



# at THE FARM AND HOME CENTER

Spring/Summer 2013 / Volume VI, No. 1

## FIVE SENIORS AWARDED FARM & HOME FOUNDATION SCHOLARSHIPS

The Farm and Home Foundation Scholarship Committee recently nominated five Lancaster County seniors to be awarded 2013 scholarships by the Board of Directors. Each student will receive \$1,000 this year and will be eligible to receive a total of \$4,000 by maintaining a 3.0 grade average and continuing in a qualifying major in a field of agriculture, family living, or consumer science. Applicants are rated on the basis of academic achievement, financial need, community service, and demonstrated leadership skills.

Maria DeNunzio is a senior at Manheim Township High School and the daughter of Anthony and Susan DeNunzio, Lititz. Maria plans to major in food science at Michigan State University. She is captain of the recreational soccer team and is an avid cyclist. At school, Maria is Secretary of National Honor Society,

Co-coach of Odyssey of the Mind, and leader of the Salsa Club. She is an altar server and also mentors younger altar servers at her church. She volunteered in DESTINY Diabetes Youth Camp and world hunger events in her community.

Chloe Mattillio, daughter of John and Melissa Mattillio of Willow Street, will graduate from Lancaster Mennonite School. In the fall she is planning to study environmental science at Paul Smith's College of the Arts and Sciences in New York. Chloe served as Vice-president and President of Student Council and Captain of the varsity cross country team. She is also a member of National Honor Society, Community Service Club, and the Leadership Club. Last summer she was named most outstanding participant at Rotary Club's Youth Leadership Conference.

Matthew Mitchell of Reinholds attends Cocalico High School and is the son of Jeffrey and Susan Mitchell. He will major in animal science at Penn State-Berks. Matthew has actively participated in 4-H Swine and Beef Clubs, serving as President for both, and attended the annual 4-H State Leadership Conference twice. In school he was involved in numerous vocal and instrumental music groups such as concert choir, chorales, marching, pep and symphonic bands, orchestra, musicals, and jazz and wind ensembles. He volunteered through his church, assisting in home repairs in Pittsburgh.

Katrina Reiff is the daughter of Warren and Kim Reiff of Pequea and is a senior at Penn Manor High School. She will attend Penn State's main campus to major in agriculture education. Katrina has been an active FFA member, serving as President, Treasurer, and chairing several committees. She also actively participated in 4-H Livestock, Dairy Beef, Swine, and Woolies Clubs, holding officer slots as well as mentoring younger club members.

Abigail Rineer attends Lancaster Mennonite School and is the daughter of Dale and Tammy Rineer of Kirkwood. She will study horticulture and agriculture business at Penn State, University Park. Abigail is very involved in FFA, holding positions as Treasurer, Reporter, and mentor to middle school members. She serves as Lancaster County FFA Vice President and earned a Keystone



Left to right: Matthew Mitchell, Abigail Rineer, Chloe Matillio, Maria DeNunzio, Katrina Reiff

Continued on page 3

**BOARD MEMBERS:**

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**FROM THE  
MANAGER’S DESK:**

When spring arrives, close encounters with nature via their favorite fishing spots begin to pre-occupy thoughts of anglers everywhere. Allow me to introduce you to just such a group composed of over 600 members, the Donegal chapter of Trout Unlimited. The group has been meeting at the Farm and Home Center for five years, conducting eight monthly meetings on the third Wednesdays throughout the year (included in our website calendar) in our multi-purpose room at 7:00 p.m.

One of more than 500 chapters in North America, Donegal Trout Unlimited was formed in 1969 with two main objectives: (1) to obtain regulated fly fishing areas in Donegal Spring and Octorara Creeks; and (2) to introduce students to fly fishing through schools and by conducting classes. General objectives of the conservation-minded anglers are to conserve, protect, and restore North America’s quality trout and salmon fisheries for their intrinsic value as well as for watershed health. Since 2004 they have worked on portions of 14 streams in Lancaster County, co-operating with other concerned organizations to restore Donegal Creek and Lititz Run. They have also sponsored seven Trout in the Classroom educational programs in county schools. Projects to address severe erosion problems either just completed or currently being conducted are located on the Conowingo Creek, two sections of Fishing Creek along Scalpy Hollow Road, and along Charles Run.

If you are a fishing enthusiast who desires interaction with like-minded county residents, wants to help restore and protect local streams, or knows some up and coming anglers who would benefit from the group’s programs, obtain more information on their website, www.donegaltu.org. You may also email Tom Hall, their current president, phallcat@comcast.net.

