

## Grief Teleconference Scheduled

SPRINGFIELD (Delaware Co.) — Delaware County Cooperative Extension will host the ninth annual Hospice Foundation of America National Bereavement Teleconference on Wednesday, April 24 at 1:15 p.m.-4 p.m. in their facility in Smedley Park, Springfield.

"Living With Grief: Loss in Later Life," moderated by Cokie Roberts of ABC News, will examine the needs and barriers faced by our aging population and explore ways that professionals can more effectively assist those coping with the range of losses found in later life.

The teleconference is intended for both professionals and lay people. Continuing Education

credits are available for a wide range of professionals including nurses, social workers, counselors, funeral directors, psychologists, etc.

A \$25 processing fee will be required for those requesting CEUs. To learn more about this national program, visit the Hospice Foundation of America's Website at: [www.hospicefoundation.org](http://www.hospicefoundation.org). For more local information about the teleconference and to register, contact Penn State Cooperative Extension — Delaware County at (610) 690-2655. There is no cost for the conference but registration is requested. A companion textbook will be available for \$8 at the program.

## Workshop Rescheduled

WEST CHESTER (Chester Co.) — To find out about what radon is, its health effects, how you can test for it, and what you can do about it, plan to attend "Radon in the Home: Myths and Realities," an educational program presented by Penn State Cooperative Extension.

The program has been rescheduled from Monday, April 8, to Monday, April 15, from 7 to 8:30 p.m. at the Penn State Cooperative Extension office at the County Government Services Center, Suite 370, 601 Westtown Road, West Chester.

To register, call (610) 696-3500 by April 8.

## Update On Heart Disease

SPRINGFIELD (Delaware Co.) — Are you taking medication for high blood pressure, high cholesterol or other heart related symptoms or preparing meals for family members who are?

Penn State Cooperative Extension is offering a class, "Update on Heart Disease," at their Springfield office in Smedley Park that will discuss a variety of risk factors that can be changed with an emphasis on positive dietary input including the DASH diet to control hypertension, the diabetic connection and the latest recommendations on lowering cholesterol. Conducted on April 9 from 7-9 p.m. and repeated on April 10 from 1-3 p.m., Fran Alloway, family living agent and registered dietitian will include the latest research findings and methods to make healthy meal selection easy.

The workshop will be conducted at Delaware County Cooperative Extension, 20 Paper Mill Road, Smedley Park, Springfield. For directions: (610) 690-2655.

## Berks Dairy Candidates Sought

LEESPORT (Berks Co.) — Attention all Berks County girls interested in promoting the dairy industry. The Berks County Dairy Promotion Committee is now seeking candidates for the 2002-2003 Dairy Princess.

The new princess will be crowned by the outgoing 2001-2002 Berks County Dairy Princess Kristen Gross of Hamburg. The pageant will be conducted May 18 at the Berks County Agricultural Center.

As the Berks County Dairy Princess, the young lady will get the opportunity to promote the dairy industry not only in Berks County, but she will also compete in a state pageant for the title of Pennsylvania State Dairy Princess.

Some activities a dairy princess takes part in is going into elementary schools, attending fairs, and speaking at banquets and meetings, as well as many other public appearances.

The qualifications for any interested young, single girl be-

tween the ages of 16 to 24 include being the daughter of a dairy farmer, dairy farm manager, herdsman, or someone employed in the dairy industry. Or she must be employed in one of the above categories or own two or more dairy cattle in a 4-H or FFA project. The deadline for all interested candidates is April 26.

The committee is also looking for candidates for little miss dairy princesses. These contestants must be between the ages of four and six. The deadline for all little miss contestants is May 3.

This year the Berks County Promotion Team had five active dairy ambassadors. We are again looking for any boys or girls ages 13 and up to become a dairy ambassador.

For all interested dairy princess candidates, little miss candidates and ambassadors, please contact Frances Davis, 1240 Fairview Drive, Leesport, PA 19533, phone (610) 926-3548.

## Berks Dairy Princess Scrapbook In Process

LEESPORT (Berks Co.) — Attention past Berks County dairy princesses. The Berks County Dairy Princess Committee is looking for pictures of past Berks County dairy princesses to put together a scrapbook of memories.

The committee would like a photograph from the night you

were crowned if that is possible, but if that is not available, if you could supply a photo from your year as dairy princess. The photo will not be returned. All questions and photographs should be forwarded to Frances Davis, 1240 Fairview Drive, Leesport, PA 19533 or call (610) 926-3548.

## Lycoming Needs Dairy Representative

LYCOMING (Lycoming Co.) — Lycoming County dairy princess and dairy maid candidates are needed.

Dairy princess contestants must be between the ages of 16 and 24. She, herself, or a parent must be employed in the dairy industry. This includes working on a dairy farm, raising replacement heifers, selling dairy supplies, working in a dairy processing plant, or working in a dairy store. She could also qualify by owning a 4-H or FFA Dairy Project. She

must also be single and never had a child.

Dairy maid candidates will assist the dairy princess throughout the year. These candidates must be at least 13 years old and have a relative involved in the dairy industry or she, herself be involved in it. She could also have a FFA or 4-H dairy project.

Contestants interested should call Wanda Derr at (570) 323-4949 Rhonda Fogleman at (570) 546-0714 by April 20.

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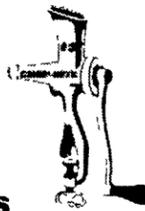
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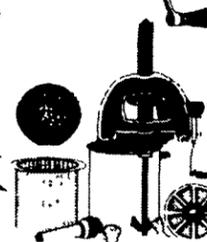
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