

# Adams County 4-H Holds Awards Banquet

GETTYSBURG (Adams Co.) — Adams County 4-H leaders and teens were honored for their years of dedicated service to Adams County youth through the 4-H program at the annual 4-H Leaders' Recognition Banquet, held recently at New Oxford High School.

All 4-H leaders attending received recognition for their years of dedicated service to the Adams County 4-H program. Special recognition went to leaders with one, five, 10, 15, 20 and 50 years of service. Jessi Leister, Arendtsville, and Tiffany Conaway, New Oxford, were pre-



Adams County 4-H leaders received special recognition for years of service at the annual 4-H Leader's Banquet. Those pictured are Janet Ludwig, York Spring 4-H Club (10 Years); Beverly Frazier, Mcsherrystown 4-H (10 Years); Jackie Conaway, New Oxford 4-H (5 Years); Doug Pierson, Abbottstown 4-H (5 Years).



Janet Ludwig, president, 4-H Clubs of Adams County, Inc., presents special recognition to Jessi Leister, Arendtsville, and Tiffany Conaway, New Oxford, for completing the 4-H Teen Leader project. This special recognition was presented at the Adams County 4-H Leaders Banquet.



Janet Ludwig, president of 4-H Clubs of Adams County, Inc., presents Tom Murren the individual "Partner in 4-H" award and an embroidered coat for 50 years of service to the Adams County 4-H program.



Nina Redding, Upper Adams 4-H; Grace Smith, Abbottstown 4-H; Judy and Mike Ludwig, Barlow Mt. Joy 4-H were recognized for 15 years and Lester Millar, 4-H Beef Club Leader, was recognized for 20 years of service as a 4-H Leader at the annual 4-H Leaders Banquet.

sented pins and certificates for completing the 4-H Teen Leader project.

First-year leaders receiving a bronze clover pin included Kim Neiderer, Tim Neiderer, and Joyce Sowers. Five-year leaders receiving a silver clover lapel pin were Jackie Conaway and Douglas Pierson. Those receiving a special plaque and gold clover pin lapel pin for 10 years of service were Beverly Frazier and Janet Ludwig.

Judy Ludwig, Mike Ludwig, Nina Redding, and Grace Smith received a special plaque and gold lapel pin with a pearl center for 15 years of service. Receiving special plaques and gold lapel pins with a diamond center for 20 years of dedicated service was Lester Miller.

The Adams County 4-H program honored Thomas Murren with their 1998 Individual "Partner in 4-H" recognition. Tom was also presented an embroidered coat for serving as a volunteer leader for 50 years. Over the years, Tom has worked with many 4-H members and leaders in the 4-H Dairy Club. He currently serves as organizational leader for the dairy club and is working with third generation 4-H members. Robert Weikert, Weikert's Livestock of Fairfield, was recognized for the Business "1998 Partner in 4-H" award. Bob and Weikert's have been strong supporters of the 4-H Beef Show and Sale Weikert's Livestock has supported the sale as the packer buyer for many years. His support allows 4-Hers

to receive market price for their market steers.

The 4-H Leaders banquet included the annual meeting of 4-H Clubs of Adams County, Inc. Elected by the 4-H leaders to serve three-year director terms were Jane Ramsburg, Gettysburg; Joe Miller, New Oxford; and Janet Ludwig, York Springs.

The Spring Grove High School Woodwind Quintet, entertained the 4-H leaders, members, and their families. Serving on the planning committee for the annual meeting were Deb Flickinger, Chair; Mary Lynn Martin, and Mary Miller Myers. Table decorations were provided by the York Springs 4-H Club.

## Improve Your Memory

### THE MYSTERIES OF MEMORY, HOW TO IMPROVE IT

Do you have days when you forget your own telephone number or your neighbor's name? We all have a fear of losing our memory. Fear of Alzheimer's disease is common among older American with memory problems.

Dr. Barry Gordon, M.D., director of John Hopkins University's Memory Disorders Clinic states, "If you really have a severe memory problem, you don't remember what happened; you don't know you made a mistake."

Dr. Gordon also says "That while what we call memory abilities decline with age, most older people—even those with memory problems—won't get Alzheimer's."

### MEMORY BOOSTERS

You can boost your memory. In fact, Dr. Gordon says that almost anything people try, including just hoping memory will improve, works to some degree in the short term. In addition to paying attention and repeating, he offers other suggestions to improve your memory.

- Take care of yourself. Research has indicated exercising, maintaining a healthy weight, and sleeping enough help people's mental abilities as well as their memories.
- Establish a spot to put things you need to remember. Dr. Gordon suggests avoid hav-

ing to remember things is the best way to boost your memory. By establishing a spot to put things you often misplace, like your keys, you won't have to remember where you put them.

- Determine what you need to remember. Know what it is you most want to remember—names and birthdays, for example—can prevent you from wasting time and energy trying to remember things not important to you.

- Make learning conscious. Telling yourself this is something you want to remember will help to lock it in your memory.

- Make memory meaningful. Associating something you want

to remember, such as a name with something more interesting or meaningful to you, such as a song, can help you remember.

- Try memory aids. These can be note cards or anything else you can carry with you to write things down on. "Just having a memory aid available makes you so much more comfortable," says Dr. Gordon. And the thought you are going to write down often means you don't have to write it down at all to remember it.

- Use a memory partner. Ask your spouse or a close friend to help you remember something.

(Turn to Page B19)

## 58th Annual Convention

(Continued from Page B17)

Dairy Maid Laura Blauch prepared Creamy Caramel Fruit Dip for the members and told about the dairy promotions held throughout the county.

The Society presented a scholarship to Michelle Strouphar.

A men's quartet, Sounds of Renown, entertained the audience with songs and jokes. Members especially enjoyed the special selection the quartet sang to June Shelley, the member who was the most recently married. The song was "Just In Case You Change

Your Mind."

Pennsylvania Runner-Up Fair Queen Jessica Watson, who is from Lebanon, talked about her experiences as fair queen and of her work with city youth. Jessica, who is majoring in youth ministry at Lancaster Bible College, sang and signed the song "Love In Any Language."

County President Susan Hawley and state president Lois Hughes addressed the members. Caroline Patches presented two readings.

Members held a memorial service for deceased members.