

## Consuming Thoughts

by

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The falling leaves remind us that cool weather is coming and kids are back in school. This change affects the daily routine of activities but also reflects a change in menus, shopping, and meal preparation.

Adults need to think about planning foods that travel well and can be packed in brown bag lunches. Another consideration is how to plan and select a variety of healthy after school snacks that kids can make for themselves.

Choose foods like fruit that are in season and are more economical. They not only taste great but provide the needed nutrition. Avoid high calorie cookies, candy, potato chips, and soda, and so forth.

Here are some ideas for fun after school snacks that kids can make. Parents can also use this list as a guideline when grocery shopping.

### After School Snacks for Kids:

- Peanut butter and jelly

### crackers

- Frozen yogurt or ice milk
- Sliced apples with peanut butter and raisins
- Juice (100 percent)
- Cheese and crackers
- Cinnamon toast with apple juice
- Yogurt, plain or fruit
- Animal crackers
- Fresh fruit like grapes or pears
- Lower fat cookies and milk
- Raw vegetables like carrots and broccoli
- Angel food cake cubes
- Gingersnap cookies with applesauce
- Pretzels and milk
- Cheese slice with fruit cup
- Popcorn
- Graham crackers with milk
- Cereal and milk
- Wheat crackers with cottage cheese
- Blueberry muffin with orange juice
- Peanut butter toast with milk
- Frozen banana with fruit juice

carry lots of germs.

Use clean knives, spoons, forks, bowls, and other utensils.

Wash all fruits and vegetables before eating.

Put cold items like milk, cheese, or yogurt back in the refrigerator as soon as you are done with them. Do not leave these items out on the counter.

Teach kids microwave safety before using the microwave.

### Packing Safe

#### Brown Bag Lunches

Store brown bag lunches in a refrigerator at work or school. Here are some tips to keep food cold if a refrigerator is not available:

Take ice cubes and place them in a plastic bag. Wrap with foil. Place this "ice pack" or a commercial "gell" pack in the brown bag with you food.

Wrap sandwiches and put them in a big plastic bag and freeze. Do not put lettuce, tomato, or mayonnaise on the sandwiches yet.

Simple sandwiches freeze best. Try using lower fat lunch meats and cheeses. Place the frozen sandwich in a brown bag when you leave. It will thaw by lunch time. Put lettuce, tomato, and mayonnaise in a separate container. Add them to the sandwich just before eating.

Freeze a small container of juice or applesauce the night before you want to eat it. Place the frozen food in the brown bag. The frozen food will thaw by lunch time. The frozen food will also keep the other food in your lunch cold.

A thermos bottle can be used to keep drinks and foods hot or cold. Hot foods such as soup, stews, and chili should be boiling when you pour them into the thermos. This will prevent food poisoning. Wash the thermos bottle with hot soapy water and rinse well with boiling water after using it.

Be sure to teach children to follow these tips if they make their own snacks.

### Kitchen Tips for Kids

Wash hands before making a snack. Hands

## Penn State Researcher Looking For West Nile Virus

UNIVERSITY PARK (Centre Co.) — When the penguin at the Seneca Park Zoo in Rochester, N.Y., contracted West Nile virus and died in August 2002, Adam Rohnke took note, but never dreamed it would mean much to him.

Today, the research assistant in Penn State's College of Agricultural Sciences is conducting songbird counts at two Centre County sites, checking some birds' blood for the virus and trapping mosquitoes to be tested to see whether they carry the disease-causing pathogen.

About all he can tell you about the presence of West Nile disease in central Pennsylvania now is that not much is known. "Talk to me in a year or so," he says. "There have been some crows and blue jays found dead that were infected with the disease, but we just don't know if West Nile is prevalent in birds across our region, or even if songbirds are carrying it."

The work being done by Rohnke, who is pursuing a master's degree in wildlife and fisheries science, is novel because he is focusing on songbirds, and their populations have been largely ignored by West Nile researchers. There have been many confirmed cases of larger birds succumbing to West Nile virus in Pennsylvania, but there is little information about whether their smaller cousins are widely infected.

"Big birds are easy to find when they die, but the songbirds migrate, so they could be spreading the virus," notes Rohnke, a Rochester native who graduated from SUNY College of Environmental Science and Forestry with a bachelor's degree in environmental forest biology. "Also, they have the closest interaction with humans, so they might pose the biggest threat."

He will get lots of help with his research. Rohnke — who has

been trained and certified by veterinarians in handling birds, extricating them from mist nets and drawing blood samples — will be catching birds under the guidance of professor of wildlife resources Margaret Brittingham and his advisor, Rich Yahner, professor of wildlife conservation.

Mosquitoes will be collected in pheromone light and heat traps supplied by entomology professor K.C. Kim, who will be examining mosquitoes captured at both sites and cataloging species. The state Department of Environmental Protection will test mosquitoes for West Nile virus. Entomologist Liwang Cui will test the blood samples of birds taken by Rohnke.

The research sites have dramatically different characteristics. "One is near the wastewater treatment plant where water is sprayed every day," he explains. "The other is in the pine barrens near the Scotia Range, where the soil is dry and sandy. It will be interesting to see if infection rates of birds and mosquitoes differ between the two. We don't know what to expect. In a study done this year by the University of Southern Mississippi, 600 birds were tested and not a single case of West Nile was discovered."

## Lykens Valley Garden Club Plans Garden Tour

MILLERSBURG (Dauphin Co.) — The Lykens Valley Garden Club will present its annual Garden Tour Sunday, Sept. 28, from 1 p.m. to 6 p.m. Rain or shine.

Advanced tickets may be bought at Manor House, Market St., Millersburg, or Mid-Penn Bank, Millersburg, or at any of the garden tour locations the day

of the tour.

The following gardens will be included on the Garden Tour: Andrew and Jenelle Albright, Halifax; Sally and Randy Tobias, Millersburg; Vaughn and Maryann Boyer, Millersburg; Gallery on the Square, Millersburg; Dot Brown, Millersburg; Matt and Jennifer Erdman, Millersburg; Eli and Martha Smucker, Millersburg.

A member artist will be painting at the Gallery on the Square during the tour.

For more information call (717) 692-3140 or (717) 692-3555.

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### Sat. Sept. 27th 2003.

#### Sale Time 9:30 AM

Retirement and or Dispersal sale for Spring House Farm located at 150 Marticville Road, Lancaster County, PA 17603.

Open House: Sept. 20th 11:00 a.m. - 4:00 p.m.

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Terms by Ted Cardwell Ph 717-872-8602.

### AUCTIONEERS NOTE

We will start this sale with tack at App. 9:30 AM and Horses and Ponies at App. 12:00 Noon

### AUCTIONEERS

Clarence Shirk AU2750  
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Tel. 610-273-2801

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## Cooking Tip

To make hard squash (acorn or butternut) easier to cut, microwave on high for 10½ minutes, then cut and remove seeds and finish baking as you wish.

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