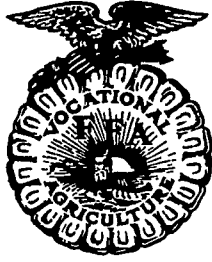


From Local Ag Teachers:



Thoughts in Passing



(Editor's Note: This is one in a series of articles introducing Lancaster County's newest vo-ag teachers.)

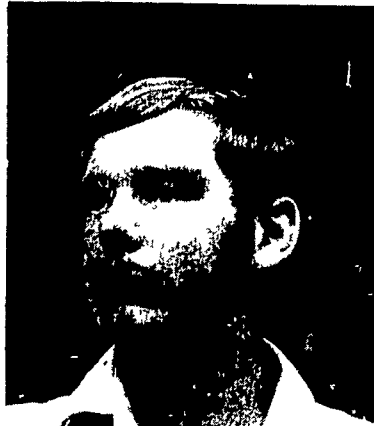
Pequea Valley's new vo-ag teacher is Gerald Phillips, who graduated this past June from Delaware Valley College. Gerry took over at Pequea Valley on July 1, just days after his June 17 marriage to the former Donna Deibler of Quarryville.

Pequea Valley has a one-man vo-ag department, and Gerry said he thinks he'll like the chance to work in all fields of vo-ag with all of his 53 students. He also likes the location and the people he's working with.

One of the first projects Gerry plans to tackle is the construction of a vo-ag greenhouse, using donated materials and student labor.

A 1968 graduate of Solanco High School, Gerry is the son of Mr. and Mrs. Blair G. Phillips, who owns a 90-acre dairy farm at Quarryville, R1.

While a member of the Solanco Chapter FFA, Gerry held the offices of reporter in his junior year and president in his senior year. He was awarded the Keystone Degree and played percussion in the state FFA band. At Solanco, Gerry lettered twice in varsity track.



At Delaware Valley, Gerry was sports editor of the college yearbook, a varsity sports announcer, a member of the dairy science club and proved his scholastic ability by making the dean's list.

In the Kitchen

CABBAGE SOUP

- 2 cans (10½-oz. ea.) condensed beef broth
- 2½ cups water
- 1 can (8-oz.) tomato sauce
- 2 tsps. lemon juice
- 3 cups shredded cabbage
- 2 cups diced apples
- ½ cup onion flakes
- 1 tbsp. caraway seeds
- 1 tsp. sugar
- ¼ tsp. instant garlic powder
- ½ tsp. ground black pepper

In a large saucepan combine broth, water, tomato sauce and lemon juice. Bring to boiling point. Add remaining ingredients. Cover and simmer 20 minutes. Serve with sliced rye bread, if desired. Makes 6 to 8 portions.

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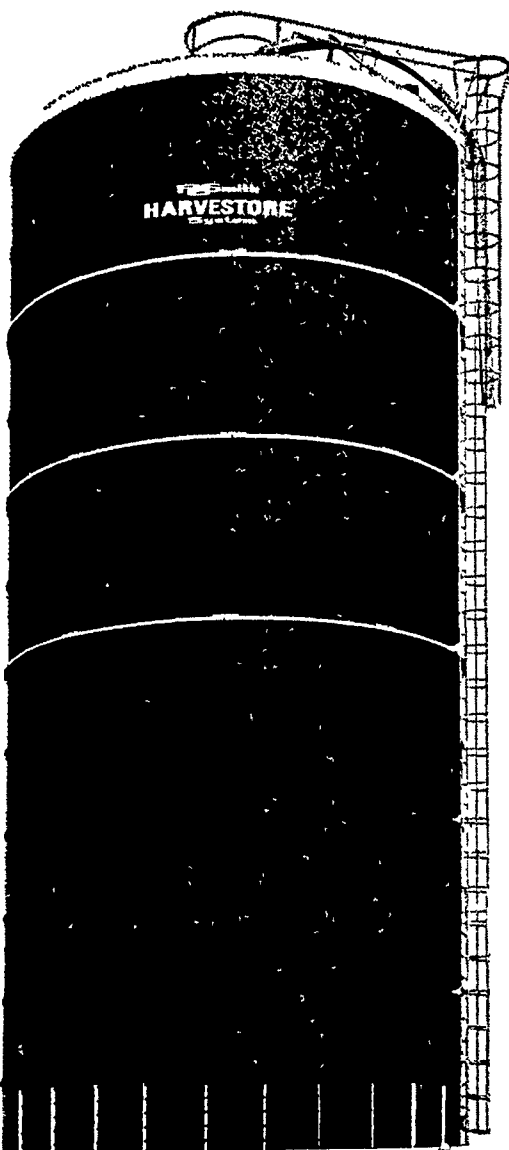
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Kitchen Equipment For the Handicapped

