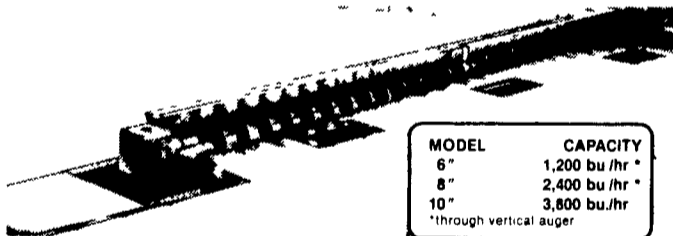
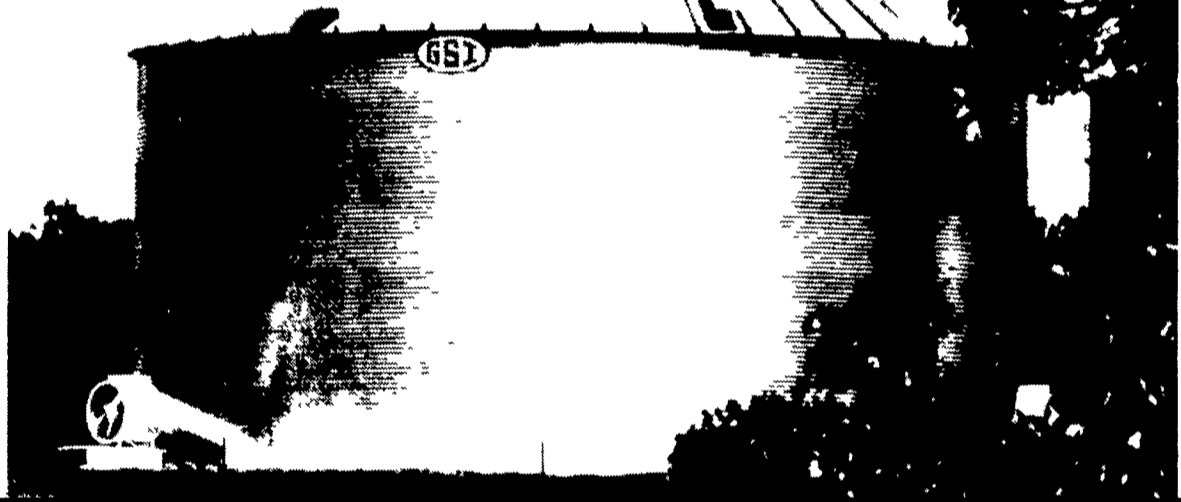
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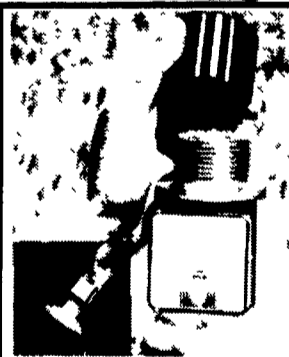


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