


Family Living Focus
by **Margaret R. Malehorn**
Cumberland Co. Extension Agent



paring food, after a sneeze or cough, and always after using the restroom. Wash hands after taking out the garbage, playing outside, or playing with pets. Use warm water and make a soapy lather. Rub hands together while counting to 20. Wash both the top and bottom of each hand, and between the fingers too. Use finger tips to make circles in the palm of the other hand to clean under nails. Rinse hands in clean water and use a clean paper towel to dry your hands. Recent data suggests that proper hand washing and good personal hygiene can significantly reduce the spread of the common cold and flu too.

Explain to children to be sure all meat, poultry and eggs are free of harmful microorganisms, they must be cooked to be a safe temperature. Children should not eat batter or dough that contains raw eggs. When asked to think of ways people can avoid getting sick, remind them to not share drinks with another person, prepare food when sick, or when there is an open wound on the hand. Food tasters should use a clean spoon and then put it with other utensils to be washed, not back into the food. Always avoid "double dipping" when someone eats a part of a chip or vegetable and then dips again.

source to keep deli meats, poultry and egg sandwiches cold in an insulated box. Store the carried lunch away from heat sources such as direct sunlight or room radiators.

No leftovers! Just as important as safely preparing and storing a school lunch, is to know when to throw it out. If the sandwich is not finished, don't try to carry it home. The freezer gel won't hold all afternoon, not even in an insulated box.

Hot foods such as soup, chili, or stew, should be kept piping hot in an insulated bottle. Add hot water to the insulated bottle, let it stand for a few minutes, then empty and fill with hot food.

For more information about safe school lunches or food safety, call the extension office in your county, or contact the Meat and Poultry Hotline at 1-800-535-4555. You can also find more food safety information on the Web at www.fs.is.us-da.gov.

• Keep things clean. Make sure the table and countertop is clean before food is prepared or eaten. Emphasize that pets, shoes, and other dirty things should not be allowed on the tables or countertops. Use clean plates, glasses and utensils when eating or preparing food.

September is National Food Safety Education Month, and as millions of students head back to school with homemade lunches, a few reminders to keep hot foods hot and cold foods cold. School lunches can be safely made ahead of time, the night before, and kept cold either in the refrigerator or the freezer. Pack a freezer gel pack as a cold

Healthy Kids: Eat Safe Food
Harmful microorganisms that get into food and cause disease is called foodborne illness. Some foodborne illnesses have symptoms like an upset stomach, vomiting and diarrhea. Others are more serious and make people very sick. Children are especially at risk from foodborne illnesses because their immune systems are not fully developed. A growing number of children are responsible for preparing their own food at home, thus

putting them at risk of contracting a foodborne illness from their own mishandling of food.

Ask your children, "What is a germ?" Remind them that a germ is a tiny life form that we cannot see. Germs are everywhere: in the air and on surfaces. They like things dirty, not clean. By keeping things that touch food clean, we can reduce the chance that germs will get into food. Important ways to keep food safe include these tips:

• Wash hand often. Wash hands before eating, before pre-

DEP, Penn State Cooperative Extension Team Up To Offer Composting Workshops

HARRISBURG (Dauphin Co.) — Department of Environmental Protection (DEP) Secretary James M. Seif announced

that DEP and Penn State Cooperative Extension are teaming up to offer composting workshops and free backyard composting

bins to York County residents.

"It is vital for all Pennsylvanians to recycle more of the waste we produce so the com-

monwealth can meet its goal of recycling 35 percent of all waste generated," Seif said. "This cooperative effort between DEP and Penn State Cooperative Extension is an exciting opportunity for residents to learn about nature's own way of recycling. Plus, composting at home is something everyone can do to help reduce the amount of waste going to a landfill."

Penn State Cooperative Extension of York County is holding workshops on backyard composting this fall. "We must continue to find more efficient and economical ways to recycle our resources if we are to become a truly sustainable society," said Bob Steele, dean of the College of Agricultural Sciences at Penn State University. "We are committed to helping Pennsylvania's citizens meet these goals through our research and extension programs."

