

FFA at 75

One Mission: Student Success

West Snyder FFA Members Serve At Governor's Inaugural Ball

Ten members of the West Snyder FFA Chapter were honored with the opportunity to serve at the Governor's Inaugural Ball at the Pennsylvania Farm Show Complex recently.

FFA members who assisted included Zane Bilger, Jenna Briggs, Tiffany Esbenshade, Hannah Etzler, Spencer Etzler, Shane Kreamer, Tyler Miller, Brad Novinger, Jeremy Roush, and Amanda Shaffer.

The West Snyder FFA members volunteered in the coat check room before and after the Gala Event and the Inaugural Ball. The students were able to attend the Inaugural Ball during the event. The West Snyder FFA members were able to sample the

wide variety of foods offered at the ball.

West Snyder FFA Adviser, Cynthia Shaffer said, "the event provided an excellent opportunity for FFA members to see and participate in a once-in-a-lifetime opportunity. I am sure it was something they will remember for the rest of their lives."

Senior FFA member Hannah Etzler said, "it was a lot of fun and we were able to talk to people that we would not have otherwise been able to meet. We also learned how different people from various occupations interact with each other."

The 10 West Snyder FFA members were part of a 50 FFA delegation from Pennsylvania who served at the Governor's Inaugural Ball.

Lancaster County Farm And Home Scholarships

LANCASTER (Lancaster Co.) — One of the objectives of the Lancaster County Farm and Home Foundation is to encourage the higher education of the youth of Lancaster County. In this respect the Foundation is announcing the offering of scholarship awards for students beginning their freshman year in 2003 studying Agriculture or Home Economics, Family Living, and Consumer Sciences.

Each scholarship award will be in the amount of \$1,000 per year renewable for up to four years and may be used to help defray tuition, fees, or room and board

expenses at any accredited educational institution, which offers a course of study in Agriculture or Home Economics. Scholarships are awarded on financial need, leadership, and academic achievements.

The Farm and Home Foundation Scholarships are earnings from an Irrevocable Trust Fund set up by the late Elmer L. Esbenshade, one of the founders of the Lancaster County Farm and Home Foundation. The income from this trust fund will be offered annually in the form of educational scholarships through the Farm and Home Foundation.

Since its inception, 404 scholarships have been awarded with \$353,935.

Scholarship applications are available from Senior Guidance Counselors in all school districts in Lancaster County.

Interested youth are urged to contact their Senior Guidance Counselor for details and an application blank. Additional information is also available from Leon J. Ressler, chairman of the scholarship committee, 1383 Arcadia Road, Lancaster, PA 17601 (phone (717) 394-6851). Application forms must be forwarded by April 15.

Health Groups Partner In 3-A-Day Dairy Campaign

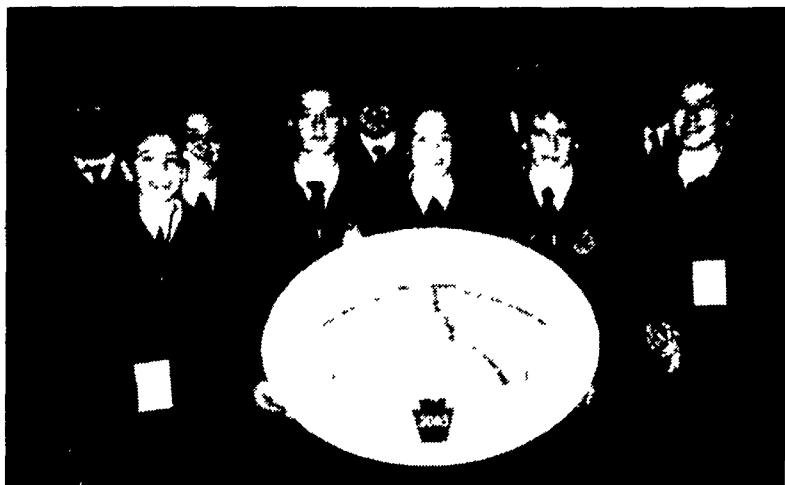
PHILADELPHIA — To help reverse the growing trend of the American public not meeting its calcium recommendations, several national health and nutrition-related organizations have signed on in support of the new 3-A-Day for Stronger Bones consumer marketing and education campaign.

The American Academy of Family Physicians, the American Academy of Pediatrics, the National Medical Association and the American Dietetic Association recently signed on to partner with American Dairy Association® and National Dairy Council® (NDC) in efforts to address the nation's calcium crisis.

"America's low calcium intake is recognized as a major public health problem," said Pat Kennedy, registered dietitian and health professional programs coordinator for Mid-Atlantic Dairy Association. "The 3-A-Day

of Dairy for Stronger Bones campaign was developed to address our nation's calcium crisis. By working with these key health

partners, both nationally and locally, we are able to provide a clear, practical message for the public."



West Snyder FFA members at the Governor's Inaugural Ball included, from left, Zane Bilger, Tiffany Esbenshade, Hannah Etzler, Tyler Miller, Jeremy Roush, Amanda Shaffer, Brad Novinger, Spencer Etzler, Shane Kreamer, and Jenna Briggs.

New Weigh Of Life

LANCASTER (Lancaster Co.) — "My New Weigh of Life" has been developed by nutrition specialists at Penn State University and is based on the most current research on obesity, weight loss, and coping (relapse) plans. Most participants lose 1/2 to 2 pounds a week while lowering their risk of heart disease, diabetes, and even certain cancers.

This 12-week program will teach you how to make permanent eating habit changes and increase your activity level.

Classes will be held at Delaware County Cooperative Extension, 20 Paper Mill Road, Smedley Park, Springfield (near Springfield Mall) on Mondays in the morning from 9:15 a.m.-10:45 a.m. starting February 24 or in the evening on Tuesdays from 5:00 to 6:30 p.m. beginning February 25. To register, send a check for \$75 made out to DCCE. The registration fee includes a workbook of supporting materials. Light exercise is included in the class. For registration and questions, call (610) 690-2655.

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