

It's Enough To Get Your Goat



Some goats need a shove from behind to get them running. This picture was taken at the Falmouth Goat Race on October 7.



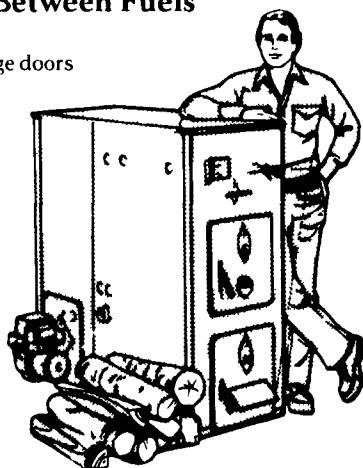
All set for the celebrity goat race, this contestant waits impatiently during the Falmouth Goat Race's 10th anniversary held October 7 in Lancaster County.

Wood • Coal • Oil Gas • Electricity

HS TARM MULTI-FUEL CENTRAL HEATERS BURN THEM ALL!

Experts agree! Hot water (hydronic) heating is the most comfortable way to heat a home, and there's no better way to stay warm than with the HS Tarm Multi-fuel Boiler. Its flexibility (burns 5 fuels) and heavy duty construction make it "the last heating system you'll ever need."

- Automatically Switches Between Fuels
- Easy Cleaning & Loading
Cast iron shaker grates and extra large doors
- FREE Hot Water
Tankless heating coil makes domestic hot water on demand
- 20 Year Warranty



HS TARM
MULTI-FUEL CENTRAL HEATING
Contact
ALTERNATIVE ENERGY SYSTEMS
2460 W. Main St., Ephrata, PA 17522
(717)738-0708

Safe Lunches If You Follow These Lessons

"Children with super-hero lunchboxes aren't the only ones carrying food away from home. College students are hauling food back to the dorm, and busy adults are trying to save time and money by taking their own 'executive lunchbags' to work," says Josephine Kotch, Extension Agent, Family Living, Luzerne County.

Here are some answers to food-in-transit questions:

Q. My roommates and I often store lunchmeat and milk on the ledge outside our dorm window. But I've heard this isn't a good idea. Why not? It gets cold out there!

A. Just how long could you count on the temperature staying cold, which for food safety purposes means 40 degrees Fahrenheit or below? Even if you had a

thermometer on the ledge it wouldn't help, since you can't be there every minute to monitor the situation. Also, buildings radiate heat, making the sill warmer than the outside temperature.

Finally, if you use a metal box to protect food from birds, animals, and the folks in the dorm room next door, the box could also act as an oven in direct sunlight.

Q. There's a small refrigerator in my office. Many of my colleagues use it so it gets crowded, and it usually feels warm inside. How can I tell if the refrigerator is keeping my ham sandwiches cold enough to stay safe?

A. The colder the food is kept, the less chance bacteria has to grow. Therefore, to make sure your refrigerator is providing good protection against bacterial growth, check it with an appliance

thermometer. It should register 40 degrees or lower.

Q. I like to take a thermos of homemade chicken soup to work for lunch. Is that safe -- or do I have to eat my lunch by 9:45 a.m.?

A. A clean, well-functioning thermos can keep your hot food at a safe temperature for several hours. Check the seal around the stopper to make sure it fits tightly to retain the heat.

Then, right before filling the thermos, clean it with boiling water. And be sure to bring the soup to a boil before pouring it in. Obviously, this will keep the temperature as high as possible until you're ready to eat it.

If you keep your food above 140 degrees F -- hot to the touch -- it should stay safe. And discard any leftovers.