Each person who preregisters and attends a workshop taught by a master composter, will receive a free composting bin as long as supplies last. The 45-minute workshop is repeated at 5 p.m., 6 p.m., 7 p.m., and 8 p.m. Thursday, Oct. 19, at the County Annex Building, 112 Pleasant Acres Road, York in meeting room 2. Choose only one time slot to attend. For directions, call (717) 840-7408. To receive a bin, you must preregister by calling Penn State Cooperative Extension at (717) 840-7408.

"I strongly encourage everyone to attend one of these workshops to learn about composting," Seif said. "Biodegradable waste, such as banana peels, grass clippings, leaves and even coffee grounds, will break down into compost. You can spread compost over gardens, lawns, and flowerbeds to add nutrients to the soil. This is literally recycling in its purest form."

UNCLAIMED FREIGHT CO. LIQUIDATION SALES INC.
"If You Can't Find It Here, You Won't Find It!"

<p>3-SIDED ENTERTAINMENT CENTER Ret. Ret. \$799.95 Our Price \$369.95 CLOSE OUT \$289.95 \$50 OFF w/COUPON</p>	<p>HONEY PINE BOOKCASE BUNK BED w/Rails Reg. Reg. \$1039.95 Cash Price \$449.00 Closeout \$239.95</p>	<p>Futon Closeout • In Black & White • Comes w/ 8" Futon Mattress Reg. Retail \$639.95 Cash Price \$259.95 Only \$139.95</p>																		
<p>WORKING DRAWER 3 PC. END TABLE SET Your Choice - Light/Dark Pine, Thick Wood Set Reg. Reg. \$1,299.95 Our Price \$609.95 Cash Price \$589.95 (Under Wholesale) CLOSE OUT \$259.95</p>	<p>7 PC. DINING ROOM SET Oak Table w/6 Double Back Press Side Chairs Reg. Ret. \$1999.95 Factory Special \$599.95</p>	<p>EXCEPTIONAL SECTIONAL Close Out Reg. Retail \$1,689.95 \$599.95 Our Price \$659.95 \$50 OFF w/COUPON</p>																		
<p>SECTIONAL SLEEPER Loveseat, Center Console, Side by Side Recliners, Sofa Factory Liquidation w/Hide-a-Bed Reg. Ret. \$2,589.95 Our Cash Price \$949.88</p>	<p>DINING ROOM SET Oak Table - 4 Side Chairs Reg. Retail \$1,400.00 Our Price \$549.95 Close Out \$369.95</p>	<p>TWIN SPINDLE BUNK BEDS Reg. Reg. \$629.95 Cash Price \$299.95 Close Out \$149.95</p>																		
<p>4 DRAWER CHEST Pine Finish and Brass Hardware Reg. Ret. \$149.95 OUR CASH PRICE \$99.95 FACTORY SPECIAL #2 \$39.04</p>	<p>SENSATIONAL SOFA & LOVE SEAT Reg. Ret. \$1,299.95 SPECIAL \$549.95</p>	<p>BLACK & CHROME 5 PIECE DINETTE -30x46 Table Reg. Ret. \$399.95 Our Price \$229.95 CLOSE OUT \$109.88</p>																		
<p>BEDROOM SET (Bleached Oak) Plus Chest With Jewelry Case Top Reg. Ret. \$3,200 Our Price \$1,395 Closeout \$899.95 Headboard Wall Unit</p>	<p>CORNER NOOK Oak Verneer Table Trestle & Corner Bench w/Storage Reg. Ret. \$1,169.95 Our Price \$349.95 Cash Price \$199.95 CLOSE-OUT \$309.95</p>	<p>TWIN/DOUBLE FUTON BUNK In Black, Red, White, w/8" Futon Mattress Reg. Ret. \$898.95 SPECIAL \$279.95</p>																		
<p>STYLISH SOFA TABLE w/Working Drawer Light or Dark Pine Reg. Ret. \$479.95 Our Price \$299.95 Cash Price \$249.95 CLOSE OUT \$149.95</p>	<p>MARBLE & GLASS COCKTAIL TABLE w/Dual Swivel Tops Reg. Ret. \$409.95 Our Price \$299.95 Cash Price \$249.95 CLOSE OUT \$129.95</p>	<p>OPEN SUNDAYS</p>																		
