



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension Home Economist

Interdependence Is The Key To Planning For The Future

"Mother suddenly seems to need my help, but I don't know what to do." This statement reflects the concern middle aged children feel when they are caught unprepared with elderly parents who can't manage as they used to.

Many older people today have continued patterns of support to their children long after adult children have left the nest. Older parents often help with grandchildren and running the household. Sometimes they lend financial support as well. That may help allow children and their children to pursue careers, education and other long term goals. But in most cases older parents can't continue their support forever. We all age and change, and our patterns of giving and receiving help must change as well.

Yet changes in these patterns sometimes make us uneasy. The keys to easing the situation are

communications and interdependence. Communication is more than a check list of things to be done or a good chat about the neighborhood. Your talks should include serious discussions about the future for you, your parents, and your interdependence.

Concerns about dependence and independence are often difficult to resolve as roles of adult children and their parents change. The more you talk about the ways you depend on each other, the easier it will be to accept the shifting nature of giving and receiving. Here are a few things to keep in mind and convey to your parents as you prepare for the future.

— The amount of help we give and receive is likely to balance out over a lifetime. At any point, we may be on the giving or receiving end, but either extreme, if prolonged, is stressful.

— There are many ways to give something special to another. Just being in the same room, listening attentively, may be the best possible gift we can give. A nod of

appreciation may be just the encouragement a tired relative needs at one difficult moment. A cheerfully offered ride to the doctor's office or an offer to do some errands may be the right thing to give one another.

— Let others give to you. Just as you feel helpful and appreciated when you give your time and attention, let others have that pleasure too.

— Consider yourself and your other obligations when someone needs your help. If you plunge ahead without looking at your personal needs, you might become a martyr or short change someone else who also needs your attention. Be honest and realistic about what you can and cannot do for yourself and for others.

Once you've talked about how you can continue to help each other both you and your older parents will be able to plan for the future with interdependence.

High Quality Of Home Frozen Foods Depends On Many Factors

Freezing is a popular method of food preservation because it is simple, fast, and if done correctly, causes fewer changes in foods than other methods of preservation.

The quality of frozen foods depends on many factors: the product used, the variety, the freshness of the food, how the food is handled prior to freezing, pretreatments, the type of packaging materials used, freezing rate, freezer temperature, temperature fluctuations during storage time, and

initially the thawing, cooking and serving procedures.

Factors affecting the product to be frozen include the nature of the food, its cell structure and microorganisms.

Variety factors include texture, firmness and flavor.

Freshness of foods frozen hinges on maturity and ripeness in fruits and vegetables and aging, oxidation and microorganisms in meats and seafood.

Time and temperature are critical in the handling stage of getting food ready to be frozen. Pre-treatments such as washing, color controls, blanching, and additives also affect quality.

A good package for a frozen food must withstand low temperature, be non-toxic, impart no odors or flavors to the food, provide water vapor barrier and be water-resistant. Air must be removed from the container or package, the seal must be tight, and labeling is important so the consumer can

use foods within the recommended storage times.

How fast a food is frozen depends on the type of freezer, its capacity, how large the frozen food package is, and how much is to be frozen at one time. When foods are frozen slowly, ice forms between fibers and between cells and this results in cell rupturing, softness, loss of cell fluids and increased drip.

Fast freezing forms ice in and between fibers and cells and results in less rupturing of the cells, better food texture, less drip and better flavor.

For the best frozen foods, select good varieties of fresh, wholesome food and freeze it at peak quality. Proper washing, sorting, and trimming is essential. Some fruits and vegetables must be blanched and sugars, syrups or anti-darkening agents added. Skipping steps such as these can make the difference between a product you will want to serve or one you won't.

Grange honors vets

OAKRYN - Fulton Grange No 66 observed Community Night on Monday. The Lecturer, Dorothy Stauffer, presented the program.

Clifford W. Holloway Jr. spoke on "What Fulton Grange Is And Does." He stated that the National Grange is 113 years old, Pa. State Grange is 111 years old, Fulton Grange is 109 years old and has a membership of 240 members at present.