This column is dedicated to the memory of my father who passed away one year ago. Dad was a dedicated trout fisherman known to occasionally mark his

April wedding anniversary knee deep in the frigid Kettle Creek waters of Potter County in pursuit of “brookies!”

*Linda Armstrong*

Linda J. Armstrong, *Manager*

**EXTRAORDINARY  
RESULTS**

On November 30, 2012, the Farm and Home Foundation participated in Extraordinary Give, the first ever local online giving challenge, sponsored by Lancaster County Community Foundation. During the 24 hour period, a total of \$1,340,540 was donated to about 180 non-profit organizations throughout Lancaster County. The Farm and Home Foundation received .0575% of that total, earning \$1,438 of the \$250,000 stretch pool incentive in addition to the \$7,710 in actual donations, boosting our total earnings for the day to \$9,148. Although the Farm and Home Foundation was not awarded any of the \$50,000 prize money last November, 29% of our 28 participants were new donors, for whom we are extremely grateful.

If you considered participating in last year’s campaign but neglected to do so for some reason, we have exciting news: November 22, 2013, will be the scheduled date of the second annual Extraordinary Give! Please mark your calendars now and plan to participate, so that we may again have your donations stretched by this generous opportunity. More details will follow in our November newsletter and on our website. REMEMBER: WHEN YOU GIVE, EXTRAORDINARY THINGS HAPPEN!



*Farm & Home Foundation*

## THE PRESIDENT SPEAKS:

The Farm and Home Foundation's 49th Annual Meeting was held in the Max Smith Auditorium on January 15, 2013, when business and financial reports were presented from the past year, four board members were re-elected and two new members were voted onto the Board of Directors. Rick Hess, Jim Musser, Bonnie Ranck, and Glenn Rohrer, were all re-elected to 3-year terms, and Scott Augsburg and J. Larry Hess were elected to serve as new board members. Debby Spence, a past Farm and Home Foundation scholarship winner, reported how much she benefitted from her scholarship and University of Delaware degree in textile design, which led to a fulfilling career as an award-winning clothing designer. Debby now has her own custom dressmaking business in Lancaster City.

This was an interesting spring in the county, with winter not releasing its grip until early April, followed by an unusually warm few days, then settling into more normal temperatures. Whereas last year farmers had crops planted ahead of schedule, this year has been a different story. We nevertheless anticipate another good growing season ahead for local farmers.

The Farm and Home Center continues to be a constant flow of activity throughout all seasons of the year. Progress on our parking lot expansion was stalled due to changes in zoning and stormwater management requirements, coupled with the onset of winter. We anticipate revisions to be approved and work to be started later this year. The inconvenience of upcoming construction at the Center will be rewarded with the result of having about 54 additional parking spaces for visitors and building employees' utilization.

I have an exciting announcement: the Foundation will celebrate its 50th Annual Meeting on Tuesday, January 21, 2014, with a wonderful banquet gala.

*Farm & Home Foundation*

Special speaker, Dr. David Kohl, a very well-known and engaging Agriculture Economics expert, has agreed to speak that evening. So mark your calendars NOW, and plan to join us for a wonderful evening of celebration in January. More information will be available in the fall for an event you will not want to miss!

I trust you will have a pleasurable and safe summer and fall. Remember to support your local farmers and markets by purchasing their fresh, delicious Lancaster County-grown vegetables, fruits and other products.

Thanks for listening,



Nevin Dourte, President

*Continued from page 1*

Award. At school, she was a member of the field hockey team and worked in the school greenhouse. She also taught Bible School, went on a mission trip to North Dakota, and participated in youth group at her church, as well as volunteered with Relay for Life.

Since 1966 the Farm and Home Foundation has awarded 464 scholarships to graduating seniors of Lancaster County, having a cumulative value of nearly \$540,000. Scholarships are funded through budgeted monies of the Foundation as part of its charitable mission goals, along with available earnings from the Elmer L. Esbenshade Trust Fund. The Esbenshade Trust was endowed by one of the founders of the organization who desired to assist Lancaster County students who had career goals requiring study in some aspect of agriculture, consumer science, or family living.

