

# Berks County Holds Spring Awareness Day For 250

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Lancaster Farming Staff  
LEESPORT (Berks Co.) — About 250 women attended the Berks County Cooperative Extension Spring Awareness Day, May 5, that focused on meeting the challenges of the world's families.

Topics addressed included healthy attitudes, telemarketing fraud, lifestyles of African families, and flower arranging.

The annual event held at the Berks County Ag Center in Leesport also awarded scholarships to two students pursuing a degree in fashion merchandising. The students, Maureen Dundas, Southampton, and Katherine Ritz, Stonetown, are students at Albright College in Reading.

### Attitude affects health

Dr. Leo Frangipane, a surgeon, told participants at the workshop that when he became interested in how attitudes affect healing, he contacted six women who outlived their diagnosis for cancer. He believes four things are needed for people to be happy and do well: Faith in God, faith in the doctor and people attending them, faith in treatment, and faith in self.

Out of his concern and love for patients entrusted in his care, Frangipane organized a support group called SEEK (support, encouragement, exceptional, kinship) where patients learn exceptional attitudes in defying the odds as they battle their illnesses.

"The worst things in life are seeds for the best," Frangipane said. "God permits things to happen because there is something better in it. We can learn from them. Cancer teaches the urgency of life.

"Everybody is going to die

sometime. You can dig a hole and hide or you can say, 'I may get breast cancer, but I'm not going to worry about it.' About 99.9 percent of life is tragedy free, but we walk around like it's the opposite," he said.

Frangipane teaches the need for simplifying, forgiving, and living moment by moment so that healing can occur.

### Telemarketing frauds

Deputy Attorney General Michael Butler, who oversees five counties, warned the audience about telemarketing fraud and other con games in contests, sweepstakes, charities, and investment scams. He reported that consumers lose \$3 billion a year to telemarketing fraud.

One of the most common ploys is the telemarketing scheme that claims substantial prizes have been won by the householder. To claim the prize, householders are asked to give credit card or check account numbers.

"Never give them your credit card number and expiration date or your check account number," Butler said. "Although that is not a tough concept, many people succumb to the high pressure sales. The information is then used to charge things to the householder's account. Seldom are prizes awarded."

Multi-level sales and networking should be examined thoroughly before participating in them according to Butler. "Although many of them are legitimate, if you sell distributorships instead of products, it becomes an illegal pyramid scheme," he said.

### Bouquet ideas

Marjorie Shiner, owner of The



Members of the Family Living Advisory Committee who were honored for their term of service in planning programs included, from left: Beth Hartman, Carol Reed, and Dale Schwoyer. On right, Fay B. Strickler, Extension home economist, congratulates the members who served from 1986 to 1992.

Nosegay in Bernville, shared an abundance of ideas for combining herbs, flowers, and foliage with antiques or other unique household containers.

"I prefer to arrange things in bunches and stick to one color tone," Shiner said.

Using bunches of asparagus, parsley, lavender, mint tea, and thyme, she arranged them in a basket.

"Combining interesting textures are more pleasing to the eye," Shiner said.

She often uses sprigs of azaleas and other flowering bushes and trees in arrangements. Bare twigs also lend height and interest to arrangements.

When preparing an arrangement, Shiner suggested that persons walk around their yard and garden and look for unusual objects to include in the arrangement. "Flowers do not need to be perfect," she said. "A bent leaf or irregular flower can add interest."

She showed the simplicity that can be achieved by arranging purple tulips in a red-painted basket. She added radish leaves, spray asters, and birch sticks as accents.

Shiner interspersed helpful hints for do-it-yourselfers while she arranged flowers.

When using clear crystal containers, Shiner suggests crumbling deflated foil balloons and inserting



This year's recipients of the Berks County Extension Homemaker's scholarships are Maureen Dundas, center, and Katherine Ritz. Elaine Mauchline, chairperson of the committee, presented plaques and \$350 checks to the scholarship winners who are enrolled in fashion design at Albright College.



Marjorie Shiner, owner of The Nosegay in Bernville, showed how to incorporate vegetables and herbs in flower arranging.

Oasis inside the foil so that the silver side of the foil is turned outward. This hides unsightly stems and adds a silvery shimmer to the glass container.

Flower containers that become discolored may be cleaned by using denture cleaner or white vinegar.

If roses drop their heads, they may be revived by placing the rose in a deep container filled with hot water. Shiner explained that a rose with a drooping head is often fresh, but air pockets form in the stem and travel upwards. Because the stem connecting the rose is so slender at the neck, the air pocket becomes lodged at that point and causes the head to droop. By placing the rose in hot water, it forces the air bubble through the head and the head will then stand upright.

To make flowers from your garden last longer, use flower preservative in the water. The preserva-

tive may be purchased at flower shops and garden centers.

Flowers from your garden last longer if they are cut in the morning. Always carry a bucket of water with you to place the flowers into it. Roses should be cut under water to prevent air pockets from forming in the stems.

Condition cut flowers by placing them in the refrigerator for two hours before arranging in room temperature water.

### African families

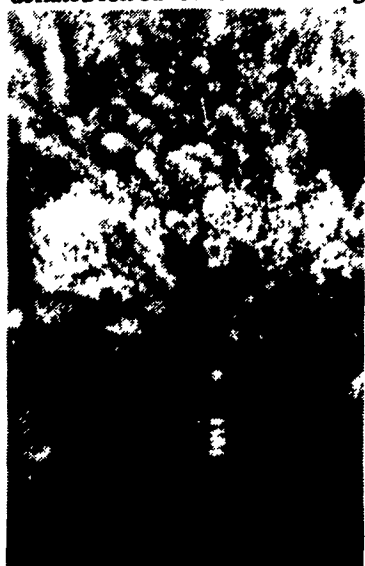
Mae Hostetter, extension agent from Dauphin County, reported on her visit to Africa during a study tour coordinated by the National 4-H Council and 4-H Youth Exchange Association. Hostetter said that 80 percent of the work is done by women who arise at 4:45 a.m. and work until sundown. The life expectancy of women is 50 years, and 2 out of 5 children do not live to enter first grade.



After his speech on "The power within — an attitude of healing, Dr. Leo Frangipane took time to meet individually with those who had questions.



A popular decorating idea is arranging flowers on a sticky Oasis that adheres to mirrors, candlestick holders, and other usual places.



After you enjoy a fresh arrangement, hang the flowers upside down in a dry, dark place until air dried. In this arrangement, hydrangea, larkspur, and clover shows how preserved flowers can be arranged for long-lasting pleasure.