If you are a handicapped homemaker, let your kitchen equipment work for you. Simplify household tasks by selecting equipment and utensils that are versatile, durable and easy to clean.

The fewer pieces of equipment you have, the less storage space you'll need. Store frequently used items in convenient places, suggest Extension home management specialists at Pennsylvania State University.

An example of a versatile utensil is a heatproof casserole that may be used in the oven, on top of the range, and is attractive enough to go to the table as a serving dish.

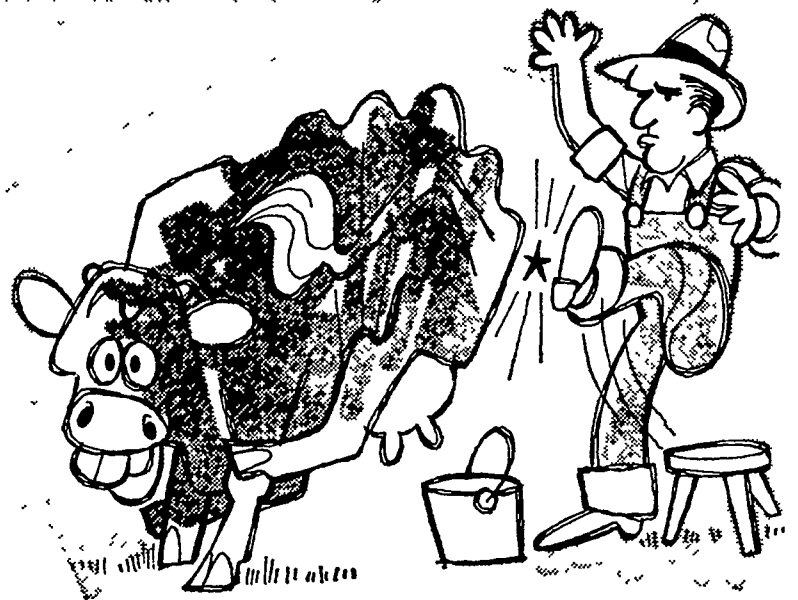
Before buying equipment, examine its durability. Utensils should be heavy enough so they do not turn over easily. Weight helps make equipment durable. Yet, it should not be so heavy it is hard to lift.

If limited in the use of your hands and arms, choose the weight of tools and utensils most appropriate for you.

A woman with multiple sclerosis or muscular dystrophy loses ability to lift and grasp. She needs utensils light enough to lift when she can't slide them along a counter. Pans with double handles are easier for such a person to use than pans with single handles, say the Extension specialists.

If you lack coordination in your hands, heavier utensils are a better choice. The weight helps control excessive motion. And the construction of heavy pans forces you to put more pressure on the handles and other parts of the utensils.

Choose utensils that require a minimum of care to save time and energy in doing cleanup jobs. An electric frypan with a non-stick finish would be easier to clean than one made of aluminum without the special finish. Be sure the frypan is one you can immerse for cleaning. Choose other tools and utensils with smooth finishes, they are easier to clean.



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