

On Mother's Day Pay Tribute To The Women In Your Life

Do you have fond memories of a dish your mother or grandmother prepared? Perhaps your wife's or your mother-in-law's cooking wins rave reviews from your perspective.

Mother's Day is the perfect time to remember the women who play an important role in your life. One of the best ways to show your appreciation is by participating in the "Tribute To Mothers" printed in *Lancaster Farming*, May 12.

Send in a recipe and a few paragraphs about the person who prepares or who did pre-

pare some of your favorite dishes. We can even print a picture to accompany the recipe if you include a clear photograph.

Be sure to include your name and your relationship to the person you are honoring. Include your full address with any photographs you want returned.

Submissions must be received by May 7. Send to Mother's Day Tribute, Attention: Lou Ann Good, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.



Riding bike on the family farm offers many different routes, but this is Jaylene's favorite one.

(Continued from Page B2)

cream trailer during opening weekend at a fresh air market next to the Washington Monument.

Jaylene and Laura tell customers, "\$1.25 please," as they take the money for the ice cream cones that their dad dips out. The girls are great salespersons. Mom, Lolly stays home to milk the cows.

"We have hundreds of cats, but my favorite is Velvet and Penny," Jaylene said.

Tonight, Jaylene will crown a new Berks County Lil Miss to replace her.

"I really liked it (being Lil Miss), but now I'll have more time to play," Jaylene said of no longer being responsible for dairy promotion.

"It is important to drink your milk everyday," Jaylene said.

She has two favorite recipes, "using lots of real cheese," that she likes her mother to make. She hopes readers will try the recipes.

Super Easy

Macaroni And Cheese

3 tablespoons melted butter
2½ cups uncooked macaroni
½ cup shredded sharp cheddar cheese

1 quart milk

Melt butter in a casserole dish. Add macaroni and stir until coated. Sprinkle with cheese and mix well. Pour milk over all and bake at 325 degrees for one hour.

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Cheesy Popcorn
¼ cup butter
¼ cup grated parmesan cheese
½ teaspoon salt

2 quarts hot popped popcorn
Melt butter, add cheese, and salt. Pour over popcorn and toss well.



Swinging beneath the canopy of leaves are Jaylene, Laura, and friend April.



Even the geese celebrate springtime with a leisurely swim.

Mobile Mammography Available

BAREVILLE (Lancaster Co.)

The mobile mammography unit from the Lancaster General Health Campus will be at the Bareville Fire Hall on Thursday, May 10 from 2 p.m. until 8 p.m.

They will be located in the new building which is behind the old fire hall.

The mammography exam will be done in a private room by a certified mammography technologist. Films will be transported to the LGH Health Campus to be developed and read by a radiologist. Reports will be sent to the patients private physician and a summary will be sent to the patient.

The approximate cost of this study is about \$100. All billing will be handled by the Lancaster Health Alliance. They will bill insurance companies if information is provided. Contact the billing office with any questions at (717) 290-4259.

If you have no insurance and need financial help, you may be eligible for assistance through the Mother's Day Mammogram program offered through Rite Aid Drug Stores. Brochures on this program are available at any of

their drug stores.

You may also call the local American Cancer Society and ask about the Imaging for Life Program to obtain financial assistance. That phone number is (717) 397-3744.

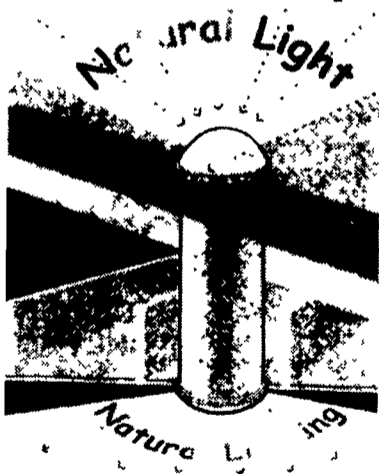
If you need financial help for this study, you will need to arrange it before the day of the study. There is no need to make an appointment. The study takes about 10 minutes, but you need to wait if people are ahead of you.

If you are a woman age 40 or over, the ACS recommends a yearly mammography. We ask that you do not use powder or deodorant under the arms until after the study as it effects the films. If you refrain from caffeine, use several days before the study, it will be more comfortable for you.

The unit will also be at Witmer Fire Hall on June 19 from 4 p.m. till 8 p.m.

Call Pat Spangler with any questions. Phone (717) 656-6122 (daytime) or (717) 687-7434 evenings.

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