Fulton Grange sponsors Oakryn Senior Citizens, Scouts and Grange tours. It was largely responsible for getting the traffic light at the Buck, promoted the building of a new bridge on route 272 at the Lancaster-Chester Co line, was instrumental in securing the family health center in Quarryville and improved the appearance of their Grange hall this year. The hall is used as a center for community events. The Grange meets second and fourth Monday evenings of each month.

Sandra Galbreath, accompanied by Mabel Kreider, sang her number she will use in the district talent elimination October 8 at Kutztown Grange Hall, "Till There Was You."

State Grange Deputy, Thomas Galbreath, and Assistant Stewards, Harry Baker and Betty Wise, presented certificates, pins, corsages and boutonnières to the following: 50 Year to Laura B

McSparren who gave remarks. Also presented in absentia to Agnes Spence and James Bradley, 25 Year - Dorothy Stauffer and James King, who gave remarks. Also presented in absentia to Marion and Mildred Eckman and David Wissler.

Aldus Martin, assisted by Nicholas Brin and Terry Howard, presented volleyball trophies to the following teams who participated in the Solanco volleyball Mixed League which played on the Grange courts this summer. They placed in this order: 1. Drumore Dragons, 2. Ziptoids, 3. All Stars, 4. Rookies, 5. M G Sportsters, 6. Spikers, 7. Just For Fun, and 8. Lazy Acres. A total of 84 names were on the teams' rosters. Their winter games will be played at Swift Middle School and will have two additional teams.

On display were entries for the following State Grange contests: Stuffed toy - AnnaBell Wiley; Needlework - an afghan by Janet Baker; a counted cross stitch picture and a crewel picture by Dolores Baker; chicken scratch pillow by AnnaBell Wiley. In the art contest were an oil painting and a sketched picture by Doris Hough. There were two entries in the colored photograph contest: a close-up by Ione Miller, and an animal entry by AnnaBell Wiley.

Schoessow offers a new

SLANT

VARIOUS MODELS DESIGNED FOR FEEDLOT USE BY ALL LIVESTOCK SIZES

FARMERS' FAVORITES

Schoessow's SLANT BAR FEEDER WAGONS

Will feed chopped green feed, large round or square bales, regular bales, silage, haylage, chopped hay or ground feed. 40, 30, 25, 20, 15 or 10 foot lengths.

FEED EFFICIENT

ALL PURPOSE FEEDER WAGONS

Schoessow's Versatile SLANT Bar Feeder Bunks

Full Sized Bunk

Easily Movable Trailer Bunk

Mini Bunk For Calves and Sheep

Schoessow's SLANT Bar Feeder Panels

Pick a feeder panel to fit your needs . . . OR

Square Round Bale Feeder

Floorless Bunk

High Side

mount feeder panels as a fence line feeder

Get Proven Design and the Rugged, Welded Steel Construction from the Leaders in Feeders

Schoessow, Inc.

IN BRIARTON ROUTE 2, PULASKI, WI 54162 (414) 833-2698

Distributed By:

CUMMINGS & BRICKER, INC.

100 Stover Drive, Carlisle, PA 17013
717-249-6720

GLICK STRUCTURES

"QUALITY DESIGNED STORAGE BARN"

Ben Glick - R.D. 2, Gap, PA
717-442-9320
NO SUNDAY SALES

- BUILT TO ORDER
- STOCK & CUSTOM DESIGNS
- BUY DIRECT & SAVE
- FREE DELIVERY Within 20 Miles of Shop
- INSTANT INSTALLATION ON YOUR PREPARED SITE
- COMPLETE WITH FLOOR & PAINT

ALL SIZES FULLY ASSEMBLED

- 4x4 Pressure Treated Skids • 2x4 Floor Joist 16" On Center • 5/8 Plywood On Floor • Sidewall Studs 16" On Center • Covered With 1/2" Texture 1-11 • Plywood Siding • 240 lb Shingles On Roof

★ OVERHEAD GARAGE DOORS AVAILABLE ★

6x8 . . .	'365	10x12 . . .	'600	12x18 . . .	'870
6x8 . . .	'405	10x14 . . .	'640	12x20 . . .	'925
8x10 . . .	'445	10x16 . . .	'690	12x24 . . .	'1090
8x12 . . .	'480	12x14 . . .	'750	12x28 . . .	'1270
8x14	'520	12x16 . . .	'810	14x24 . . .	'1545
				14x28 . . .	'1895