

Suburban

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Faye says, "I became interested in ecology about the time of Earth Day. I did some reading, and felt they had a valid point."

"It's been a gradual, on-going thing. We become more and more aware." Much of the change can be tied in with their move to their small farm six years ago, but Faye says, "The ideas were there on Robin Road, but were not put into practice."

"The whole thing ties in with self-satisfaction - the idea that I can do it myself. I, as a person, am important to my own welfare. We all have a need to feel self-worth. Technology and centralization have taken over, but there is something basic in each of us to be responsible for ourselves. It gives us a reason for being here," she explained.

Faye says her family's life has changed drastically since their move. "The way you look at life changes. For us, especially for me, it means a deeper respect for the land - a closeness to the land."

"We are really an extension of the land. I feel strongly that we must not actively do anything to destroy the land. I must leave it in the same condition or in better condition than I found it." She said this whole idea permeates into everything her family does.

"Our family is definitely closer; we must work together toward a common goal. My husband believes in it as much as I do," she says.

The Forwoods have two children - John, 11, and Mark 6½. She said her sons "feel they have the best of both lives. But the older one realizes he has more responsibility. He's more self-sufficient. He feeds chickens and hauls wood. They think it's pretty nice. They love the land and room to roam in the woods." She says both boys are aware of conservation and will notice smoke-belching factories while driving.

Faye says, "We have cut down on our consumption of electricity and fuel. We spend more time in active work. I work harder than I ever did before. But it is self-directed work - for my own self-sufficiency. I get a great sense of accomplishment. I get a fulfillment because I feel I am personally doing something worthwhile. But I'm not tied to the kitchen or to the house - not as much as people think. I ski once a week."

The Forwoods heat their downstairs with the wood stove in the kitchen and a Franklin stove in the living room which is lighted sometimes. There is a coal system which goes on from about 2:00 a.m. to 6:00 a.m. for supplementary heat.

Faye said her husband spends most of Saturdays cutting, hauling, and chopping wood to keep the wood stove going. "But he genuinely enjoys it. He feels it is a good form of exercise and he gets to be outdoors. He jokes about going out to my gym."

She said she and her family seek friends who are doing similar things and adds, "Some live much more simply than we, but they all have the desire to conserve. We do it not because it's fashionable, but because we feel we don't have an option. It's a necessity."

Faye says honestly that it does frustrate

her to see how some others live. She said, "I'm not saying people should give up everything they have worked for or deprive themselves. But I don't think wearing a sweater in the Winter is a hardship. We need to re-educate ourselves."

She added, "I don't think each one of us must alter life so drastically, but each must do some part."

She said that maybe this Winter's energy crisis is making people more aware of the long-range problem. "I've talked with a lot of people who it's made aware." But she said she feels there are also those to whom it will make no difference when the oil and gas start flowing again. She said, "I feel we need national leadership to make the public aware that it is very real. It will cause our children problems."

Wilbur works for Wyeth Laboratories, and skeptics have questioned Faye about this seeming incompatibility. But she says, "I am not opposed to technology and am not opposed to modern advances. What I'm asking for is moderation - a lesser technology. What we need is a simpler present - a hundred years ago was not the good old days."

The Forwoods have raised three steers, which Faye said, "were delicious." They are not currently raising one for several reasons. "We were getting more meat than we needed and didn't really save money. We have found someone who feeds steers the way we want them to be fed and we buy meat from him." But, she said an important reason for not raising their own was, "We couldn't stand to see them be killed - they really became pets."

They raise chickens - 22 of them at the present, which provide eggs for them and about four or five dozen to sell weekly. They also raised broilers and she said, "We know what they're fed. We feel it's very important to have food as much as possible in the natural state. We feel having chickens is another step toward being self-sufficient." Faye says she had never cleaned a chicken, but one day she and her husband prepared 13. "After the first two, you just know how to do it."

"I grow all my own vegetables - last year we had 24 different kinds. We have early Spring, Summer and Fall crops, and I farm as much organically as possible." Last year she estimates they farmed about 85 per cent organically, but gave in to the potato beetles. "Our goal is to be 100 per cent organic. You can do a lot with interplanting with aromatic flowers and mixing up your own sprays." For some of her gardening information Faye said, she reads the organic gardening magazine published by Rodale Press. She and her husband are now investigating the possibility of having a solar greenhouse.

She said she freezes the majority of their vegetables and stores the rest in a cold cellar. She home cans fruits which they pick themselves, and this year they will be planting their own fruit trees. In the past, she said, they have traded produce for fruit from a friend's trees.

Faye says she is a very careful shopper

for the family food. "It probably takes me longer than anyone. I feel very strongly that artificial colorings don't have to be in food. I would like to see Madison Avenue put their money into promoting natural foods."

Baking is another thing Faye does for herself. She said she purchased flour in 25-50 pound lots direct from the mill, and uses a lot of whole wheat flour. "I know what I'm getting," she explains.

Not every family can or would like to completely change the way they presently live. Nevertheless, Faye said she feels that if everyone makes a small sacrifice we won't all have to make a large one someday.

So she shared some simple ways to conserve in any home. "We try not to use a lot of paper products, and I always buy white paper products." She explained that dyes are released in streams, and "I don't think it's a necessity to have colored tissue." She said they use paper products for picnics, but at home she gives her children and her friends one plastic cup each for the day.

"Everything in our home is recycled. All the newspaper is used to start a fire in the stove. The wood ashes, which are a good source of potash and provides nutrients for the soils are put on the garden. I also try not to use a lot of plastic products because they won't decompose. We use paper disposable cups and I buy only returnable bottles."

A clothes dryer uses a lot of energy, and Faye says, "I have one but I never use it in the summertime - I hang out the clothes. In the Winter I use a collapsible rack - I use the dryer very infrequently. The sun is free - it doesn't cost a thing."

Faye said that using a dishwasher once a day uses no more water than washing dishes three times daily. But it's the drying cycle which uses up the kilowatts. So she suggests that a dishwasher be opened and the dishes be allowed to air dry.

Doing complete meals in the oven is another way to save on fuel.

Faye does most of her own sewing and loves to read. She said, "January and February are my months to settle in and find myself." She also quilts and crochets and she said she enjoys outdoor things. "Skiing is my passion." The family enjoys hiking, bicycling, and tent camping.

Faye said, "I enjoy Lancaster County, but now is the time to sit back and call a halt to development of industry. It all starts with a deep respect for the land. When you have this, you try to do everything you can for future generations. You can use it, but don't abuse it. It's like going to a state park, and leaving it in the same condition so people can enjoy it later."

"It also means having a respect for life - and everything else falls into place."



It can sometimes seem to rain frogs because their lightweight embryos can be carried into the air by winds.

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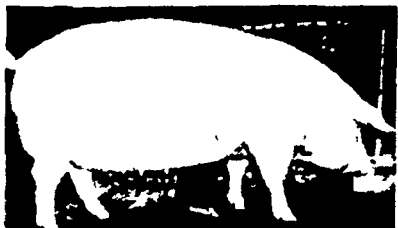
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