

# Mid-Atlantic Workshop For Rural Disabled Set

## Ida's Notebook

Ida Risser



We all know that food is an important part of life. However, I sometimes think that it takes up too much time. There is planting time, weeding time, harvesting time, preserving time, preparation time and finally eating time.

Recently we were invited out for an evening meal and then shortly before we were to leave the phone rang and our hostess told us that as the other four guests were ill she was cancelling the meal. Although, she did ask me if I had anything in the house to eat that night. I quickly told her that I had enough for two years without going to a store. I really don't know what she thought of that statement.

I'm sure that some people visit the grocery store much more often than others. Some of us buy a few

items while others really stock up on many items.

As spring approaches, I've even had dreams in which I left the month of March slip by and forgot to plant my sugar peas. Gardening is my vocation and my avocation as I do enjoy this type of work. Although, some summer nights when I am still freezing vegetables at 10 p.m., I begin to wonder about my sanity. When beans and corn are ready to be harvested, then I put in the necessary hours so that they will be picked and preserved when they are tender.

My mother either canned or dried her beans and corn. I'm glad that today we have freezers as they certainly help us to retain a much fresher flavor. Her meat was either canned or "fried down" and

COLLEGE PARK, Md. — In 1985, approximately 170,000 farmers and farm workers suffered disabling injuries on the job, according to the National Safety Council. And, while injury rates in other hazardous industries like mining and construction have gone down, farming remains as one of the nation's most dangerous occupations.

So it's not really a surprise to find a higher percentage of disabled persons living in rural areas than in urban areas—12 percent vs. 10 percent—according to a National Health Interview Survey.

To address this reality, the third annual Mid-Atlantic Workshop for Disabled Individuals and Their Families in Rural and Agricultural Communities is scheduled March 6 and 7 in the Carroll County

put in crocks with lard poured on top to seal it. In an unheated cellar during the winter, the lard was so very hard that one could barely pry out the pieces of pork. And, the big hams that hung in the attic became quite dried out until they were all used.

Food preparation is certainly much easier today!

Agriculture Center at Westminster, Md.

As in past years, a main purpose of the Friday and Saturday event is to bring together rural families with physically and mentally disabled members for specialized instruction and exchange of ideas.

Gary L. Smith, workshop coordinator, hopes the annual event will result in a self-help group to maintain contact and interaction among handicapped persons in rural areas. Smith is Extension safety specialist at the University of Maryland in College Park.

Smith says he would be pleased if 100 persons turn out. He expects about 10 commercial exhibitors with products and services which are useful to the handicapped.

Subject areas covered in the general seminar sessions will include lifestyle changes, agricultural equipment modifications, adapting the farm home, specialized clothing, substance abuse and coping with disability.

Western Maryland's Congresswoman, Beverly Byron (D-6th), is scheduled to speak during the Saturday morning session on March 7. Her topic will

concern federal legislation and regulations aimed at helping the handicapped.

A \$20 registration fee will include two Continental breakfasts, plus educational materials. Vendors may set up an exhibit for \$100. All registration charges and vendor fees must be paid in advance.

Brochures containing registration blanks and workshop details are available now from county Extension offices throughout Maryland and from Extension farm safety specialists at land-grant universities in Delaware, Pennsylvania, New Jersey, West Virginia and Virginia.

Or you may make direct contact with Gary L. Smith, Extension agricultural engineer, Shriver Laboratory, University of Maryland, College Park, Md. 20742; phone: (301) 454-3901.

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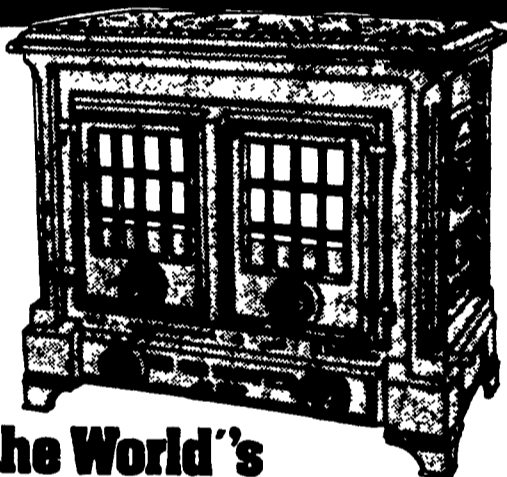
To bring hard-frozen ice cream to serving temperature, microwave it. One pint needs about 15 seconds on full power; for one quart of ice cream allow about 30 seconds on full power. Microwave unopened half-gallon cartons at Medium 45 to 60 seconds.

Whipped cream can come in more than the basic, rich flavor. You can create Chocolate Whipped Cream to garnish dessert crepes, waffles, chocolate milk shakes or hot coffee. Stir 2 tablespoons each cocoa and confectioners sugar into 1 cup whipping cream. Chill 30 minutes. Whip until stiff; fold in ½ teaspoon each almond and vanilla extracts. This yields 2 cups.

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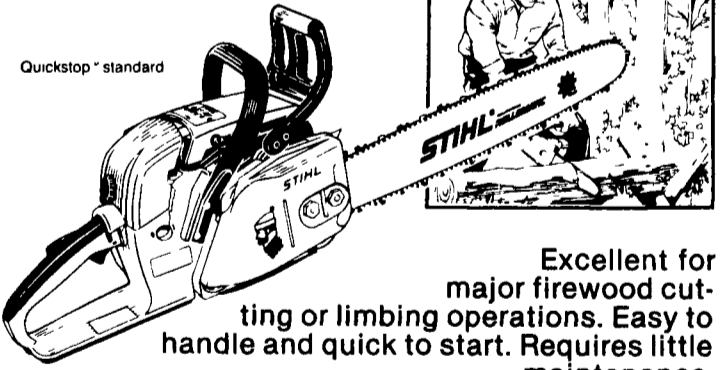


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