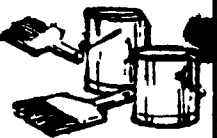
FISHER'S PAINTING & RESTORATION



- ALL TYPES OF INTERIOR & EXTERIOR PAINTING
- SANDBLASTING
- ROOF COATING
- RESTORATION & WATERPROOFING ON STONE & BRICK BUILDINGS

We Specialize In Farm Buildings, Churches, Feed Mills, Water Tanks, Etc. With Aerial Equipment

FISHER'S PAINTING OUTLET STORE



- TOP QUALITY PAINTS, ROOF COATINGS, LADDERS & ACCESSORIES AT LOW PRICES

- WE HAVE LARGE LOTS OF FACTORY DISCOUNTED COLORS, MISMATCHES AND JOB LEFTOVERS AT VERY LOW PRICES

- WE NOW HAVE NEW & USED BUILDING MATERIALS PRICED 20-50% LOWER THAN LUMBER YARD PRICES

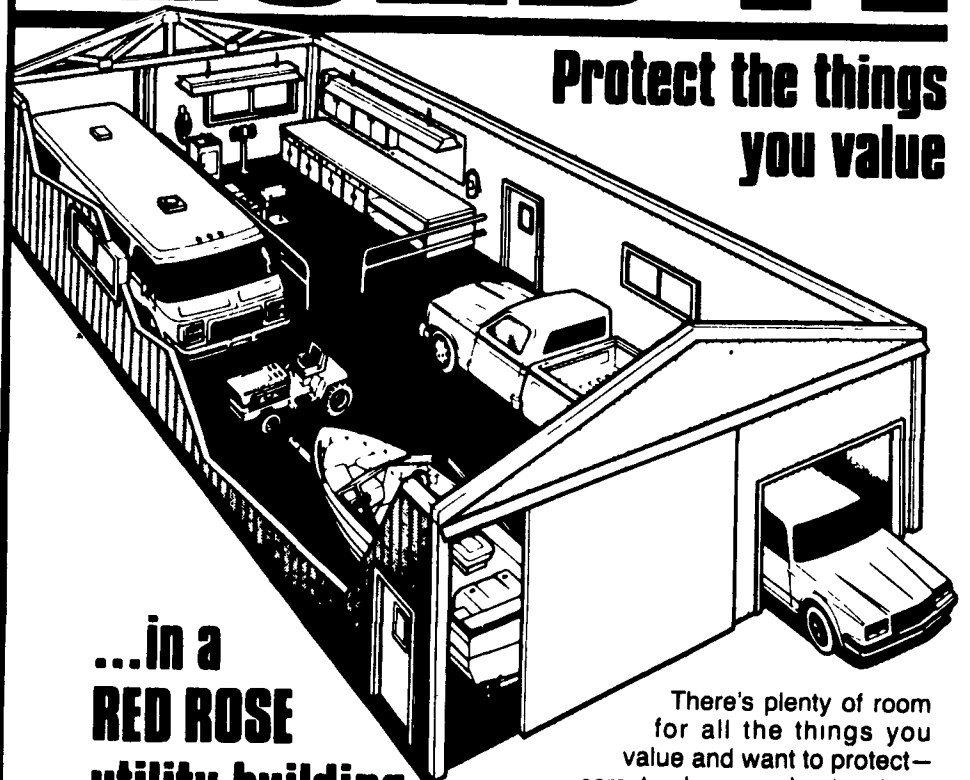
FREE DELIVERY WITHIN 20 MILES
STORE, SHOP AND OFFICE LOCATED IN OLD STONE BARN AT:
4056 A Newport Road, Kinzers, PA 17535

(Across From Pequea Valley School)

717-768-3239

HOLD IT

Protect the things you value



...in a
RED ROSE
utility building.

For little more than the cost of an ordinary garage, you can enjoy the organized, uncluttered life that goes with a Red Rose utility building.

There's plenty of room for all the things you value and want to protect—cars, trucks, vans, boats, etc.—with lots of space left over for a workshop or hobby area, if you want one. It's a wonderful way of life. Why settle for anything less? Talk to a Red Rose representative now about the building of your choice.



CALL TOLL FREE 1-800-537-0580
OR MAIL COUPON FOR MORE INFORMATION

Name _____
Address _____
Town _____ State _____ Zip _____
County _____ Tel _____

(215) 267-4911

Mail To Box P-50, RD 2 • Stevens, PA 17578

LF