

TAKING TIME

by Rebecca Escott

Extension Home Economist



The Heart of the Family

This past week was Home Economics Education Week, and its theme was "The Heart of the Family". As I thought about that theme, I began to think about families today.

Families come in all sorts of varieties. They have lots of problems, and they have lots of reasons to celebrate! One of my favorite questions to ask low-income moms in my workshops is, "What do you like about being a parent?" The answers they offer make me sit back and think. "I like to see my children learn." "I like to see them smile." "It's neat to be able to help them do new things."

Too often we make judgments about other families. We think we know the best — the only — way to do things. But when we judge, we often only look at the surface. We need to look at the heart.

If we look closely, we'll see the richest have great losses and the poorest have immeasurable gifts. Guaranteed — no two families are alike. And...guaranteed — there is NOT one best kind of family. As much as the media would like to tell us otherwise, most families don't fit the stereotyped mom and dad with two children (one boy and one girl) all of the same race or ethnicity living in a single home in the great American suburbs.

Unfortunately, although few families fit the stereotypes, almost everyone holds up that model as

ideal. Sometimes people who come from other kinds of families — single parent families, step-families, extended families living in one home, single adults, interracial families, families with adopted children, couples with no children — think they have failed.

And when people are constantly reminded that they don't fit the "ideal", they start to feel bad about who they are. They may doubt the choices they have made. That's one of the reasons Marlo Thomas conceived the book, *Free To Be A Family*.

As a home economist, I need to tell people about healthy, happy families that don't come out of the storybook cookie-cutters. And as a family, you need to hear that your family is GREAT! You may have some pains and problems. You may dream of happier circumstances. But you are still great. And the beauty of the family is that together, you can make choices to help each other and to love each other. That's really what is the "heart of the family".

In *Free To Be A Family*, the poet Carol Hall describes it this way, "Something for everyone, that's when a family's fun,

There's lots of surprises, with different sizes and shapes to a family.

Something for sharing there, with people caring there.

It's a door you can go in, a place you can grow in.



Farm Women Societies

Lancaster Society 19

The first meeting of the New Year for Lancaster Farm Women Society 19 was held January 11 in Fellowship Hall at Brethren Village with Martha Auker serving as hostess. Elsie Hollinger played piano selections, read humorous readings, and led group singing.

The next meeting will be held at Landisville Church of God with Lou Yoder as hostess. Calvin Wenger will speak on the subject, "From Where I Stand."

Lancaster Farm Women Society 19 met in the Fellowship Hall of the The Brethren Village as the guests of Martha Auker. After the group enjoyed a social time and refreshments, Wilma Slaymaker led the devotional period. Entertainment was provided by Elsie Hollinger. Members enjoyed the piano solos, the readings, and the Sing Along.

Berks Society 4

Berks County Society of Farm Women Group 4 met at the Boyertown home of Evelyn Becker.

Guest speaker for the evening was State Rep. Dennis Leh who

discussed the new tax law and the school choice bill with the eight members present.

Charlotte Mauger was reinstated as the ninth member.

Mary Fizz reported on the County Board meeting that she had attended. Berks County Ag-Day will be March 20. Each member should bring a canned item for the Reading Food Pantry.

The next meeting on February 4 will be at the home of Marguerite Rush, Boyertown R1. Members will exchange a \$2 gift during the Valentine's party. The by-laws of the state and county will be read at the meeting.

It's anything you need it to be. Maybe it's your mother and your dad and you.

Maybe you have one place or divide it in two.

Maybe there's a brother or a sis who shares.

Maybe there's a grandma with a room upstairs.

Maybe there's an aunt with all her children grown.

Maybe there's a stepdad with kids of his own.

Maybe there's a cousin, even three or four, sleeping all together on one great big floor,

But there's something for everyone, that's when a family's fun..."

My favorite line is, "a door you can go in, a place you can grow in." No matter what your family looks like on the outside, if you have a place to belong and people who will encourage you to grow and change and learn, you have a healthy family.

Celebrate your family. It's great.

discussed the new tax law and the school choice bill with the eight members present.

Charlotte Mauger was reinstated as the ninth member.

Mary Fizz reported on the County Board meeting that she had attended. Berks County Ag-Day will be March 20. Each member should bring a canned item for the Reading Food Pantry.

The next meeting on February 4 will be at the home of Marguerite Rush, Boyertown R1. Members will exchange a \$2 gift during the Valentine's party. The by-laws of the state and county will be read at the meeting.

York Society 26

York County Farm Women 26 met at I-83 Restaurant at Strinestown on January 14 with 16 members present. Incoming president Ruth Traver was in charge of the business meeting.

