



OPINION

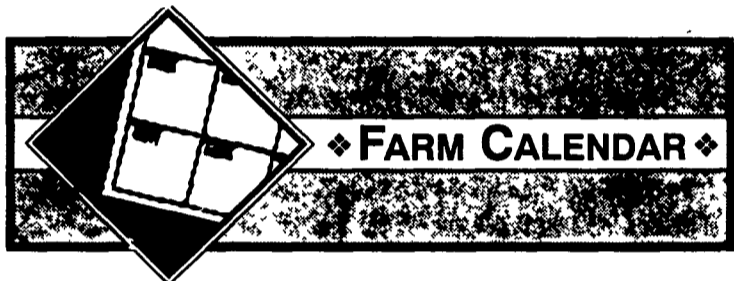
Eggs Are Perishable Not Poisonous

A health advocacy group wants the government to require labels on egg cartons warning consumers that raw or undercooked eggs can cause food poisoning. The Center for Science in the Public Interest wants the Food and Drug Administration to require egg cartons to carry labels saying: "Caution: eggs may contain illness-causing bacteria. Do not eat raw. Cook eggs until the yolk is firm."

But we agree with the egg industry that such a warning would give a false impression that all eggs are contaminated and suggest instead a continuing public education campaign urging consumers to treat eggs like any other perishable commodity.

Eggs are one of nature's most nutritious, economical, and versatile foods. With proper care and handling, it poses no greater risk than any other perishable food.

Since science has removed the cholesterol scare from eggs, this looks like the next attack on the egg industry. Common sense tells you to cook eggs before you eat them. Let's hope the government does not get involved in scaring people away from the good nutrition they can so easily get from eggs.



Saturday, June 28

AJCA/NAJ Annual Meetings, Indianapolis, Ind., thru July 1.
Southern Maryland Farm Heritage Festival at Prince George County Equestrian Center, Upper Marlboro, Md., thru June 29.

PSBA Summer Picnic, Morris Arboretum.

17th Annual Hickory Ridge Antique Farm Show, Horace Potter Residence, Milford, Del., thru June 29.

Berks Wool Pool, Leesport Farmers' Market, 7:30 a.m.-2 p.m.
York County Dairy Princess Pageant, 4-H Center, Bair Station, 7 p.m.

Octorara Creek Summer Nature Walk, meet at Ken Shoemaker's House, Kirkwood, 9 a.m.

Sunday, June 29

Conservation Leadership School I, Penn State Civil Engineering Camp, Stone Valley Recreation Center, also University's Experimental Forest in Huntingdon County and University Park, thru July 12; School II from July 13-26.

Ephrata Area Farmers family picnic, Ephrata Community Park, 12:30 p.m.-3 p.m.

Monday, June 30

AJCA Annual Meeting, Indianapolis, Ind.

PennAg Annual Grain Meeting, Eden Resort Inn, Lancaster, 7 p.m.

Tuesday, July 1

Beef and Forage Day, Southern Branch, Ripley.

Wolf's Corner Fair, Tionesta, thru July 5.

Deadline for 5-Acre Corn Club enrollment, thru local extension service office.

Wednesday, July 2

Apitherapy Knowledge Review Course, Draper's Apiaries, Millerton, thru July 5.

Thursday, July 3

Independence Day
Lancaster Farming office closed.

Saturday, July 5

Sullivan County Rodeo and Demolition Derby, Sullivan County Fairgrounds, thru July 6.

Sunday, July 6

Clarion County Fair, New Bethlehem, thru July 12.

Monday, July 7

Pa. Holstein Association Junior Judging Schools, Bedford County, noon, thru July 8.

1997 NCWGA Region 5 Sheep Show and Sale, Derry Agricultural Fair, Derry, thru July 12.

Tuesday, July 8

Pasture Walk and Conservation Tour, Roman Stoltzfus, Springwood Farm, Kinzers, 10 a.m.-noon DST.

