

# On being a farm wife - And other hazards Joyce Bupp



Live and let live, I say. News headlines aside, I still believe that a large majority of mankind is basically law abiding and peaceloving. Most want to live their lives in freedom, providing for their and their families' basic needs, maintaining friendships, and in the proverbial pursuit of happiness. Most, I think, will avoid conflict when possible. Reality being what it is, conflict of some degree and of some sort is inevitable.

That's what I thought when I looked in the strawberry bed.

In addition to spending most of our waking hours in efforts directed toward the well-being of the dairy herd and the land that supports them, we enjoy animals in general. Thus the dog is allowed to sprawl on the basement couch during rainy weather, the house cat provided with on-demand, in-and-out door service, and the barn cats granted a share of fresh, warm milk after morning and evening chores.

We maintain assorted bird-houses, hand-carry to the creek the occasional frog that turns up in the milkhouse and risk cold-weather dunkings repairing the goose nest in the middle of the pond. A high-rise osprey nest platform towers

over the water for the rare visits they make; the resident redtail hawks favors it for soying across the meadow.

If a deer appears in the alfalfa field, we drop whatever we're doing to watch. Fox kits playing along the woods send us for the field glasses — through one of last year's probably dined on a neighbor's escaped chukkar partridge that turned up in a corner of our yard recently — then promptly disappeared.

And the sunflower seed supply is plummeting due to the mother squirrel that sits on the feeder and stuffs her face for a half an hour, every hour. She needs the nourishment since she appears to be nursing three, maybe four, baby squirrels. (What's a baby squirrel called? A squirrel-ette?)

Then, there's The Snake.

Garter snakes, milk snakes, black snakes, water snakes, have lived here far longer than we have and have always resided with us in closer proximity than we usually dwell upon. They're never heard and usually only rarely seen. An occasional shed skin left behind here or there is usually all we see as evidence of their existence.

Except for The Snake.

The Snake is a long, chubby,

unusually tame water snake which lives in the stone walls of our springhouse during warmer months. During the winter, she hibernates on an edge of the covered spring itself — much to the dismay of our dairy inspectors when they take water samples.

On sunny days, The snake will drape herself over the nooks and crannies of the stone wall. Or across a multiflora rosebush on the bank of the adjacent pond. Or stretch out across the old cattails and algae along the water's edge.

We know she's generally there, so we watch for her.

Reason we think she's a she is that other, smaller versions have turned up in recent years. Nice summer mornings, as many as four variable sizes of Snake may be curled together. Now, I've found another. Or one that relocated.

This one, a youngster, prefers the side of the springhouse toward the yard, in a corner I just put into use as a temporary strawberry bed. Due to an unexpected and untimely renovations of the patch, sections of old plants had to be lifted and relocated in hopes of salvaging at least part of the berry crop. And, Snake, Jr. has taken to sunning itself smack in the middle of my make-do berry bed.

Live and let live, I say. We're gonna' continue to live here.

And Snake Jr. will continue to live here. A quarter-mile away. In the swamp.

# Osteoporosis: Key Treatment Remains Prevention

Osteoporosis is one of the most common and yet little understood diseases of middle and old age. Its impact on one's health status, lifestyle and emotional well-being can be devastating.

Some health professionals feel that osteoporosis - a major form of bone loss in post-menopausal women - has reached epidemic proportions. Approximately one in four of these individuals will suffer at least one fracture by the age of 65.

But what causes osteoporosis and how can it be treated effectively? While the development of osteoporosis is a complex process with nutritional, physical, hormonal, genetic and racial factors involved, three of the major contributors to osteoporosis include the following:

Calcium deficiency may be caused by two major factors — inadequate intake of calcium-rich foods or decreased availability of calcium. Low calcium intake accelerates bone loss, while an increased intake slows that process.

Lack of regular exercise causes individuals to lose bone at a high rate. Conversely, individuals who exercise regularly seem to be better protected against bone loss.

Sex differences and the corresponding hormones play a role in maintaining strong bones. As the

female hormone, estrogen, decreases after menopause, the bones contribute a larger share of calcium to meet the body's need. This is the main reason that women are eight times more likely to develop osteoporosis than men.

"Men are less likely to develop osteoporosis because of their greater bone and muscle mass," said Lawrence J. Anastasi, D.O., an osteopathic family physician. "Men also typically consume more calcium-rich foods than women."

Although much research on the treatment of osteoporosis is in progress, physicians have not yet established the most beneficial treatment. In fact, the most effective "treatment" for osteoporosis remains prevention.


