

## Berks home economist wins scholarship

UNIVERSITY PARK — been awarded Penn State's Helen Michelle S. Rodgers, Berks County Extension home economist, has E. Bell Scholarship. The \$500 scholarship was awarded to

Rodgers to assist her this fall when she takes a one-year leave of absence to complete a master's degree in rural sociology.

Rodgers has worked as a home economist and with youth programs with Penn State's Cooperative Extension Service for nearly six years, first in Lancaster County and most recently in Berks County. She is responsible for developing and coordinating educational programs addressing family strengths, clothing and textiles, child development and 4-H youth home economics programs.

Rodgers writes two newspaper columns for which she received a communication award from the National Association of Extension Home Economists. She also serves as an extension computer software subject matter specialist, developing computer templates and sharing her expertise with Extension colleagues and clients.

Rodgers says her graduate studies will focus on family stress and strengths. "Families and family issues will continue to be an important priority for Extension in the future. After all, we're all involved in family relationships," she continues. "By focusing on

family studies as I complete my degree, I feel I can broaden and enhance the county extension family living program."

Rodgers will be based at University Park for one year while completing her studies. The second recipient of the Helen E. Bell scholarship, she is the daughter of Ken and Anna Skiles of Narvon.

Helen E. Bell, who was with Penn State for 19 years, served as

state family living program leader and professor of home management extension. The scholarship, for home economists pursuing graduate studies, was established by Dr. Bell's colleagues when she retired in December 1983. Scholarship contributions, which are still being accepted, will be used to establish an endowment to insure the scholarship will continue in the future.

## Luzerne Extension plans homemaker's day

WILKES-BARRE — "Get Ready for the 90's" is the theme for the Annual Luzerne County Extension Homemaker's Day set for Thursday, April 17, 9:30 a.m. to 3:30 p.m. at the Genetti's Best Western Motor Lodge, Hazelton.

The day's events will include the following programs:

- "Diet and Cancer" by Dr. Joy Armillay, Registered Dietician. She will discuss what cancer is and how it starts, how the amount of fat you eat affects your risk of developing certain types of cancer, how to change a dinner menu to lower fat intakes, and how to change your ingredient substitution in recipes to lower their fat content.

- "Decision Making When Starting a Home-Based Business" by Dr. Mary Saylor, Ph.D, arts specialist and assistant professor

of Extension. She will present an introduction to basic concerns and decisions in starting a home-based business, including types of businesses that can be conducted from the home.

- "Computers-The Wave of the Future" by Alfred T. Skala, Northeastern regional computer specialist. He will offer an introduction to computer programs to help families make wise decisions when sewing for profit, family budgeting, avoiding major stresses in our daily living and counting cholesterol in the daily diet.

"Take this day to visit with old friends, meet new friends, see displays of many items created by county homemakers" says Mrs. Josephine Kotch, Extension home economist in Luzerne County.

Many handmade door prizes will be awarded. A nominal fee will be charged to cover lunch and expenses.

For reservations call or write our office for luncheon tickets: Homemaker's Day, Luzerne County Extension Service, Courthouse Annex, 5 Water Street, Wilkes-Barre, PA 18711; phone 825-1701 or 459-0736, ext 701 (Hazelton Area).

Paid reservations are due no later than April 9, 1986.



Helen E. Bell, left, congratulates Berks County Extension home economist Michelle Rodgers. Rodgers received the \$500 scholarship that was established in honor of Bell, who retired in 1983 from a long and distinguished career with Penn State.

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