

Penn State Extension Home Economists Recognized

UNIVERSITY PARK (Centre Co.) — The Pennsylvania Association of Extension Home Economists recognized special achievements at a breakfast held October 24 at University Park.

The PAEHE State Honorary Award, given to a volunteer who has shown exceptional service and support for family and extension family living programs, went to Marie Schoen from Montgomery County.

The Outstanding Family Living Program Award was given to Debra Bryant in Wayne County.

The Eastern Regional National Association of Extension Home Economist Awards included the Financial Management Award won by Patricia Powley from Dauphin County and the International Fabricare Award given to Faye Richardson, assistant to the regional director, Northeast Region.

Jane Mecum, Penn State extension home economist in Perry County, was given the Pork Producer's Media Award. The \$100 award recognizes excellence in home economics communications.

Twenty Penn State home economists were honored for their communications efforts.

In the News Article category, Karen Thomas, Penn State extension home economist in Lackawanna County, won first place for an article titled, A Healthy Lifestyle Can Prevent Heart Disease.

Ethel Ann Jones from Snyder County, Patricia Conan from Northumberland County, Kate Humbert from Montour County and Natalie Ferry from Union County won second place honors. Patricia Powley, Penn State extension home economist in Dauphin County, was awarded third place.

In the Newsletter category, Jeannine Richlin from Sullivan County won first place for her newsletter, Current Topics — Homemaker Update. Barbara Miller in Elk County and Rebecca Wolf from Lehigh County tied for second.

The first award for the Overhead Transparencies category went to Karen Thomas for her transparency, Creative Vegetable Cookery. Second place went to Jeannine Richlin from Sullivan County.

In the Packaged Program category, first place went to Faye Richardson for her program, Carpet Selection and Care. Second place went to Phyllis Wright in Warren County and third-place honors went to Jane Beightol from Mifflin County.

In the Radio Feature category, Bedford County extension home economist Janice Stoudnour took first place for her program, Take Action — Attend the Bedford County Forum. Second and third places went to Jane Beightol in Mifflin County and Kay Hastings in Bucks County.

Kay Hastings also won first place in the Radio Spot category for her piece, Cut Costs With Your Water Heater.

Extension Family Financial Program Offered

HONESDALE (Wayne Co.) — Penn State Cooperative Extension in Wayne County is making available a financial counseling program to teach volunteers to assist families in need of debt counseling. Volunteers are being recruited from service organizations, agencies, churches, and community minded individuals to receive three days of training scheduled for January 5, 12, and 19 from 9:00 a.m. - 4:00 p.m. in the Cooperative Extension office, Honesdale.

Training for the "Extension Family Financial Program" will

be given by four members of the extension staff: Lehan Power, northeast area financial management agent; Jeannine Richlin, extension family living agent, Sullivan County; John Creighton, extension agent, Wayne county; and Debra Bryant, extension family living agent in Wayne County. There is no fee for the instruction but a fee will be charged for the guideline manual used in the course. The areas to be stressed in the training are counseling techniques, basic money management, credit use, and available community resources.

The guidebook contains information on counseling skills, spending plans, credit and community resources. Case studies are included in the guidebook, as well as copies of the forms to be used with client families and a list of additional financial management resources.

Once the actual program gets underway early next year the County Extension Family Living Agent will act as a consultant to the counselor, and requests for counseling may be made through the extension office. Counselors will be encouraged to complete each case in six months. It is anticipated that most counselors will

devote one or two hours a week meeting with one or two families.

Similar training for counselors is being offered in the Sullivan-Bradford County area. This program is a new effort for Pennsylvania extension and is being patterned after a very successful counseling program which has been carried out for a number of years by Maryland Cooperative Extension.

To secure more information on the program and to register for the counselor training contact Debra Bryant at the Wayne County Cooperative Extension office, Court House, Honesdale 253-5970 Ext. 239.

New Help For Heart Attacks

EPHRATA (Lancaster Co.) — There's new hope for the 1.5 million Americans who will have a heart attack this year. Many will follow a program of cardiovascular protection — that is, they'll go on a diet, quit smoking and/or take medication to protect the heart from cardiovascular disease.

Recently the drug most frequently used to treat high blood pressure, hypertension and angina, has proved to help save lives during and after heart attacks.

During a heart attack, blood flow to the heart is drastically reduced because of an obstruction and heart muscle cells don't get enough oxygen. However, when early treatment includes a beta

blocker, such as atenolol, known as Tenormin®, possible damage to the heart muscle may be averted since the heart slows its work, the beat is reduced and less oxygen is needed.

Studies show Tenormin has been proven among the most effective beta blockers in providing cardiovascular protection. A major research study involving more than 16,000 people supported using Tenormin in the first 12 hours after a heart attack. Deaths were reduced by 15 percent during the first week.

Remember: early detection and treatment save lives. If you think you're having a heart attack, or are with someone who is, get medical attention immediately.

Christmas Tree

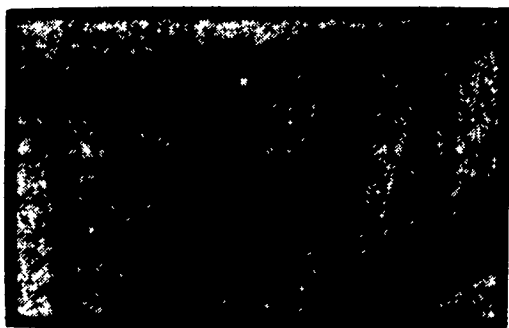
(Continued from Page B14) removed and used as mulch in gardens. The trunk can be used for fuel.

Needles can be stripped from the limbs and snipped into small pieces for stuffing into aromatic sachets.

Large numbers of trees make effective sand and soil erosion barriers, and when sunk in ponds make excellent refuge and feeding areas for fish.

Woodworking hobbyists can use Christmas tree trunks to make buttons, gavels and candlesticks.

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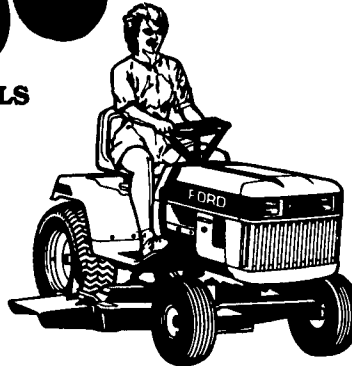
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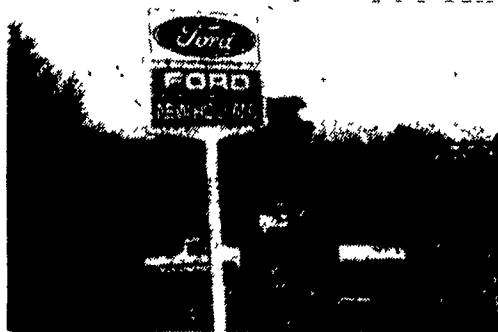
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