Ephrata Area Young Farmers meeting, Landscaping, Nevin Horning's Farm, Litz.

Field Day, Donohoe Center/Bus Tour, 10 a.m.

Perry County Holstein Club picnic, Ickesburg.

Wednesday, July 9

Bucks County Holstein Club Junior Judging School, noon, thru July 10.

Northeast Sheep and Wool Growers Association Wool Pool, Wyoming County Fairgrounds, Meshoppen, thru July 10.

Soybean Inoculant Farm Field Discussion, David Bitler Farm, Fleetwood, 10 a.m.-noon.

NYS Farmers' Direct Marketing Association, twilight meeting on merchandizing, Abbott Farms, Baldwinsville, N.Y., 7 p.m.

Thursday, July 10

Stockman's Spectacular, Jackson Branch, Jackson.

Landisville Weed Day, Research Farm, 10 a.m.

Lycoming County Fair, Hughesville, thru July 19.

Friday, July 11

Tuckahoe Steam and Gas Engine Show, Tuckahoe Showgrounds, near Easton, Md., thru July 13.

8th Annual Fawn Grove Olde Tyme Days, Fawn Grove, thru July 13.

Annual Keystone Stud Ram Show



Now Is The Time

By John Schwartz

Lancaster County
Agricultural Agent

To File For Fuel Tax Refund

Any person who has paid the 12 cents per gallon tax on liquid fuels purchased between July 1, 1996 and April 30, 1997 and 15.5 cents per gallon from May 1, 1997 and June 30, 1997 and used the fuel in the actual production of agricultural products may obtain a refund of the taxes paid.

To receive your tax refund, you must file a claim with the Liquid Fuels Tax Refund Section of the Board of Finance and Revenue on or before September 30, 1997.

Claim forms were mailed to farmers who applied for refunds in the past two years on June 13. Forms are also available from the Board of Finance and Revenue, 500 C Finance Building, Harrisburg PA 17120 or by calling (717) 787-6534.

If you need assistance in preparing or filing your claim, contact Lynne Vergot at the Board of Finance and Revenue.

To Know The Signs Of Heat Stress

Farmers and others who work outside during summer should protect themselves from heat and humidity.

Warm temperatures and high humidity combined with heavy work can threaten your health, according to Dr. Dennis Murphy, Penn State professor of agricultural engineering.

If you will be working or playing outdoors this summer, pace yourself and stop periodically to cool off. Stay alert for signs of heat stress. This occurs when the body builds up more heat than it can get rid of.

Depending on its severity, heat stress can develop into heat cramps, heat exhaustion, or heat stroke. Symptoms of heat cramps include muscle spasms and heavy sweating.

Heat exhaustion is marked by fatigue, heavy sweating, dizziness, nausea, and fainting. Heat stroke,

and Sale, Harrisburg, thru July 12.

Saturday, July 12

Sheep Day, OARDC, Wooster.

Sunday, July 13

National Association of County Agricultural Agents annual meeting, Burlington, Vt., thru July 17.

Jefferson County Fair, Brookville, thru July 19.

Monday, July 14

Tuesday, July 15

Cumberland County Young Adult Farmers Tour and Picnic, Penn Township Fire Hall, Huntsdale, thru July 16.

District FFA Dairy Show, Lebanon County Fairgrounds, 8:30

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the most serious heat related condition, can result in coma or death. Initial symptoms include altered perspiration, shivering, nausea, and confusion.

To Prevent Heat Stress

According to Dr. Dennis Murphy, Penn State professor of agricultural engineering, there are several ways to prevent heat stress.

Drink plenty of water before and after working. Consider your age and health when deciding what and how much you can safely do. Take work breaks to fight fatigue and extend your energy. Do the hardest jobs in the morning or late afternoon, when temperatures are cooler.

Also, wear loose clothing that allows air to circulate on the skin. Adequate clothing and a hat will protect you from skin damage caused by the sun's ultraviolet rays.

