

In a survey of farmers to find out what they considered to be the most stressful part of their operations, the most frequently given responses were the general economic uncertainty of agriculture; the weather and its effects; the problems of 24-hour togethemess with families and the conflicts between different generations of family members living and working on the farm.

Half of these stresses are family related. Under today's economic pressures, some families become so wrapped up in saving the farm that they forget to nurture one of their most precious and valuable assets--the family.

Good stress managers spend time with their families on a regular basis. Family members should give each other daily emotional support.

Dr. Patricia Tanner Nelson from the University of Delaware extension department says you should help your family notice successes. The human tendency is to focus on failures. But to realize their potential, people need to know when they've succceded too. We do the best job of capitalizing on our resources when our self-esteem is high.

Strong families manage conflict well. It's a myth that strong families don't fight. They do; they just know how to handle the situation so that after the differences are aired, everyone can quickly make up and be good friends again.

Nothing is better than farming with family. Or worse. Nothing will give you more joy or more pain. The key is to learn to communicate.

First you must learn to say good-by to some things. A lot of things in this life are not fair. A lot of things are out of your control. But if you can't say good-by to the things that are past, you will spend all your energies mentally hanging on to something you can't keep.

To solve problems, you need to forget the past things you cannot change and use your energy to move into new possibilities. The farm family who has this attitude will be successful.



Saturday, November 2

- Franklin Co. 4-H Beef Club banquet, Kauffman Community Center, 7 p.m.
- Nittany Lion Fall Classic Sale, Ag Arena, Penn State, 11 a.m.
- Goat Health Conference, Penn State Ag Sciences, 8:30
- a.m.-4:30 p.m. Lehigh Co. 4-H Achievement Night, Lehigh Co. Area Vo-Tech School, Schnecksville, 6:30 p.m.
- Harvest Festival, York Co. Farmland Trust, Browns Orchard, Loganville, 9 a.m.-4 p.m.
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Sunday, November 3.

Northeast 4-H Conference, Phoenix, Ariz., thru Nov. 7.

Monday, November 4

Cumberland Valley Adult Farmers



Northeast 4-H Conference, Phoenix, Ariz., thru Nov. 7.

- Wednesday, November 6 Northeast 4-H Conference, Phoe-
- FFA National Convention, Kansas
- Westmoreland Co. Dairy Promotion Association annual meet-
- Thursday, November 7
- meeting, Pa. Holstein Office, State College, 10:30 a.m.
- Berks Co. Farm-City banquet, Riveredge Restaurant, Reading, 6 p.m.; dinner 7 p.m.
- ADADC meeting, Greenwich Elk p.m.
- Cawley retirement banquet, Blobs Park Restaurant, Anne Arundel



To Realize Rodent Control Reduces Salmonella Risk A recent research study indicates mice may be the major carrier of Salmonella enteritidis (SE) in a chicken house.

The study conducted in New England showed that mice can produce droppings that contain as many as 6,000,000 SE bacteria per

Rodent control in many poultry farms is not a planned program. Instead it is a haphazard program of replacing bait when rodents become a nuisance to employees.

To effectively control rodents in a poultry house, a program needs to be developed which takes into account the type of rodents present, the type of housing used for the birds, and the availability of other food sources for the rodents.

The most important factor in an effective baiting program is location of bait. Ideally, baits should be placed where the rodent makes its burrow and along the various pathways that they are likely to take during their active period.

An inexpensive bait station may be made from three pieces of 1.5-inch PVC pipe, about one foot in length joined by a T-section for filling.

Read and follow the directions very carefully on any baits you decide to use. With the coming of colder weather, rodents will be moving into buildings. Now is the time to develop and implement your rodent control program.

To Follow Swine Pseudorabies Regulations

Most swine producers should have received a newsletter from the Pennsylvania Department of Agriculture's Bureau of Animal Industry regarding the recent spread of pseudorabies.

To stop the spread of this serious disease and increase the chance of eradication, all producers must follow the state's swine health rules.

New rules adopted on August 7, 1991 made significant changes

comply with one of the following: • Maintain a qualified

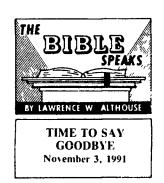
pseudorabies-free herd - requires testing 25 per cent of the sow herd quarterly.

• Secure a negative test on all feeder pigs to be marketed.

• Maintain a pseudorabies monitored herd.

This is the simplest approach and requires an annual test of a sample of pigs in the herd. If the feeder pigs are being shipped from a pseudorables-free county, no testing is required.

