

**Family Living  
Focus**

by  
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Extension Agent



**Delaware County Teens  
Attend National 4-H Congress**

SPRINGFIELD (Delaware Co.) — Marisa Blagman, of Brookhaven, a student at West Chester University, and Jana Holt of Wallingford, a student at Strath Haven High School, recently returned from Atlanta, Ga. where they participated in the 2001 National 4-H Congress. They represented Delaware County and were part of a 42-member delegation from Pennsylvania. This event was attended by over 1,100 teens from 47 states and Puerto Rico.

The four-day event was full of interesting events, excellent workshops and well-known

to enjoy the years ahead with a renewed sense of confidence. What else could you ask for?

Tempted to find out more on the conference? Check out the complete conference on the website at [www.celebratingmidlife.org](http://www.celebratingmidlife.org) or contact your local county extension office. You can also write to me, Pat Leach, Extension Agent, Penn State Cooperative Extension, 827 Water Street, Indiana, PA 15701 or call me at (724) 465-3880.

If you're worried about getting to Oglebay Resort, don't. The resort is easily accessible from the PA turnpike, I-79 South of Pittsburgh or Rt. 70 West. If you're interested in saving money, take advantage of the early bird registration rate good through Feb. 1, and the special conference room rates at Oglebay good through Feb. 14.

Be good to yourself and plan for this great getaway event. After all, don't you deserve it?

speakers and also included a community service project. The National 4-H Congress has a long history of providing a quality educational and multicultural experience to address the needs and issues of youth ages 15-19, while helping to develop capable, competent, and caring citizens.

Attendees had the pleasure of hearing several outstanding and notable speakers. Each speaker focused on the theme "Celebrate the Possibilities."

Dan Thurman talked about "Celebrate Our Differences. Dr. Robbie Melton, assistant vice chancellor for academic affairs for the Tennessee Board of Regents, focused on "Serve One Another."

Katie Harmon, 2002 Miss America, spoke on the topic, "Creative Positive Changes," and "Stand Up and Speak Out" was the title for Dan Clark, former NFL football player and writer. All speakers stressed leadership and self-determination.

Another highlight was the 4-H member participation in Monday's CNN Talk Back Live show. 4-H members had a chance to voice their opinions on national television. They also received a tour of the CNN studio.

Every 4-H member participated in the "Art of the Season" community service project. The "Art of the Season" is a holiday event held by the Children's Healthcare System. Children from the community attend workshops to make holiday crafts. All proceeds go to the



**Marisa Blagman**



**Jana Holt**

Children's Healthcare Systems. The 4-H members manned different stations and helped children create their crafts.

All participants were also asked to bring new children's books to National Congress. Over 1,300 books were collected and donated to the Children's Healthcare Systems to be distributed to children and their parents to encourage reading.

**Celebrating Midlife:  
The Best Is Yet To Be**  
Don't vegetate—rejuvenate!

Have the "ho-hums" this mid-January day? A sure cure is to "escape" the day-to-day routine and plan a trip where you can enjoy a beautiful mountain landscape, see a nationally-known antique show, participate in tours related to horticulture, history, music or horse racing! While you're at it, why not attend some outstanding educational programs tailored to help you meet the challenges of today's midlife years.

Interested? Then mark your calendar for April 7-9, for the "Celebrating Midlife: The Best Is Yet To Be" Conference to be held at the beautiful Oglebay Resort and Conference Center in Wheeling, West Virginia.

Cooperative Extension educators from Penn State University, Ohio State University, West Virginia University, and The University of Maryland are collaborating to bring you a unique conference filled with fun and learning.

With two humorous speakers and 45 different workshops dealing with personal development, financial security, health and wellness, family connections, housing, and caregiving responsi-

bilities, you're guaranteed not to have a "ho-hum" attitude at this conference!

"Forty is the old age of youth, 50 is the youth of old age." Victor Hugo (1820-1885) in this quote could have been talking about us in modern times. Midlife or middle age is a relatively new phenomenon because people are living longer and raising smaller families. We have more years ahead in which to direct our energies after age 40, 50, 60 or 70. Never before have there been so many challenges, changes and choices for those of us in the middle years.

Just to wet your appetite, here are some of the workshop titles: "Do You Want to Work Forever," "Smart Money Moves for Midlife," "Caregiving Includes Caring For Yourself," "Walking in the Footsteps of Our Past," or "Active for Life."

Through these workshops you will be able to take normal changes in stride, consider new options, feel more in control of your life, build on the strengths of your family and prepare yourself to deal with the unexpected events. Whether you come for your own enrichment or come to learn how to help others with whom you work, we guarantee you will leave more "energized"

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