

Attracting birds with the right plants

continued from page 2

serves as an early season food.

The hawthorns have been used for years as a source of winter food. All hawthorns produce edible fruit attractive to many types of birds. Two useful hawthorns are Washington and Winter King. Both trees produce abundant crops of bright red to orange-red fruit in the fall. The quantity is sufficient to last through a number of feedings by numerous bird species.

Vines can also provide both cover and food for birds. Thick coverings of stems and foliage on a wall or trellis can make ideal nesting sites. Virginia creeper and Boston ivy both form heavy leaf cover in the

summer months. Both the Oriental and American bitter-sweet produce orange-red berries that are highly ornamental in fall and sources of food in winter. The Virginia creeper has outstanding fall foliage color and along with Boston ivy produces heavy crops of blue-black fruit that persists well into December.

Evergreens, such as junipers, pines and spruce, are particularly desirable in landscape designs as well as for yearly cover for many birds. During spring and summer the dense foliage provides protection from danger, and in winter it protects birds from the elements. (MJM)



Dealing with head lice? Even for experts, it's a head scratcher.

continued from page 3

used on surfaces that cannot be washed. The solvents used in these aerosols, can cause asthmatic reactions in persons who have allergies.

Because the active ingredients of Nix®, RID®, A-200® and Clear® are all similar chemically, and are the primary treatments for control, it is likely that head lice will continue to develop resistance to them. If the insecticide products are used as directed and are not being effective, you will need to manually remove lice and nits by using a lice comb.

Many schools and daycare centers have adopted the "no nit" policy recommended by the National Pediculosis Association. This policy means that children are denied readmission to the classroom until their heads are free from lice eggs. None of the insecticide treatments mentioned above will remove nits from the head.

There is no safe solvent for the glue that the female louse uses to attach her eggs to the hair even though there are products that make such claims. Combing is the only sure way to remove nits from hair.

• **Use a lice comb.** You can completely avoid insecticide shampoos/rinses if you comb the hair to remove lice and nits. Purchase a special fine-toothed, metal comb from your pharmacy. Combing is tedious and time consuming, but may become necessary if the insecticide treatments don't seem to be working. Combing is the only

way to remove nits from the hair.

Preventing re-infestations:

Once a child has been deloused, steps will be needed to prevent re-infestation. Examine all members in the household regularly. Treat them as above, if lice are found. Wash bed linens and recently worn clothes in hot, soapy water in a washing machine. Drying in a 140°F dryer will kill both lice and nits. Clothes washing does not have to be repeated daily and is only necessary when you treat the child or when he/she is re-infested. Articles that cannot be washed can be vacuumed or placed in a plastic bag and sealed for two weeks to kill all lice and nits. If your time is limited, it is much more important to use a lice comb on your child's hair than to spend time washing clothes and linens and vacuuming your house.

Instruct children not to share combs, brushes, hats or other articles of clothing that might be contaminated. If they don't already have them, it might be a good time to get every member of the home their own comb and brush.

Source: Stopping Head Lice Safely, T. Drlik and W. Quarles, Common Sense Pest Control XVI(4) Fall 1998.

For more information on how to use a lice comb, contact the Lancaster County Extension Office (441-7180) and ask for the head lice fact sheet. (BPO)



Japanese developments important

continued from page 10

Japan's actions contributed to the problem as well.

Overall, about 40 percent of U.S. agricultural exports are purchased by Southeast Asian and Pacific Rim countries. No other region of the world purchases as much. That's why Americans farmers and ranchers should be interested in hints of better times ahead, particularly in Japan. The yen's recent

increase in value (147 yen to the dollar in August, 1998, compared to 111 yen to the dollar in early October) is significant because it will make U.S. products more affordable.

After a long internal political struggle, it now also appears that the Japanese government is ready to provide additional capital to a number of commercial banks that had

Take the guesswork out of roasting a turkey

continued from page 6

12-16 lbs 2 to 3 days
16-20 lbs 3 to 4 days
20-24 lbs 4 to 5 days

ROASTING A TURKEY

Timetable for Fresh or Thawed Turkey at 325° F

(These times are approximate and should always be used in conjunction with a properly placed thermometer.)

