

Life Skills Training

WEST CHESTER (Chester Co.) — Penn State Cooperative Extension is holding a "Train the Trainers" session on Life Skills on Wednesday, October 26, 10 a.m.-3 p.m., at the Government Services Center, Suite 370, 601

Westtown Road, West Chester. This training is designed specifically for agency personnel and volunteers in community education and will address basic life skills education. Materials are organized in a notebook for mini-lessons with appropriate supple-

mental information to teach clients.

The registration fee of \$25 includes the material and instruction. To register, contact the Extension office at 610-696-3500. Registration deadline is October 10.

Master Farmer Scholarships

Five 1994 Master Farmer Scholarships of \$1,200 each, have been awarded to College of Agricultural Sciences undergraduate students at Penn State University.

The Mason C. Gilpin Scholarship to Scott Lewis, Pleasant Mt.; Master Farmers Scholarship to Jacqueline Vockroth, Hanover; Joyce and Ernest Miller Scholarship to Jacob Werner, St. Marys; Norman and Elsie Reber Scholarship to Ridger Keith, Martinsburg; Harry and Kathleen Ulrich Scholarship to Melissa George, Pittsburgh.

These scholarship awardees were selected by the College of Agricultural Sciences Scholar-

ship Committee on the basis of financial need and academic achievement. Donald Sept, Easton, Pennsylvania heads the Master Farmer Scholarship Committee. Other members of the Master


Farmer Committee are: Kenneth Rutt, Quarryville; Pennsylvania, Larry Kulp, Martinsburg; and president of the Master Farmers Association, David Hileman, Tyrone, Pennsylvania.

Butter Facts

Did you know?

- New York state ranks #5 in butter production within the U.S.
- New York has eight butter manufacturing plants.
- It takes 21.2 pounds of whole milk to make a pound of butter.
- Thirty-five percent of the population reports using butter.

- Butter consumption has increased by 10% over the past three years.
- Consumers purchase an average of 8 pounds of butter per year.
- Last year, 45% of all households surveyed purchased butter.



Family Living Focus
Linda Yungwirth
 Tioga County Extension Agent

OCTOBER - NATIONAL BREAST CANCER AWARENESS MONTH

One of the best investments you can make is to take good care of your own health. By giving your body such basic things as nutritious food, exercise, positive thoughts, fresh air and some sunshine, as well as regular health checkups, you insure yourself of better health and possibly preventing disease.

Women can help themselves in the fight against breast cancer, that dreaded disease which affects over 175,000 women in the United States each year. Early detection and good nutrition are two of the best weapons against this killer of health and body. Survival rates of this disease are highest when it is found and treated early.

What's involved in early detection? It is recommended that women themselves do monthly breast self-exams to detect lumps, or changes in breast tissue. A regular yearly check-up which includes a physician breast exam

is another good recommendation. And finally, a mammogram, with physician referral, at a local hospital or clinic. This last step is especially recommended to be done yearly by women 50 years or older because cancer risks increase with age.

What about nutrition? Although a direct relationship between breast cancer and diet has not yet been fully established, it is recommended that a balanced diet which includes low-fat foods such as lean meats, low-fat dairy products and plenty of fruits, vegetables and whole grain products can be helpful in keeping up the body's defenses against the disease. By becoming more aware of preventative measures, women can become more responsible for their own good health-their investment in the future!

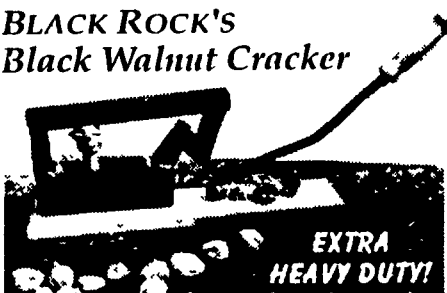
For more information on breast cancers contact your county extension office or the American Cancer Society who are working jointly on a project called NALIC-the Northern Appalachia Leadership Initiative on Cancer.

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