The delegates that attended the State Convention in Harrisburg on January 13 gave reports on the convention and the banquet to the group. The next meeting will be held at I-83 Restaurant on February 11. Athena Beshore will be hostess.

Tips For Lunch Packers

RUTGERS, N.J. — No child likes to open their lunch and find an unappetizing, soggy mess. To help ensure your children eat their lunch, package it carefully.

The following hints will keep your child's lunch fresh and prevent it from becoming squashed.

1. When packing a lunch, put the heaviest foods on the bottom. Use napkins to fill in empty spaces.

2. Use plastic containers for sandwiches, salad, bite-size snacks, cut-up fruit, etc. (The challenge is to persuade your children to bring the containers home.)

3. Wrap delicate, easily bruised fruits in paper towels. Then put them into a sealable bag. The air will act as a cushion.

4. Wrap cut-up veggies or fruits in a damp paper towel and seal in plastic bag. This will keep them moist and crisp.

5. Put sandwich or salad fixings such as lettuce, tomatoes, sprouts and salad dressing into a separate container or bag to keep bread fresh.

6. Freeze bread, muffins, etc. for better traveling.

7. Thoroughly clean and recycle disposable containers from yogurt, soft margarine, etc. Never use glass!

Always remember to keep hot foods hot and cold foods cold! Use an ice pack or frozen juice or yogurt to keep the lunch cold if refrigeration isn't possible. Pre-heat or pre-chill a thermal container when used.

Clean lunch boxes and other containers with hot, soapy water daily. Disinfect weekly.

Add a riddle or message for your children to enjoy while eating their delicious, nutritious lunch.

**MILK.
IT DOES A
BODY GOOD.**



MIDDLE ATLANTIC MILK MARKETING ASSOCIATION, INC.

ASHLEY
WOOD & COAL STOVES
NEW & USED FURNITURE
FISHER'S FURNITURE, INC.
Bart, Pennsylvania 17503
Rt. 896 at Georgetown — 6 Miles
South of Strasburg
Hours: Mon-Thurs 9-5, Fri-Sat 9-12

GOOD FOOD OUTLET STORES

See Our Original Line Of Golden Barrel Products Plus All Kinds Of Nuts, Beans, Candies, Etc. At Reduced Prices

GOLDEN BARREL
PRODUCTS

If your local store does not have it, CALL OR WRITE FOR FREE BROCHURE & PRICES

★ CORN SYRUP	★ BAKING MOLASSES
★ PANCAKE SYRUP	★ BARBADOS MOLASSES
★ PURE MAPLE SYRUP	★ BLACK STRAP MOLASSES
★ SORGHUM SYRUP	★ HONEY
★ TABLE SYRUP	★ PEANUT BUTTER
★ COCONUT OIL	★ FUNNEL CAKE MIX
★ CORN OIL	★ SHOOFLY PIE MIXES
★ COTTONSEED OIL	
★ PEANUT OIL	
★ SOYBEAN OIL	
★ CANOLA OIL	
★ 100 LB. BAG GRANULATED SUGAR	

SPECIAL FOR JANUARY 1992

GOLDEN BARREL

24 oz. OLLIES PANCAKE SYRUP
OUR BEST PANCAKE SYRUP

No Preservatives Added
\$1.49 Reg. Price
NOW \$1.19

— ALSO —

16 oz. SORGHUM SYRUP
\$3.69 Reg. Price
NOW \$2.69

Processors Of Syrups, Molasses, Cooking Oil, Funnel Cake Mix & Shoofly Pie Mixes (With or Without Syrup)

GOOD FOOD OUTLET

— Located At Good Food, Inc. —
W. Main St., Box 160, Honey Brook, PA 19344
215-273-3776 1-800-327-4406

— Located At L & S Sweeteners —
388 E. Main St., Leola, PA 17540
717-656-3486 1-800-633-2676

— WE UPS DAILY —

Easton "Earlier Wean" CREEP FEEDER

for Farrowing Crates

13"x14 1/2" x2 1/4" Deep

Des. Pat # 269-045

Can't tip when placed under pen divider as shown below

SEE FARMER BOY AG FOR FEEDERS OF ALL SIZES, NURSERY-FINISHING

- Encourages earlier weaning.
- For feed or milk replacer.
- Saves more pigs.
- Easy to clean.
- Tough, durable construction.
- Heavy 150 mil polyethylene. Unaffected by acids; can't rust or rot.

4 STAINLESS STEEL DIVIDER RODS Included with each feeder.

Check Our Warehouse Prices

FARMER BOY AG.

Swine & Poultry Systems Specialists

410 E. LINCOLN AVE MYERTOWN PA 17067

Hours: M-F 7:00-5:00, Sat. 7:30-11:30 **PH. 717-866-7565**