



# HAPPENINGS

## Bucks 4-H

Local 4-H youth were given the Junior Cloverleaf Award at the Bucks County 4-H Achievement Night held at Delaware Valley College recently.

The award is given for outstanding 4-H leadership, enthusiasm, club involvement and responsibility.

In the 12-13 year old age group, awards were given to James Chester and Jennifer Patterson, Doylestown; Denise Ancharski, Levittown; and Douglas Pike, Quakertown. In 8-11 age group, awards were presented to Joanna Karkaker, Doylestown; Peter Crooke, New Hope; Chara Hinstead, Sellersville; and Laura Miller, Quakertown.

James Chester and Joanna Karkaker are both active members of the 4-H Seeing Eye Puppy Club. Both have active leadership roles in their club and give demonstrations with their puppies. Douglas Pike and Laura Miller, members of the Milford 4-H Club, raise and show sheep. Pike is a teen leader and has completed the toastmaster junior leadership program.

Jennifer Patterson has been treasurer of the Buckingham 4-H Club. She is active in community service activities such as face painting at the Holicong Fair. Peter Crooke, Buckingham 4-H Club, is active with dairy and swine projects. He has taken small

pets to Buckingham Valley Nursing Center for his part in community service.

Chara Hinstead, Hilltown 4-H Club, served as club secretary and game leader. She completed sewing projects and participated in the county and regional 4-H fashion revue.

Denise Ancharski is a teen leader and rabbit raiser. She's been vice president, treasurer, and recording secretary of Edgewood 4-H Club. She's completed projects in brick laying and decorative pillow making. Denise gives frequent demonstrations with her rabbit.

For more information about 4-H in Bucks County, call Penn State Cooperative Extension, Bucks County, (215) 345-3283.

## 4-H'er Attends National Congress

Susanna Dreisbach-Williams of Easton was one of the 38 delegates from Pennsylvania to attend the five-day National 4-H Youth Congress held at the Chicago Hilton and Towers in December, representing the Pennsylvania 4-H and Youth Development program.

Delegates, including Dreisbach-Williams, were selected from more than 119,000 4-H members in Pennsylvania based upon their record of community involvement, excellence in their selected program area, and leadership skills.

Dreisbach-Williams joined more than 1,500 delegates from across the nation in attending the 72nd Annual National 4-H Congress, jointly sponsored by the National 4-H Council, USDA, and private donors. Highlights of the five-day congress included daily programs by major corporate sponsors, visits to such landmarks as the Chicago Mercantile Exchange, The Chicago Board of Trade, the Cook County Court house, and several of the outstanding museums in the Chicago area.

Dreisbach-Williams stated that the best part about attending Congress was meeting people from all over the country. She attended four workshops on career exploration, nonverbal communication, true colors, and team building. Susanna, who has just completed her last year in 4-H, said that the learning continues even after the last award forms are filled out.

According to Christy Kohler, Northampton County 4-H coordinator, the opportunity to attend National 4-H Youth Congress is the highest achievement award that a 4-H member can earn. Susanna has put in a lot of effort to attain this achievement award.

## Hunterdon Hoppers 4-H Rabbit Club

The November meeting of the Hunterdon Hoppers 4-H Rabbit Club was held at the Hunterdon County Extension Center on November 15. The group discussed the December Holiday Workshop and the achievement dinner on November 19th. Allison Pictroski of Ringoes gave a demonstration entitled "Giving a Demonstration".

The club welcomes new member Jessica O'Donnell of Califon.

# Exercise Reduces Diabetes Risk

If people do regular aerobic exercise and fail to lose weight, they may still reap an award — a reduction in the risk of developing diabetes.

Being obese puts people at risk of developing diabetes, says a nutrition researcher. Inactivity increases that risk as does having a family history of the disease or a tendency to gain weight at the waist rather than the hips.

A study at the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University in Boston, indicates that regular exercise can help people who may risk becoming diabetic. After 12 weeks of exercise, 18 volunteers — men and women over age 50 — reacted well to insulin and glucose.

That finding supports other research showing that exercise improves people's ability to respond to insulin so that glucose moves readily from the blood into body cells, says Virginia A. Hughes, who headed the study at the center funded by USDA's Agricultural Research Service.

"Weight loss produces the greatest improvement in people,"

says Hughes. "But it's very hard for most people to keep the weight off."

Unfortunately, people are seldom diagnosed before they become diabetic, she adds, and many diabetics go undiagnosed. While the volunteers were not diabetic, Hughes says, they had a nine- to ten-fold higher risk of developing diabetes at the beginning of the study.

She says the volunteers' insulin sensitivity — the appropriate response to insulin — improved an average 11 percent after exercising four times a week for 12 weeks. That means they cleared 11 percent more glucose from their blood with the same amount of insulin at the end of the study than they did at the beginning.

"Insulin sensitivity would probably continue to improve if people maintained the exercise program," she says, noting that changes in body fat were not statistically significant. "You don't see substantial changes in body composition until about one year into an exercise program." (Agricultural Research Service, U.S. Department of Agriculture)

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