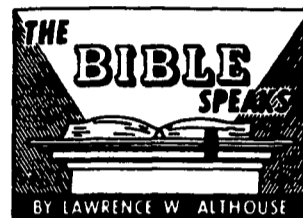
If you must work in a hot or poorly ventilated building, open

doors and windows to get all the ventilation possible. Set up electric fans if you can do so safely and without raising too much dust. Go outside often for fresh air.

If you feel dizzy, lightheaded, weak or overheated, or if you sweat profusely, stop working and get to a cool place immediately. Sit or lie down, drink water or juice, and bathe your face with cool water or a wet towel. If you do not feel better soon, call for help.

Also, pay attention to humidity levels. Like the wind chill index during winter, a humidity index gives you a better idea of what it really feels like to be outside. As humidity rises, you may be more prone to heat exhaustion. At 95 degrees Fahrenheit and with humidity in the 60s, heat rises well above body temperatures. This dramatically increases the risk of heat stress, especially for those who are working or playing hard.

Feather Prof.'s Footnote:
"Look before you leap. Think before you speak."



SELF-CONDEMNED
June 29, 1996

Background Scripture:

Titus 3:1-11

Devotional Reading:

Romans 13:1-10

Hardly a week goes by that I don't receive a form letter, newspaper article, or magazine piece chronicling the growing animosities between Christians of various stripes. Very often, when I see religious groups depicted on television, the faces are angry, the words bitter, and the atmosphere depressingly negative. Interestingly enough this is generally not a matter of Methodists against Presbyterians, or Episcopalians against Baptists. The conflicts, it seems, rage within each of these and other denominations: Methodists against Methodists, Lutherans against Lutherans, and Baptists against Baptists.

What I am bemoaning here is not conflict within the churches. Conflict is normal and healthy within all groups. It is the atmosphere that surrounds and pervades these conflicts that disturbs me most. This anger grows and the bitterness continues to escalate and spiral. Christianity is often defined in the media by the things Christians are against, rather than what they are for.

INQUISITIONS & CRUSADES

Unfortunately, most, if not all of these people believe that it is for God's sake that they are being militant and they regard their emotions as righteous indignation. They defend a God who doesn't need or ask for their defense. For those outside the church, there is little or nothing that is compelling about this kind of Christianity. It was this same kind of Christian anger and fear that gave birth to the devilish Inquisitions and spurred the bloody Crusades.

Perhaps all of us need to commit to memory — and heart — Paul's words to Titus of Antioch: "... to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all men" (3:2). Four simple requests, but these could change the current atmosphere within the

churches. I'm not saying there is no place for righteous anger within Christianity, but it should be the exception at most, not the rule.

Paul makes it clear that this kind of quarreling is definitely pre-Christian. It is what we are to give up when we become followers of Jesus Christ. "For we ourselves," says Paul, were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by men and hating one another" (3:3). "Hated" and "hating" are too often descriptive of Christians today.

WITNESSES, NO JUDGES

Paul also reminds Titus that we are saved by Christ, not because we ourselves have achieved moral acceptability, but only because of the grace of God — "... but when the goodness and lovingkindness of God our Savior appeared, he saved us, not because of deeds done by us in righteousness, but in virtue of his own mercy ... so that we might be justified in his grace and become heirs in hope of eternal life" (3:5-7). We are, all of us, as dependent upon the undeserved grace of God as those whom we judge. In fact, we are called not to judge, but to witness to the love of Jesus Christ.

And then, just in case Titus is not getting the point, Paul says again: "But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile" (3:9). And to underline the seriousness, Paul goes on to say: "As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned" (3:11).

And so are we all if we continue to divide the Church that is not ours, but his.

(The Althouses will walk in the footsteps of Paul and John of Revelation, leading a tour to Turkey next Oct. 17-Nov. 2. For information: "Turkish Delight," 4412 Shenandoah Ave., Dallas, TX 75205/(214) 521-2522.)

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