The following measures may help decrease a person's risk for osteoporosis:

- consume adequate calcium and vitamin D daily. Post-menopausal women may need more daily calcium;
- get plenty of exercise;
- replace estrogen (upon physician's recommendation);
- avoid smoking.

"As research on osteoporosis continues to unfold, future individuals may be spared this suffering in later years," said Dr. Anastasi. "But until then, prevention remains the key to help prevent bone loss."

# ONLY AFTER OUR OILS GO THROUGH RESEARCH DO WE SEND THEM OUT IN THE FIELD.



Every Shell lubricant goes through extensive testing before it ever goes to work in the fields. Each one is specially formulated to keep all your implements, tractors and farm vehicles running better and lasting longer. For the complete story on Shell lubricants, come in and talk to our experts.  LUBRICANTS

## SPRING SPECIALS (55 Gal. Drums)

- Shell Rotella T 15W-40 (SH/CF4) \$209<sup>00</sup> per Drum
- Shell Donax TD Fluid (Tractor Hydraulic) \$198<sup>00</sup> per Drum

Specials Good thru May 31, 1994

**DOE'S PRIDE™  
NATURAL GOAT MILK  
SOAP**



- It's especially GENTLE on your skin
- It's NATURAL and PURE
- There's NO allergy-producing fragrance, dye, color or preservative added

SEND FOR FREE INFORMATION or CALL TOLL FREE NUMBER  
**1-800-542-7180**

**HOME SOAP WORKS**  
P.O. Box 317, Millington, NJ 07946  
(908) 604-2170

 FURNITURE

CLOSED SUNDAYS, NEW YEAR,  
EASTER MONDAY, ASCENSION DAY,  
WHT MONDAY, OCT. 11, THANKSGIVING,  
CHRISTMAS & DECEMBER 26TH.


**FISHER'S FURNITURE, INC.**

NEW AND USED FURNITURE  
USED COAL & WOOD HEATERS  
COUNTRY FURNITURE & ANTIQUES

BUS. HRS: MON.-THURS. 8-5 FRI. 8-8, SAT. 8-12

BOX 57  
1129 GEORGETOWN RD.  
BART, PA 17503

**GOOD FOOD OUTLET STORES**  
See Our Original Line Of Golden Barrel Products Plus All Kinds Of Beans, Candies, Dried Fruit, Snack Mixes, Etc. At Reduced Prices



★ BAKING MOLASSES	★ MAPLE SYRUP	★ FUNNEL CAKE MIX
★ BARBADOS MOLASSES	★ PANCAKE & WAFFLE SYRUPS	★ PANCAKE & WAFFLE MIX
★ BLACKSTRAP MOLASSES	★ SORGHUM SYRUP	★ ASSORTMENT OF CANDIES
★ CORN SYRUPS	★ LIQUID & DRY SUGARS	★ DRIED FRUIT
★ HIGH FRUCTOSE SYRUPS	★ PANCAKE & WAFFLE SYRUPS	★ SNACK MIXES
	★ CANOLA OIL	★ BEANS
	★ COCONUT OIL	★ HONEY
	★ CORN OIL	★ PEANUT BUTTER
	★ COTTONSEED OIL	★ BAUMAN APPLE BUTTERS
	★ OLIVE OIL	★ KAUFFMAN PRESERVES
	★ PEANUT OIL	★ SPRING GLEN RELISHES
	★ VEGETABLE OIL	
	★ SHOO-FLY PIE MIX	

If your local store does not have it, SEND FOR FREE BROCHURE

**GOOD FOOD OUTLET**

Processors Of Syrups, Molasses, Cooking Oils, Funnel Cake Mix, Pancake & Waffle Mix & Shoofly Pie Mix

— 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 -






**SPECIALS FOR MAY**


**GOLDEN BARREL FLAVORED SYRUPS 12 Ounce**  
Buy One Get One **FREE**

**GOLDEN BARREL EXTRA VIRGIN OLIVE OIL**  
½ Gallon Regularly \$7.49  
NOW **\$7.19**

**10% OFF ALL HONEY IN STOCK**  
BUY TWO BAGS OF CANDY & GET A JAR OR TIN FREE!

**NEW...NATIONAL HORSE PRO LIQUID SUPPLEMENT - GREAT FOR YOUR ANIMALS - JUST MIX IN WITH THEIR FEED.**

 **Automotive Service, Inc.**  
Mt. Home Rd.  
Sinking Spring, PA 19608  
(610) 678-3421  
1-800-383-3421

 **Central Penn Oil**  
98 Carpenter St.  
Muncy, PA 17756  
(717) 546-2258  
1-800-352-2776