

Twin Valley FFA's Attend PAFC Summer Institute

ELVERSON — Three members of the Twin Valley FFA attended the recent Pennsylvania Association of Farmer Cooperatives Summer Institute held at Juniata College, Huntingdon. They joined 11 other FFA

and 4-H members from the Blue Mountain Cooperative area. Other scholars represented New York, New Jersey, and Delaware.

Representing Twin Valley and Blue Mountain were Beth Morgan, Ann Kline, and Sue Burkhart. The

four-day Institute is jointly sponsored by the Pennsylvania State University and the Pennsylvania Association of Farmer Cooperatives. It provides interested youth opportunity to learn about farmer cooperatives. To

attend youth must have attended their local one-day cooperative institute, must have done well on a written test on farm cooperatives, and must have been active in their respective youth organization.

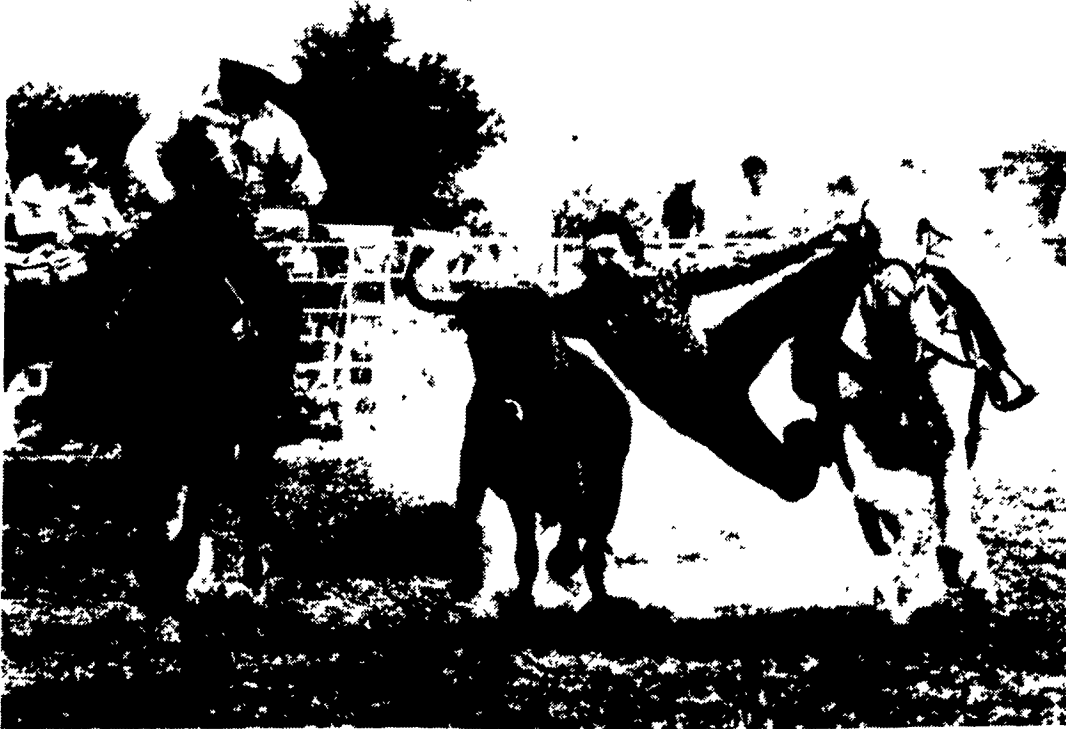
At PAFC these top students run a mini-cooperative and meet with cooperative leaders to discuss and debate the roles and problems of farm cooperatives. Cooperation among the youth scholars is stressed.

Under the guidance of adult leaders, the scholars serve as newspaper staff, discussion leaders and chorus, and do

readings and talent acts. Youth scholars also serve as the board of directors of the mini-cooperative and hire a manager and employees to do the work.

At the conclusion of the sessions, scholars are in tested on their knowledge of cooperatives. Top scholars who have been active in the learning experiences are selected. This year's PAFC scholars will attend the American Institute of Cooperation in Knoxville, Tenn., in August. There they will be meet with and learn from leaders of the top farm cooperatives in the United States.

Professional Rodeo To Perform At The Buck



Cowboys like Richard Lowe, shown steer wrestling above, will compete for prize money and points toward world championships when David Martin's Professional Championship Rodeo performs at the Buck Tractor Pull Stadium Aug. 9. Performances are scheduled for 2 and 8 p.m.

Between 100 and 200 cowboys from across the nation are expected to compete in a host of events, including bareback bronc riding, steer wrestling, saddle bronc riding and calf and steer roping.

Tickets are available in advance at the Leather Attic, Park City; Maplehofe Farm Dairy, Quarryville; Deerskin Leather, Intercourse; Cape Horn Corner Tack Shop, Red Lion, and at the gate. The Buck Stadium is located 10 miles south of Lancaster on Route 272.

Don't Let Food Poisoning Bacteria Ruin Your Picnic

NEWARK, Del. — Summertime means picnic time—and ants aren't the only small creatures you run the risk of inviting. Food-poisoning bacteria can begin to multiply and cause illness at temperatures as low as 60 degrees. At summer temperatures of 80 degrees and above, they multiply very quickly—and that means the risk of food poisoning increases, too.

"Food poisoning is a larger problem than you might think," says Claudia H. Holden, Delaware State College extension home economist. "Over two million people are affected by it every year."

While food poisoning usually means uncomfortable intestinal-flu-like symptoms for most people, it can be serious for children, the elderly and people with illnesses. Botulism while it rarely occurs, is always serious.

"Food-poisoning bacteria are tough to deal with because you usually don't even know they're present," Holden says. "They are microscopic, so you can't see them. And you normally can't smell or taste them."

Prevention is the best way to be sure that your food won't become tainted. That means keeping perishable food—especially meat and poultry—cold between preparation and serving time.

Start by preparing your cooler properly. It should be well-insulated and packed with ice. Cold drinks in cans help keep other foods cool, too. When possible, store the cooler in the shade or throw a blanket over it to help insulate the ice. Put all perishable foods inside the cooler, and keep the lid on as much as possible.

Ham, potato or macaroni salads, hamburgers, hot dogs, cooked and raw beef or chicken, deviled eggs, and custard or cream products should all be kept in a cooler.

Holden also notes, "While all mayonnaise-based salads should be kept on ice, the mayonnaise you buy at the store is not a food-poisoning villain. Its high acid content actually slows bacterial growth. But homemade mayonnaise made without lemon or vinegar can be risky."

Put perishable foods back into the cooler as soon as you've finished eating. Don't leave foods out if you go for a hike or swim. When traveling with a cooler, try to keep it in the passenger area of the car—it's much cooler than the trunk.

If you hike or swim for no more than four to five hours and your perishables are stored on ice except when cooked and served, you should be able to save any leftovers, says Holden.

Proper prevention can help ensure a worry-free, relaxing picnic—minus any uninvited microscopic guests.

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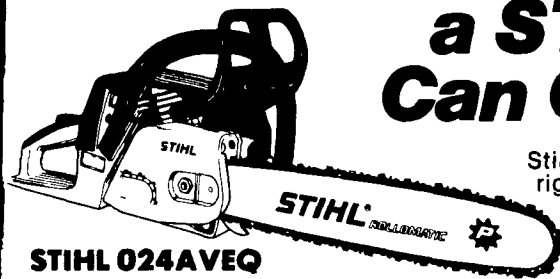
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