Unstuffed

8-12 lbs 2-3/4 to 3 hours
12-14 lbs 3 to 3-3/4 hours
14-18 lbs ... 3-3/4 to 4-1/4 hours
18-20 lbs 4-1/4 to 4 1/2 hours
20-24 lbs 4-1/2 to 5 hours

Stuffed

8-12 lbs 3 to 3-1/2 hours
12-14 lbs 3-1/2 to 4 hours
14-18 lbs 4 to 4-1/4 hours
18-20 lbs ... 4-1/4 to 4-3/4 hours
20-24 lbs ... 4-3/4 to 5-1/4 hours

Roasting Instructions

1. Set the oven temperature no lower than 325° F.

2. Place turkey breast-side up on a rack in a shallow roasting pan.

3. For uniform results and to assure that the stuffing reaches a safe temperature, it is recommended to cook stuffing outside the bird. If stuffed, mix stuffing and stuff right before cooking; stuff the bird loosely (no more than 3/4 cup stuffing per pound of turkey) and use a meat thermometer to ensure the center of the stuffing reaches 165° F.

4. For safety and doneness, the internal temperature, as registered on a meat thermometer, must reach a minimum of 180° F in the thigh before removing from the oven. The center of the stuffing should reach 165° F as measured by a meat thermometer.

5. Juices should be clear.

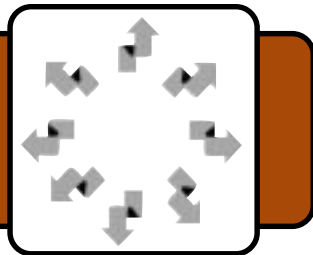
6. Let the turkey stand 20 minutes before removing stuffing and carving.

Wash hands, utensils, sink and anything else that has contacted raw turkey with hot, soapy water.

STORING LEFTOVERS

Remove all stuffing, debone turkey, and refrigerate all leftovers in shallow containers within two hours of cooking. Use leftover turkey and stuffing within three to four days, gravy within one to two days, or freeze these foods. Reheat thoroughly to a temperature of 165° F or until hot and steaming. (AH)

Miscellaneous



Achieving cleaner indoor air

continued from page 3

and equipment, using extensive quality matting inside and outside frequently used doors, using quality vacuum systems, and wet cleaning surfaces.

Another study in Boston area homes showed that mopping or vacuuming the floor at least once a week resulted in lower levels of fungi per gram of dust on hard floors than did less frequent cleaning. Use of sanitizers and other cleaners on accessible parts of the air handling systems in homes, along with regular maintenance to remove microbial growth and changing filters, attack the biological contaminants that infiltrate the home.

Source: Shirley Niemeyer, home environment specialist, UNL. (BPO)



Is your child getting enough sleep?

continued from page 7

from established routines. Children relate well to knowing that certain things occur on regular schedules. The following are some pointers for establishing a bedtime routine.

• Fix a firm bedtime and provide a "countdown" with fifteen, ten and five minute reminders that bedtime is arriving.

• Build a winding down period into your child's evening routine.

• Allow your child some control by giving them "either/or" choices of pajamas or bedtime stuffed animals.

• Snuggle up and read to your child or play soothing music before bed.

• Tuck your child in and end the day with prayers or thanksgiving for family, friends, blessings, etc.

Even if a child does not go to sleep immediately when placed in a darkened room, away from distractions, a child will eventually go to sleep. Once established, a bedtime routine is not only a great foundation for a child's academic career, but as a bonus can provide parents something they need, too: quiet time. (LJ)



The occupation of farming

continued from page 10

- inputs purchased
- management intensive
- interdependent
- delegation of tasks
- pride in the farm business
- specialized enterprises
- management skills
- consumer-focused
- leased and contracted assets
- task networking

In summary, we no longer have carpenters in today's home building industry, but rather general contractors coordinating home building by "out-sourcing" specialized tasks to framers, drywallers, trimmers, cement finishers and countless other entities. And likewise, to a large extent, neither do we have commercial farmers, but rather agricultural production coordinators who, likewise, subcontract for a whole array of specialized services. Yes, they may still live on the land or in the rural community, and they will still be dependent upon the cycles and dynamics of agriculture. But their success and career fulfillment is becoming more dependant upon their management and networking skills than their own production skills.

Does this scenario, as it is played out today, imply we could be losing something as a society? Some believe so, particularly those who ascribe to the neo-populist view that a more traditional small-scale family-farm type of agriculture is superior. However, it is a debatable issue. Let's not forget that some of the most successful commercial farm operators today do so without huge holdings of land and other assets. In fact, their net worth is often very modest. The point is that they compete successfully with superior management and networking skills. Yes, they operate to make a profit; but they are succeeding by being visionary and socially conscientious, managing human, financial and natural resources in a sustainable as well as profitable manner. And they are doing it with a cell phone as their primary tool of trade—not a pitchfork.

Source: Bruce Johnson, Professor, Agricultural Economics

overextended themselves earlier. This will allow these banks to return to loaning money for business expansion, albeit with more stringent lending standards than before. This should help the Japanese economy and lead to more trade within the region. I believe the United States will eventually benefit as well.