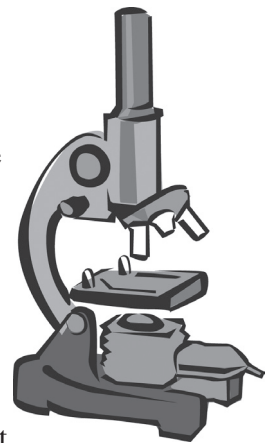
More information may be obtained from the scholarship page of our website, [www.farmandhomecenter.com](http://www.farmandhomecenter.com) or by contacting Scholarship Committee Chairman, Leon Ressler at 394-6851.

## SIX STUDENTS WIN SCIENCE FAIR AWARDS

The 2013 North Museum Science and Engineering Fair took place on March 27, 2013, at the Franklin and Marshall College. Since 1999, the Farm and Home Foundation has sponsored auxiliary awards to students whose projects demonstrate excellence in agriculture or consumer sciences. Three high school and three junior high students were selected to receive award certificates and cash prizes.

First place in the senior high level was awarded to Jessica Fry, a freshman at Ephrata High School, for her project "Enhanced Efficacy of Feritact 4I With or Without Root Shield." Denver Groff, a junior at Pequea Valley High School, received second place for his study of the growth rate of group vs. individually fed calves. Brady Willis, a junior at Warwick High School, took third place for his report on the effect of sodium humate on growth of potato seeds.

In the junior high division, Amanda Grube, an eighth grader at Landisville Middle School, was awarded first place for her project, "The Effect of Temperature on the Decomposition and Methane Production of Dairy Manure." Rediet Patterson, a seventh grader at Reynolds Middle School, received second place for a project comparing hydroponic and static plant growth. Savannah Walter, an eighth grader at Centerville Middle School, took third place for her study of sponge absorption.



Dr. Gregory Martin, Dr. Tim Elkner, and Mr. Jeffrey Graybill, educators from the Penn State Extension Office, served as judges to determine winners of the Foundation's awards.

# TENANT NEWS

PENN STATE



Lancaster County Cooperative Extension

## EXTENSION NEWS

*Leon Ressler,  
District 17 Director*

### SO, WHAT DO MASTER GARDENERS DO, ANYWAY?

I get asked this question often. Most people are looking for a short, descriptive answer. Knowing this, I often respond with, “We support residential horticulture by providing education to the home gardener.” That is what we do; however, the details of how we do this is one of the best-kept secrets in Lancaster County, a secret that I am about to share with you.

Our educational outreach programs target people of all ages throughout the county. We provide gardening programs to the at-risk youths of the Lancaster County Intervention Center and the inmates at the Lancaster County Prison. At these facilities our goal is to not only teach gardening skills, but to also provide a gardening program that will give the participants a sense of accomplishment, which in turn helps to build their confidence and self esteem. Our hope is that life skills learned during our sessions will help these youths to build a successful life. During one session each season we discuss horticultural employment opportunities with the hope that some will seek these out upon release. Our gardening program at YIC has received several awards.



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We have a Speakers’ Bureau that offers gardening-related programs to garden clubs, retirement communities, civic groups and at garden shows. This committee maintains a list of the programs it offers on the Extension web site at;

<http://extension.psu.edu/lancaster/programs/master-gardener/educational-program>. These programs can be purely informational or hands on.

We have a group of Master Gardeners who manage a horticultural therapy program at Conestoga View, a senior health care facility. The residents garden in specially built garden beds that are raised and wheelchair accessible. The Master Gardeners also schedule garden-related craft classes during the non-growing season.

“Kids in the Garden” provides pesticide education targeted for first graders in several school districts throughout Lancaster County. Last year 650 children received this important information. We also set up an educational booth at several events and participated in the pesticide education program at the Pennsylvania State Farm Show. Committee members also advise and participate in several after school gardening programs.

Another committee focuses on creating public awareness of the importance of native pollinators, simply called “The Pollinator Committee.” Members set up educational displays at venues throughout Lancaster County with information on the important role that pollinators play in our food chain. They give guidance on how to create a backyard garden that attracts pollinators as well as provides pollinators with the necessary plants that offer shelter and nourishment for all stages of their lives. Home owners can participate in a program by meeting the requirements to have their gardens certified as pollinator friendly. The Lancaster County team has certified more pollinator gardens than any other county in this state-wide program. The committee will also host a Pollinator Friendly Garden Tour in September.

The Master Gardeners maintain several demonstration gardens at the Penn State Research Farm just outside of Landisville. They feature a native plant garden, a cottage kitchen vegetable and herb garden, a raised bed garden and a polli-

nator garden. In addition to the gardens, there are espaliered apple trees, a green roof garden shed, a composting area and two rain gardens. These gardens demonstrate what can be done with a home garden space and are open for public viewing. These “idea” gardens have won the Penn State Search for Excellence Award.

