

Awareness Day Examines Families Of The '90s

LOU ANN GOOD

**Lancaster Farming Staff
LEESPORT (Berks Co.)** —

"Families have always been the backbone of society, but now the structure is threatened and the future a little uncertain," Joan Cook said to the 200 persons who attended the Spring Awareness Day held at the Berks County Agricultural Center on April 19.

To add perspective to the theme, Celebrate The International Year of the Family, the day-long program included speakers addressing health, ancestry, managing family and job, and keeping the family well dressed for less.

In addition, two Berks County Extension Homemaker's Scholarships were awarded. This year's recipients are Thomas McNamara

and Anne Cassidy, both students in the nutrition program at Albright College.

Ann Rollman from The Reading Hospital and Medical Center began the day with ways to create a healthy lifestyle with an anti-cancer action plan.

"Prevention and early detection remain the best tools available in the fight against cancer," Rollman said.

Research in cancer prevention is proving that cancer is nutritionally linked. In fact, 40 percent of cancer in men and 60 percent of cancer in women is attributed to nutrition. A low-fat diet definitely is shown to reduce breast, colon, prostate, and many other kinds of cancer. Increasing fiber, calcium, and regular consumption of green and yellow vegetables in the diet, and regular physical exercise results in less nutritionally-linked cancer in both men and women.

Non-smokers have a much higher percentage of remaining cancer-free than smokers.

Rollman emphasized that prevention and early detection are the best tools available to fight cancer.

Nipa Hammond, a native of Thailand who has established an egg roll business in Reading, told about her transition from Thailand culture to the U.S.

Thailand customs esteem men and sons. Women are considered less than human and need to walk behind the man when appearing in public.

"When I wanted to talk with my father, I needed to make an appointment," Nipa said.

In her adjustment to American life, Nipa found it confusing and difficult in learning to be a strong woman, especially when establishing her own business. Nipa demonstrated making a native Thai dessert that was served to the audience.

In a light-hearted vein, Dr. Claude Reich traced the Pennsylvania Dutch heritage that is so prevalent in Berks County to the Pfalz section of Europe.



Extension home economist Fay Strickler, right, hands certificates to Grace Kline, left, and Cathy Wegener, who completed four-year terms on the family living advisory committee.



Joan Cook, right, hands scholarship awards to Anne Cassidy and Thomas McNamara.

Gwen Owens, news anchor, told how women in the '90s can juggle both family and career. Nancy Dibbs entertained the audience with a fashion show by modeling clothing purchased second-hand. Look for separate articles on these two women in this section.

Celebrating The International Year of The Family

A heart sheltered by a roof, linked by another heart, to symbolize life and love in a home where one finds warmth, caring, security, togetherness, tolerance and acceptance — that is the symbolism conveyed by the emblem of the International Year of the Family (IYF), 1994. The open design is meant to indicate continuity with a hint of uncertainty. The brushstroke, with its open line roof, completes an abstract symbol representing the complexity of the family.



Nipa Hammond

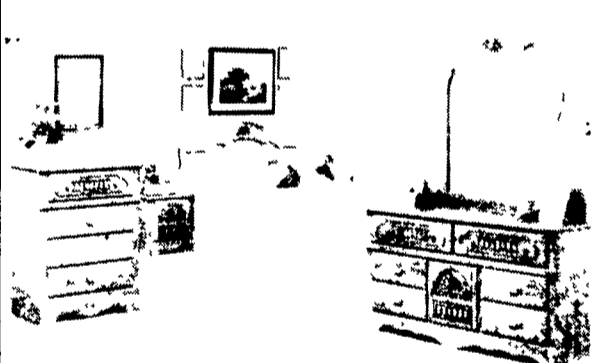
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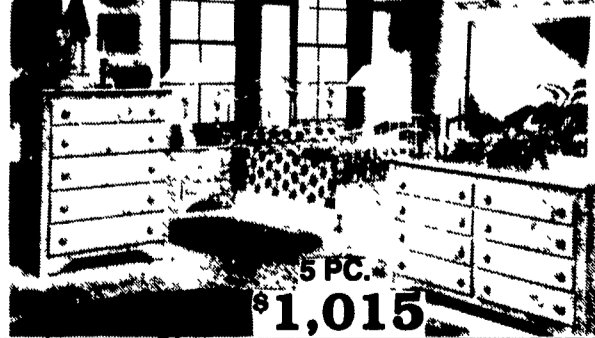
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