

## Comfort Food Workshops

LANCASTER (Lancaster Co.) — Comfort foods, simple, home-made, and satisfying are said to help people better cope with stress. Eating "feel good" foods help people relax.

Nancy Wiker, Lancaster County extension family and consumer science agent, will teach classes on preparing casseroles and other "feel good" recipes. The class will also feature information on increasing calcium in the diet and osteoporosis awareness.

Cost is \$3 to cover materials and preregistration is required. The first class is scheduled for Wed. March 20, 7 p.m.-8:30 p.m. at the Farm and Home Center, 1383 Arcadia Rd., Lancaster.

The class information will be repeated Thursday, March 21, 10 a.m.-11:30 a.m.

## Ag Institute At Landis Valley Plans Regional Ag Symposium

LANCASTER (Lancaster Co.) — The Advanced Agriculture Institute at Landis Valley Museum has planned the Regional Township Agricultural Symposium in partnership with the Lancaster Chamber of Commerce and Industry, the South Central Assembly for Effective Governance and the Ombudsman Program of the Pennsylvania Department of Agriculture.

Over 500 township officials and their families from nine South Central Pennsylvania counties have been invited to this free event on March 16 at Landis Valley Museum.

Three key topics will be addressed including: Changes in the Municipal Code, Partnering with your Local Conservation Districts and Guidelines for the Coexistence of Community and Agricultural Development.

Send your name, address, and phone number, and state class you want to attend. Make check payable to Agricultural Extension, and mail to Workshops, Penn State Cooperative Extension, 1383 Arcadia Rd., Room 1, Lancaster, PA 17601-3184.

American Heart Association

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EXERCISE

## Lancaster Family History Conference Is April 6

LANCASTER (Lancaster Co.) — On April 6, Dorothy A. Boyd-Rush will open the 23rd annual Lancaster Family History Conference with a keynote address on "The Great Philadelphia Wagon Road." This major migration route of the Colonial period stretched from southeastern Pennsylvania to Maryland, to the Valley of Virginia and on into the Carolinas.

Many different ethnic and religious groups sought new homes along this route.

Boyd-Rush is professor of history at James Madison University in Virginia and has lectured widely at historical and genealogical conferences.

Among the 20 session options are seminars on using photographs, Mennonites in Hesse and Waldeck, using old newspapers, computers and cemetery research, documenting your house, and a look at how Pennsylvania county boundaries have changed over the years.

One seminar in each track guides the beginning genealogist. A special feature includes opportunities for individualized consultation with experts, including consultation on antique German and French documents.

The conference begins on April 5 with a bus trip to Washington, D.C., led by staff members of the Lancaster County History Society. Visits are possible to the National Archives and the Daughters of the American Revolution Library.

A banquet on Saturday evening, April 6, will offer a catered meal and a slide-illustrated lecture entitled "Marking Time," by Cory Amsler, curator of the Mercer Museum in Doylestown. Amsler will explore the many reasons people sign and date the objects they made, owned, or used.

One may register separately for the banquet. The conference will take place at Lancaster Mennonite High School on Route 30

about five miles east of downtown Lancaster. For more information or printable registration form visit <http://www.lmhs.org/> and click on the Lancaster Family History Conference logo, or contact Lola Lehman at (717) 393-9745.

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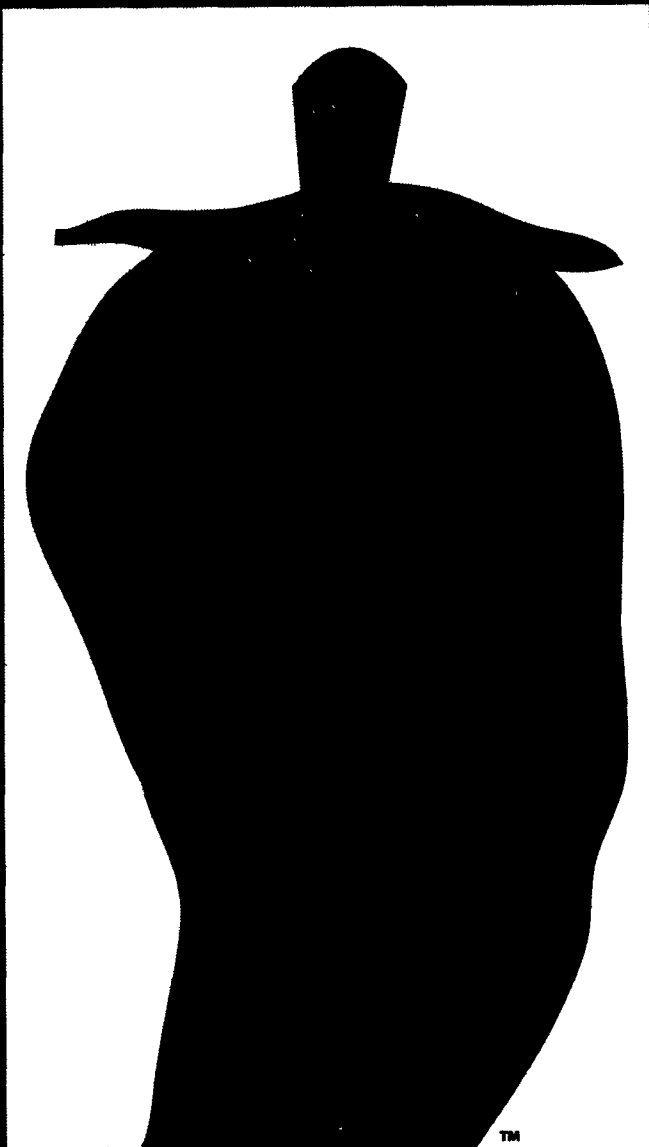


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