Our Graphic Arts group creates all of our display materials, including their design and assembly. This group has assembled several award-winning displays, including a best of show winner whose subject was native orchids. When not putting displays together, they are designing and assembling centerpieces for our events.

We operate a garden hotline by calling 394-6851 at the Lancaster County Extension Office. This service is designed for home gardeners who cannot solve a problem or who need gardening information. We sometimes advise people to bring in plant or insect samples so we are better informed to offer information and solutions. When we have difficulty with a diagnosis, we may utilize the services of the Penn State horticultural lab at University Park.

At this point you may be asking yourself where all the support for these programs comes from. We have a great bunch of volunteers who give a lot of time and support to our programs. They are hard-working and extremely knowledgeable, and they enthusiastically work on any project that comes their way. As for financial support, we have two major fundraisers each year: the Shirley R. Wagner Garden Symposium, that was held this year on April 6, and our plant sale, held every year on the first Saturday of May. Please plan to participate in these fundraising events in the future to help support Lancaster County’s Master Gardener program, so we can continue to provide you with these quality services.

By Warren Wolf,

*Lancaster County Extension Master Gardener Volunteer Coordinator  
Farm & Home Foundation*

**USDA's  
NATURAL RESOURCES  
CONSERVATION  
SERVICE**

*Heather Grove,  
District Conservationist*

**LITTLE KNOWN FACT: NRCS  
OFFERS FINANCIAL ASSIS-  
TANCE TO HORSE OWNERS**

NRCS has been offering technical and financial assistance to traditional farmers who produce food or fiber since its inception as the Soil Conservation Service in 1933. What you may not know is that it also provides assistance to horse owners and operators. Assistance may be technical and/or financial to help with the planning and implementation of conservation practices that will address resource concerns such as prescribed grazing systems, watering systems, animal walkways, manure stacking pads, and streamside buffers.

An example of a typical resource concern that may be found on an equine operation is soil erosion from an enlarged 'brown lot.' A brown lot should be as small as possible, minimizing the amount of pasture sacrificed, while maintaining the remaining pasture area with lush, green grass to act as a filter and to hold the soil in place. In addition to soil erosion, water quality can also be a resource concern in these situations, due to excess sediment potentially washing into nearby streams, ponds and/or other water sources. The sediment is likely loaded with manure and other contaminants that can have a negative impact on both human and horse health as well as on the environment. There are also other animal health concerns to consider, from hoof diseases to lack of adequate, clean water. NRCS specialists can work closely with you to help identify practices that work for your operation and that benefit the environment.

In order to qualify for financial assistance, an owner or operator must be an agricultural producer engaged in the production of livestock or in other agricultural services, such as breeding, boarding or training facilities, as well as trail ride services. Owners of horse farms who are not the day to day operator may also qualify. Interested applicants must show a profit or loss from their operation or business. Owners who have horses solely for pleasure and do not generate income from them will not qualify for assistance.

If you are interested in more information or in scheduling a field visit from an NRCS specialist, visit the NRCS Lancaster Field Office in Room 200 of the Farm & Home Center or call (717) 299-5361, extension 3.

By: Wendy Coons,  
*Soil Conservation Technician*



Photo courtesy of Penn State University

**USDA'S  
FARM SERVICE AGENCY**

*Julie Holland,  
Lancaster/Lebanon County  
Executive Director*

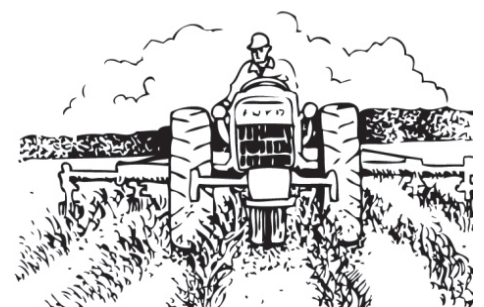
**IT'S PLANTING TIME!**

Spring is here, and that means everyone is busy in the fields. Please remember for crop reporting purposes that you need to keep track of the acres you plant and the dates you plant them. If you need a copy of your maps to fill in as you go, please contact our office, and we will prepare them for you. The final reporting deadline is July 15th. As soon as you finish planting your crops, please call us and make an appointment to report them.