<p>DEALER REFUSED SLEIGH BED "Dark Cherry Finish" Queen Only Reg. Ret. \$699.95 Our Price \$449.95 Close Out \$169.95 (Includes Rails)</p>	<p>SERTA MATTRESS & BOXSPRING</p> <table border="1"> <tr> <td>SINGLE</td> <td>OUR CASH PRICE</td> <td>\$149.95</td> </tr> <tr> <td>DOUBLE</td> <td>OUR CASH PRICE</td> <td>\$189.95</td> </tr> <tr> <td>QUEEN</td> <td>OUR CASH PRICE</td> <td>\$249.95</td> </tr> <tr> <td>KING</td> <td>OUR CASH PRICE</td> <td>\$299.95</td> </tr> </table> <p>BELCO MATTRESS & FOUNDATION Warranty of one full year</p> <table border="1"> <tr> <td>Single</td> <td>\$109.95</td> </tr> <tr> <td>Double</td> <td>\$139.95</td> </tr> <tr> <td>Queen</td> <td>\$189.95</td> </tr> </table> <p>PRICES INCLUDE BOTH PIECES</p>	SINGLE	OUR CASH PRICE	\$149.95	DOUBLE	OUR CASH PRICE	\$189.95	QUEEN	OUR CASH PRICE	\$249.95	KING	OUR CASH PRICE	\$299.95	Single	\$109.95	Double	\$139.95	Queen	\$189.95	<p>Two Coat Process</p>  <p>Added Value With Our 2 Coat Process!</p> <ol style="list-style-type: none"> 1 Five step metal preparation, including iron phosphate conversion coating, to enhance adhesion & prevent undercoat corrosion 2 Zinc rich epoxy powder undercoat 3 TGIC polyester powder top coat, baked at 400° to fuse coats forming a cross link molecular bond
SINGLE	OUR CASH PRICE	\$149.95																		
DOUBLE	OUR CASH PRICE	\$189.95																		
QUEEN	OUR CASH PRICE	\$249.95																		
KING	OUR CASH PRICE	\$299.95																		
Single	\$109.95																			
Double	\$139.95																			
Queen	\$189.95																			
<p>FIVE PIECE DINETTE 36x60 Table Table & Four Chairs - Natural, White/Natural, Green/Natural Reg. Ret. \$1,029.95 Cash Price \$469.95 SPECIAL \$249.88</p>	<p>3019 Hempland Road, Lancaster 397-6241 Stores in: LANCASTER • YORK • CARLISLE (Closed Sun.) STORE HOURS: Mon.-Fri. 9-9 • Sat 9-6; Sunday 12 to 5 PM</p> <p>• No Refunds • No Exchanges • Cash & Carry</p> <p>For purchases with a check, bring drivers license and phone numbers</p> <p>FINANCING AVAILABLE</p> <p>Not responsible for typographical errors. We reserve the right to substitute gift items</p>	<p>Call or Write For Additional Information & the Name of Your Nearest Dealer</p> <p>Paul B. Zimmerman, Inc. 295 Woodcorner Rd. • Lititz, PA 17543 • 1 mile West of Ephrata 717/738-7365 Hours: Mon. thru Fri.: 7-5; Sat. 7-11</p>																		

Paul B. Zimmerman, Inc.
Grooming Chute
Finished with a zinc rich undercoat & TGIC polyester powder topcoat

Advantages:

- 2 coat finish for added durability.
- Keeps animal's head safely & comfortably in desired position.
- Shipped with 4 bars, allowing optional vertical, horizontal or combination configuration.
- Assembles & disassembles quickly & easily for 1 person handling.
- Expanded metal flooring for superior slip resistance.

Two Coat Process

Added Value With Our 2 Coat Process!

- 1 Five step metal preparation, including iron phosphate conversion coating, to enhance adhesion & prevent undercoat corrosion
- 2 Zinc rich epoxy powder undercoat
- 3 TGIC polyester powder top coat, baked at 400° to fuse coats forming a cross link molecular bond

Call or Write For Additional Information & the Name of Your Nearest Dealer

Paul B. Zimmerman, Inc.
295 Woodcorner Rd. • Lititz, PA 17543 • 1 mile West of Ephrata
717/738-7365
Hours: Mon. thru Fri.: 7-5; Sat. 7-11