

Each of the bedrooms at Morning Meadows Farm has a fireplace, private bath, air conditioning, and is decorated in a different theme. Fresh flowers are placed in each room. If requested, lunch is served in bed; otherwise in the formal dining room.

# Morning Meadows

(Continued from Page B2)

With Harold busy expanding the farm operation, Barb soon learned that if she wanted anything done around the house, she needed to do it herself.

to reach the high ceilings in the farm house soon became second nature to Barb.

What she claims was once an ugly kitchen with plain cabinets that her husband saw no need to replace (they were in good condition but lacking aesthetics) nudged Barb into applying a lot of clbow grease as she removed the cabinet doors, sanded, and painted them in

a shade of deep green. A bold floral print wallpaper in the same shade of green and hues of pink flowers now gives the kitchen a designer

Four bedrooms, each with a dif-Climbing up and down ladders ferent theme, are available for

> "I do everything I can to make my guests feel special," Barb said. "I never cut corners."

That means the baseboards and every corner of the room is thoroughly cleaned between guests, mints placed on the bed, a pitcher of ice water on a bedside table, and matching linens and towels.

By special request, breakfast



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Early in my career, I had episodes of high blood pressure. These increased in frequency and severity to a point where my doctors started me on medication some 38 years ago. These medications were changed as serious untoward reactions dictated. On one occasion, I developed signs of diabetes due to the medications. In addition, the control of my blood pressure was less than desirable in spite of the fact that over the 38 years I was given most of the types of blood pressure medicines

A little over a year ago, Harry Hersey came to speak at a Golden Pride meeting which we heard about on a local radio station. I attended the meeting and was so impressed that I began taking Formulas #1 and #3 A few months later Formula #7 was introduced and I added it into my routine. After about one month, I had my cholesterol level tested and found it to be in the normal range and my blood pressure had also leveled off to normal. Normal blood pressure for the first time in my adult life seemed miraculous and with no side effects!

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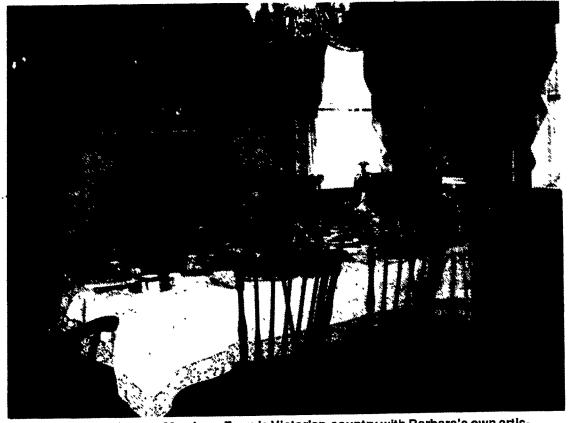
sugar started coming down, I took off one unit in the morning and one unit at night. Initially, my sugar count went up in the beginning of taking Formula #1 I am down to 80 units now. MY FEET ARE COMPLETELY NORMAL No more black legs and feet. No more fear of amputation!

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The decor at Morning Meadows Farm is Victorian-country with Barbara's own artistic flair.

will even be served in bed.

Each bedroom has a fireplace, but the Freys do not allow guests to build fires in them because of safety codes. However, they do have electric logs burning in them for effect, and they do light a real fire in the fireplace in the parlor.

Each bedroom also has a color TV, except the children's room, decorated in Jack and Jill theme. which has a TV in an adjoining sitting room with wicker furniture.

The antiques throughout the house are not family heirlooms but have been purchased at local auctions.

"I can always find a bargain and I only go to auctions within a 10-mile radius," Barb said. "People can't believe how often I am able to pick up a piece at a real steal.'

Year around, Barb displays her Byer's collection series of dolls and an assortment of old world Santas.

One of Barb's favorite activities is decorating the house to celebrate the different seasons and holidays.

"It takes days to make the transition from one season to another," Barb said.

Now the home is decorated for Valentine's Day and guests will be treated to a late night serving of hot chocolate and dainty cookies by the living room fire.

She is already planning for Easter decorating when she hangs eggs on the outside trees, places a large rabbit with a basket of carrots on the patio, and redoes the wreaths and floral arrangements in a Easter theme.

For mental therapy, Barb said

that she finds release in shopping at Root's Country Market and Stauffer's of Kissel Hill.

Barb doesn't know if she will be serving one or 1,000 persons during the Bed and Breakfast tour on February 17, but it doesn't worry her. During the Christmas season, when the Freys' home was on the Marietta Candlelight Tour, more than 3,000 people traipsed through the house.

Guests who tour Morning Meadows Farm on Wednesday, February 17, will be served sausage, waffles with Ginger Peach Sauce or Strawberry Romanoff, choice of cranberry or apple juice, coffee, and fruit attached on skewers to a hand-crafted boxwood tree.

Look on page B6 for recipes for Barb's waffles and toppings under the Feature Recipe heading.

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