We are currently enrolling participants in the Direct and Counter-cyclical Payment Program (DCP). Please come in to complete your enrollment now. We can complete your eligibility forms and DCP this spring so that at crop reporting time you can get in and out of our office as quickly as possible. Call our office today at 717-397-6235, ext. 2, to make an appointment.

If you had any changes to your operation, please inform us of them in advance of acreage reporting. Incorrect records can cause difficulty and delays in processing.

Have a safe and happy spring!



# LANCASTER COUNTY CONSERVATION DISTRICT NEWS

Donald R. McNutt,  
Administrator

## CONSERVATION SCHOOL APPLICATIONS AVAILABLE

The Lancaster County Conservation District, along with local sportsmen's clubs, offer a week long summer adventure hosting the 34th annual Lancaster County Youth Conservation School, July 21-27.

The school is a resident program for approximately 30 teens, ages 14-16, who are interested in outdoor activities and conservation of natural resources. Held on the grounds of the Northern Lancaster County Game and Fish Protective Association in West Cocalico Township, students sleep on cots and reside in tents for the week.

Students will have fun and be challenged with hands-on, minds-on learning to conserve natural resources.



Study topics include forestry, canoeing, wildlife management, archery, survival, orienteering, and firearm safety. Teens will have the opportunity to meet professionals in various environmental-related fields and to discuss career options with them.

Students are responsible for a \$25 registration fee. Sportsmen's clubs and community organizations provide the remaining tuition. To receive an application, contact the Conservation District at 299-5361 ext.5 or visit [www.lancasterconservation.org](http://www.lancasterconservation.org). Applications are due June 7, 2013.

By Sallie Gregory,  
Conservation Education Coordinator

## JOHN H. LICHTY, EA, TAX ACCOUNTING SERVICES

### REALIZING YOUR RETIRE- MENT DREAMS

Whatever your age, you must plan carefully to ensure your retirement dreams materialize. This means leveraging tax-advantaged savings opportunities. Starting contributions early can make a big difference; older taxpayers may need to save more to make up for lost time. It also means avoiding early withdrawals and being tax-smart with required minimum distributions.

Contributing to an employer-sponsored, defined contribution plan, such as a 401(k), 403(b), 457, SARESEP or SIMPLE, is usually the first step in retirement planning. Contributions are typically pre-tax, thus reducing your taxable income. Plan assets can grow tax-deferred, meaning you pay no income tax until you take distributions. Also, your employer may match some or all of your contributions on a pre-tax basis.

If your employer doesn't offer a retirement plan, consider a traditional IRA. You can likely deduct your contributions, though your deduction may be limited, based on your adjusted gross income if your spouse participates in an employer-sponsored plan.

A potential downside of tax-deferred saving is that you will have to pay taxes when you make withdrawals at retirement. Roth plans, however, allow tax-free distributions; the tradeoff is that contributions to these plans don't reduce your current-year taxable income. An important benefit of Roth IRA's is they don't require you to take distributions during your lifetime, so you may let your investment grow tax-free for the benefit of your heirs.

If most of your money is tied up in your business, retirement funding can be a challenge. If you haven't already set up a tax-advantaged retirement plan, consider setting one up this year. Remember that if you have any employees, they must be allowed to participate in

the plan, provided they work enough hours. Options that may allow you to make large contributions include: a profit-sharing plan, a simplified employee pension (SEP), or a defined benefit plan. Both a profit-sharing plan and an SEP allow discretionary employer contributions and flexibility in plan design; however, the SEP is easier to administrate. A defined benefit plan sets a future pension benefit and then actuarially calculates the contributions needed to attain this benefit.

If you are facing financial challenges, it may be tempting to make early withdrawals from your retirement plans. Generally, this should be a last resort. With a few exceptions, retirement plan distributions made before age 59 ½, in addition to any income tax that would be due on withdrawal, are subject to a 10% penalty. You'll also lose the potential tax-deferred future growth on the amount you withdraw.

Contact John Lichty or Pat Klugh at 717-735-2027 to see how they can help make the financial aspect of your dreams come true.

PENNSTATE



The Lancaster Center

## PENN STATE, THE LANCASTER CENTER

*Karen Sheehe,  
Interim Director of Continuing  
Education*

### SUMMER PROGRAMS AT PENN STATE, THE LANCASTER CENTER

Penn State, The Lancaster Center is proud to partner with Workforce Development & Continuing Education at Pennsylvania College of Technology to offer a Team Leader/Supervisor Program for new or prospective leaders.