Currently in Pennsylvania (October 10, 1991), the quarantined counties are Berks, Bradford, Bucks, Dauphin, Franklin, Lancaster, Northampton, and Susque-



Background Scripture: Acts 20.

Devotional Reading: 2 Timothy 4:1-8.

Some of the people who telephone me from time to time have never learned to say "goodbye.' They tell me what they want to say; they get my response; we finish the conversation - but they seem unable to say that concluding word "goodbye."

I'm not sure why this is so, but I suspect that many people are uncomfortable with bringing something to an end, even when it is obvious that, for all practical purposes, it is over. I have known people who have hung on to relationships that were over and organizations that continued to limp along in agony, even though the organization was already dead. As parents, we may want to hang on to our children long past the point where it is good for either them or us to do so.

The same is true when it comes to saying "goodbye." It is one of the things that I have had to learn as a pastor. There comes a time when you have to leave and break the ties that you have forged. Much as it may hurt, it is part of the rhythm of life to be moving on from time to time. Nothing --- no matter how good and pleasurable it may be — is meant to go on forever, at least not on this earth plane.

COME AND GONE

The Church of Jesus Christ may be eternal, but no congregation or denomination was ever intended to last forever. They come into being to fulfill some aspect of God's purpose, but in time, their reason for being is gone and the kindest thing we can do is to let them have a dignified death. This always occurs to me when I read Acts or any of the New Testament letters. Christian congregations

hanna. To find out more about the new swine health rules, producers should call the Bureau of Animal Industry (717) 783-5301. It will take cooperation by everyone to bring this disease under control.

To Evaluate **Corn Hybrids**

Are you satisfied with the quality of the corn you harvested this year? Did some hybrids mold more than others?

Did the tips of the ear protrude through the husks and the ear mature in an upright position? These type of ears trap more moisture and are more prone to mold growth.

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are mentioned in places where today there are no longer any churches surviving. Does that mean that the work of Paul and other disciples was in vain? No, these churches did tremendous good while they lasted. But they went "the way of all flesh" and died. Like departed loved ones, we can remember them with affection and appreciation, but we cannot bring them back. Their time has come and gone.

This is what is in Paul's heart as he begins what is to be his last visit to some of these churches. Paul believes that there is to be a change in his life because "the Holy Spirit testifies to me in every city that imprisonment and afflictions await me" (20:23). This is the very first time we learn of these warnings and Paul is not very explicit. All we can tell is that he is convinced God is telling him that imprisonment and affliction lie ahead.

BOUND IN THE SPIRIT

Paul could have reacted in another manner. Because of the warnings, he might have decided to avoid Jerusalem, hide himself, or try to escape from any difficultywith the authorities. Perhaps the churches would have assisted him in this so that they wouldn't have to lose their mentor. Instead, Paul says, "I am going to Jerusalem," bound in the spirit, not knowing what shall befall me there ... '

What does Paul mean "bound in the spirit"? I found an interesting parallel between Acts 20:22 and Acts 9:2, where the writer says of the pre-conversion Paul (Saul) that he asked for authority in the synagogues of Damascus "so that if he found any belonging to the Way, men or women, he might bring them bound to Jerusalem". Now Paul is "bound," not by any external authority, but by a conviction deep within himself.

Paul loved his congregations and didn't want to leave them. But, more importantly for him than any of these human ties was his commitment: "If only I may accomplish my course and the ministry which I received from the Lord Jesus." Each of us, whether we realize it or not, is similarly bound in the spirit." And this is the strongest bond of all --- stronger than any other human tie ---and that is why we must all learn sooner or later to say "goodbye".

nix, Ariz., thru Nov. 7.

- City, Mo., thru Nov. 9.
- ing, Sewickley Grange, 8 p.m.
- Pa. Holstein Show committee
- Lodge, Greenwich, N.Y., 7:30

pellet.

Farm House Restoration, Ethan Allen Studios, Hartzdale Dr., Mechanicsburg, 7:30 p.m. Northeast 4-H Conference, Phoenix, Ariz., thru Nov. 7.

Co., Md., 6 p.m.-10 p.m. Lehigh Co. Extension annual meeting, Seipstown Grange, 7:30 p.m.

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I CAN USUALLY PREDICT THE

WEATHER BY HOW MY BODY

FEELS - FOR EXAMPLE, IF

WE'RE GOING TO HAVE A

VERY MILD WINTER

MY BIG TOE HURTS, IT MEANS

relating to the movement of feeder pigs. Producers in quarantined counties who wish to sell feeder pigs intrastate and interstate must



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