



Pictured are winners and representatives of winners in the Somerset County 4-H Scholarship Program. Seated from left, Jessica Darr, Erin Livengood, Jessica Lynch, and Darlene Beachley, accepting for daughter, Andrea Beachley. Standing Luke Svonavec, accepting for sister, Heidi Svonavec; Kathy Sines, accepting for son, William Sines; Darlene Miller, accepting for daughter Heather Miller; Scott Rhoads, Jessica Ashbrook, Bonnie Miller, accepting for daughter April Miller; Jeanne Hillegas, accepting for son Brandon Hillegas and Norman Croner, accepting for daughter Cassey Croner.

## Scholarship Winners Receive \$8,500

### GAY BROWNLEE

#### Somerset Co. Correspondent

**BERLIN** (Somerset Co.) — About \$8,500 in scholarships made 12 recipients in the Somerset County 4-H rejoice. Their college financing was somewhat lightened after the 30th Annual Somerset County 4-H banquet was held recently.

Jessica Ashbrook, Berlin, Larry and Sharon Ashbrook's daughter, received scholarships from the Karen Marteeny Memorial Fund and from Barbera, Clapper, Beener, Rullo and Melvin, a law firm.

Andrea Beachley's scholarships were from Somerset OB-GYN Associates, Highland Tank, and from Barbera, Clapper, Beener, Rullo and Melvin. John and Darlene Beachley, Berlin, are Andrea's parents.

Cassey Croner, daughter of Norman and Carol Croner, Berlin, received scholarships from OB-GYN Associates and from Barbera, Clapper, Beener, Rullo and Melvin.

Jessica Darr's scholarship came from the Frank J. Reynolds Horse Memorial Fund. Her parents are Scott and Sue Darr of Somerset.

Brandon Hillegas, the son of Russ and Jeanne Hillegas Fairhope, got scholarships from the Somerset Trust Company and from John Krause Electrical Services.

Erin Livengood benefited from the scholarships of the Somerset County Beef Producers, Ag Choice farm Credit, Somerst County Builders Association, and Hemminger Homes. David and Rose Livengood, Erin's parents, are from Sipesville.

Jessica Lynch, Gary and Nancy Lynch's daughter from Friedens received the Betsy Will Custer Dairy Memorial Fund scholarship and also from B.J. Maurer and from Barbera, Clapper, Beener, Rullo and Melvin.

April Miller, daughter of Haldor and Bonnie Miller of Somerset, received scholarships from Leroy Glessner Memorial Fund and from Barbera, Clapper, Beener, Rullo and Melvin.

Heather Miller, Stoystown, daughter of Donald and Darlene Miller, received a scholarship from Black's Specialty Service and Barbera, Clapper, Beener, Rullo and Melvin.

Scott Rhoads received scholarships from Laurel Bank and Lincoln Supply and Equipment. He is the son of Allen and Judy Rhoads of Stoystown.

William Sines, son of Richard and Kathy Sines of Meyersdale, received a scholarship from the Frank J. Reynolds Beef Memorial Fund.

Heidi Svonavec, the daughter of David and Betty Lou Svonavec, Rockwood, received scholarships from PNC Bank and the Somerset County Lady Shepherds.

Erin Livengood of the Steaks and Chops 4-H Club and Brandon Hillegas of the Buffalo Creek 4-H Club, received the Outstanding 4-H'er Awards

from AgChoice Farm Credit ACA.

In the Leadership recognition, Award of the Diamond went to Lowell Friedline for 40 years of leadership, followed by Richard Ely, a 35-year leader who received Award of the Sapphire Clover, and to William Blough, for 30 years of leadership — Award of the Ruby Clover.

Cindy Walker recieved the Award of Emerald Clover for 25 years of leadership.

Award of the Pearl Clover, for 15 years of leadership, went to Peggy Black, Marie Waltermire, and Linnie Will.

Award of the Gold Clover, for 10 years of leadership went to Doug Black, Vernice Castro, Susan Clites, John Ferko, Debra Hay, Connie Hillegas, Annette Knotts, Teresa Landis, Edward Philipp, and Richard Sines.

## Calcium Web Site

**COLUMBUS, Ohio** — The American Dairy Association and Dairy Council Mid East will launch a revised and updated version of their web site to help 9- to 14-year-olds combat the growing calcium crisis.

While nearly half of adult bone mass is formed during adolescent years, nine out of 10 girls and seven out of 10 boys are not meeting their daily calcium quota. Calcium, found in milk and milk group foods, is the primary nutrient that helps bones grow long and strong.

"Adolescent boys and girls drink about three times as much soda as milk in a day. As a result, most are coming up alarmingly short on calcium," said Ann Marie Krautheim, RD, LD, director of nutrition communication and programs for ADADC Mid East. "Tracking data indicates that many individuals are visiting this site daily and spending a significant amount of time learning about the benefits of milk's calcium."

"No Bones About It . . . Drink Milk for Calcium," found at [www.drink-milk.com](http://www.drink-milk.com), includes

four interactive activities that teach kids about the importance of meeting their need for calcium-rich foods. These activities enable kids to evaluate their fitness level and the amount of calcium they are contributing to their "bone bank" and identify their individual "food personality." Kids can also find calcium rich food ideas to satisfy after school "snack attacks." New games and additional recipes will be added in throughout the next several months.

Research shows that kids cite teachers, health professionals and parents as primary sources for nutrition information. As a result, the site provides teachers with a lesson plan that may be downloaded and used in the classroom.

The lesson plan, entitled "Break Fast for Breakfast," can be used in the classroom along with activities on the web site, or the lesson plan can be modified if the Internet is not accessible to students. Health professionals may download patient education materials to help educate parents and teens about the growing calcium crisis and provide strategies for meeting their calcium quota.

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