Quality leaders improve your workforce. The first course, "Developing Others,"

*Farm & Home Foundation*

consists of two full day sessions running on June 4 and June 11 at Penn State, The Lancaster Center. Topics include: Recruiting & Selecting Employees; Onboarding: Orientation & Skills Training; Setting Expectations & Providing Feedback; and Developing & Coaching Others. The second course, "Developing Self," consists of two full day sessions running on June 18 and June 25 at Penn State York. Topics for the course include: The Changing Role of the Leader; Developing Your Leadership Style; Fostering Effective Communications; and Solving Problems & Making Decisions. The instructor, Eric Bergstrom, Ph.D., is an experienced leader of organization development, human resource management, and manufacturing/operations management. Bergstrom brings more than 20 years' industry experience and his Ph.D. in workforce education and development from Penn State University.

All sessions will run from 9:00 a.m. to 4:00 p.m. The cost is \$595 per 12-hour program.

Once again we will host the Summer Reading Skills Program. Courses are available for all age groups, from 4 year olds to adults. Classes meet once a week and run from June 17 through July 17. These programs are offered as a community service by Penn State Continuing Education and are taught by professional instructors from the Institute of Reading Development.

Teachers interested in receiving the English as a Second Language Specialist certificate can take two of the five required courses here this summer. This five course, 15 credit graduate program leads to the Pennsylvania Program Specialist Certificate and earns Act 48 credits.

For information on these or any other courses or programs, please call our office at 717-299-7667 or email Lancaster@yk.psu.edu.



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**TWO OFFICES NOW AVAILABLE FOR LEASE**

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**MISSION STATEMENT**  
 "The Farm and Home Foundation of Lancaster County strives to sustain and preserve our agrarian heritage by supporting, strengthening and promoting the advancement of agriculture and family living in local communities through education, leadership development and conservation."

**Farm and Home Foundation of Lancaster County**

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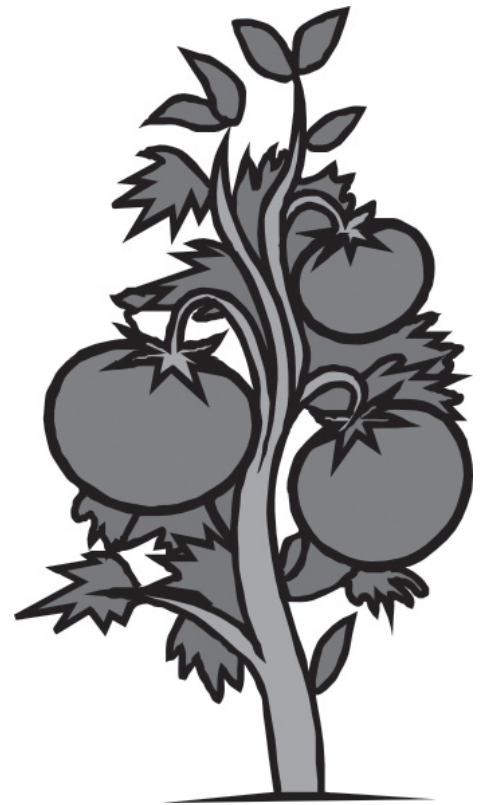
**Grilled Tomatoes Marinated in Basil Vinaigrette**

*Grilling or broiling concentrates tomatoes' natural sugars, making summer tomatoes even better!*

- 6 tomatoes, halved horizontally
- ¼ cup extra virgin olive oil
- 2 T. red wine vinegar
- 1T. fresh basil, finely chopped
- 3 bay leaves
- 2 garlic cloves, minced
- ¼ t. salt

Preheat grill or broiler. Combine olive oil, basil, bay leaves, garlic, and salt in medium bowl; stir until combined. Place tomato halves, cut sides down, directly on greased grill rack or broiler pan. Broil until they begin to blister and char or shrivel and show good grill marks on the grill, about 4 minutes. Using tongs or spatula and spoon, carefully turn tomatoes and broil or grill 2 more minutes.

Remove tomatoes from heat and place, cut sides up, in the dish with oil and vinegar mixture, spooning some over tomatoes. Set aside to marinate at least 1 hour, or cover and refrigerate up to 5 days. Serve at room temperature.



**ADDRESS CHANGE?**

If you have moved, changed your name, or prefer to be removed from our mailing list, please contact us by mail, email (farmhomectr@dejazzd.com), or phone (392-4911). Thank you!