

**On Being a Farm Wife**  
(and other hazards)  
**Joyce Bupp**

And you think you've got problems. That's what I pondered, driving north out of downtown Baltimore late one afternoon last week. Automobiles crowded the three

northbound lanes of the JFK Expressway, downtown link to the I-695 Beltway than encircles our nearest major city. Commuters, intent on heading home, pushed well beyond the 55-mph. posted

speed limits, each wrapped in their own car, their own cares, and thoughts. Home, or at least the evening's planned schedule, was probably forefront in most drivers' minds.

Except, anyway, for the operator of one late-model vehicle, intent on some destination other than home. The flashing red and blue lights screamed their visual message of an upcoming police officer in the rear view mirrors of us drivers who dutifully—and eagerly—moved over a lane to clear the way.

And you think you've got problems.

Swinging into busy Beltway traffic, I breathed a sigh of relief that the eastbound lanes were

moving with normal speed. On the opposite side of the high concrete median divider, westbound traffic was backed up, three lanes creeping along bumper-to-bumper, for the few mile stretch until I exited off to catch the northbound connecting Interstate-83.

Surely, there was frustration, maybe some anger and probably a lot of resigned commuters accustomed to this almost-daily tie-up of a major highway. And it's a scene repeated across the country, morning and evening, nearly every day of the year.

How I wished everyone hurrying, scurrying, bustling and busy, homeward bound, could have spent a few hours where I'd just left—the outpatient children's cancer treatment area of Johns Hopkins Hospital. Whatever problems you think you have as an adult quickly become insignificant when you get just a few-hour glance at the devastating enormity with which cancer is striking our children.

One patient in for treatment that day was our very special little friend, Andy, who was diagnosed with leukemia just days after he began kindergarten more than two years ago. Now near the end of this round of treatments, Andy is doing well, a thriving, happy, mischievous, typical second-grader.

But Andy now has a little brother; and juggling a wiggling baby while helping with an older child undergoing a spinal tap is more than one person can handle. So when Ann's husband was

unable to accompany her as usual, I eagerly agreed to serve as her assistant.

The rooms were filled with patients and parents, almost to the standing-room only point. In the several hours we were there, I never heard a child cry, or scream or even whimper. Everyone was cordial, the staff cheerful and smiling despite an exceptionally heavy workload that particular day.

Toys, board games, videos and table hockey were played by youngsters with free-standing intravenous-drip units attached to their arms. Patients came and went, leaving behind a pile of blocks or Ninja Turtle figures, picked up by the next child passing time while waiting for an IV bag to empty or a doctor to visit with parents. Life and death truly hung in the balance for some of these patients, some mere babes-in-arms.

And you think you've got problems.

Next time I catch myself fretting about low milk prices, climbing interest rates, increasing equipment and repair-part costs, environmental issues, taxes, politicians, weather that is too cold, too hot, or too dry, I'm going to try to remember those kids. Innocent children, matter-of-factly dealing with a devastating disease they've gotten for absolutely no logical, explainable reason on earth.

Compared to these kids, we have no problems.

## Heart Smart Cooking

(Continued from Page B6)

### ONION SOUP

½ cup butter  
4 large onions  
1½ tablespoons flour  
1 tablespoons Dijon or other dark mustard  
10 cups beef broth OR 10 9 bouillon cubes plus 10 cups water  
Black pepper and salt, to taste  
Swiss cheese  
Bread slices  
Slice onions and saute until light brown, add flour, mustard, and seasonings. Carefully add water or broth. Simmer for at least 3 hours or more.

To serve, place soup in bowls, add slices of bread and cheese. Microwave each serving until cheese melts.

Gertrude Haas  
Lenhartsville

### OVEN FRIED ONION RINGS

½ cup fine dry bread crumbs  
2 tablespoons margarine, melted  
¼ teaspoon salt  
Ground red pepper, to taste  
2 medium white onions, sliced and separated into rings  
2 slightly beaten egg whites  
Spray a large baking sheet with vegetable spray. On wax paper, place onion rings. In bowl, mix dry bread crumbs, salt, and red pepper. In another bowl, whisk egg whites. Using a fork, dip onion rings into egg whites then into crumb mixture. Place in single layer on cookie sheet. Bake at 450 degrees for 12 to 15 minutes or until onions are crisp and golden. Turn halfway through cooking time.

Sarah Clark  
Breezewood

### GREEK CHICKEN

1 tablespoon lemon juice  
2 teaspoons olive oil  
2 garlic cloves, minced  
1 teaspoon chopped fresh oregano  
7 ounces chicken cutlets, thinly sliced  
Dash pepper  
Combine lemon juice, olive oil, cloves, and oregano. Add chicken and turn to coat with marinade. Cover and refrigerate for at least one hour or overnight.  
Spray 9-inch nonstick skillet with nonstick cooking spray; add chicken to skillet, reserving marinade, and cook over high heat until chicken is no longer pink, about 1½ minutes on each side.

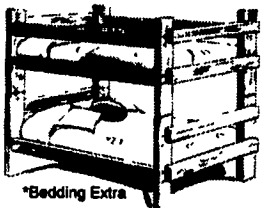
Add reserved marinade and pepper to skillet and bring to a boil; cook for 1 minute.

Each serving contains 156 calories, 23 g protein, 6 g fat, 2 g carbohydrate, 20 mg calcium, 67 mg sodium, 58 mg cholesterol, trace dietary fiber.

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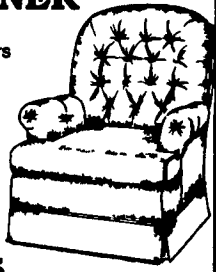
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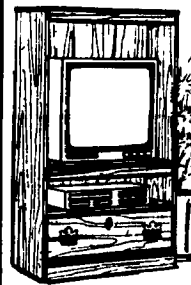
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