

## On Being a Farm Wife (and other hazards)

Joyce Bupp



"What's 'dat, Gramma?"

"That's Caleb, Josh. He's your new brother. Be gentle, Josh. Caleb's only five days old and we must be very gentle with new babies."

"That's sweet, Josh, sharing your blanket with baby Caleb. And it was nice to share your Pooh Bear with him."

"No, Josh, we don't put blankets on tiny baby's heads. Let's just put it, gently, around his little toes."

"What's 'dat, Gramma?"

"Those are blueberry bushes, Josh. They get berries like we had in the muffins at breakfast. Do you remember? Your daddy planted them in the garden here at your new house. How about if you and grandma pull the weeds around daddy's bushes?"

"No, Josh, we just pull the grass around the bushes. No, Josh, that tomato is still green. We must let it on the plant until it turns red; then we can pick it. No, Josh, don't eat the green tomato. Yuck, that doesn't taste very good, does it? Let's throw the green tomato over on daddy's compost pile."

"Here, Josh, let's dig up ground. Let's not pull the lettuce. It's not ready yet. We must let it grow and get bigger so we can use it in sandwiches."

"Where's tractor, Gramma?"

"Your tractor is over there, Josh. On the patio. Can you hook up your wagon and ride your tractor to the garden? No, Josh, let's not ride your tractor in mommy's flowers. Mommy wants them to be pretty."

"Should we take the old flowers off mommy's plants, Josh, so they can grow more pretty ones? Here, let grandma put the dead ones in your wagon and we can haul them to the compost pile."

"No, Josh, let's not pull the pretty flowers off the plants. Mommy still wants those. We

only take off the old, yucky ones."

"Who 'dat, Gramma?"

"It's Grandpa, Josh. He called us on the phone, from Pennsylvania. Grandpa says we have a new baby calf. And it rained a little bit, to help the hay grow to feed the cows."

"Me go, Pennsylvania?"

"Yes, Josh, in just a few weeks, you and Mommy and baby Caleb will ride in airplane to Pennsylvania to visit all your grandmas and grandpas and help feed the baby calves. No, Caleb is too little to help feed the calves. But you're two and you're big enough to help feed the calves and pet the cows and maybe even go fishing."

"Fix combine, Gramma."

"Gosh, Josh, this header just won't stay on your toy combine. I don't think grandma can fix this. I think we need grandpa to fix this. How about if we play in the dirt pile with your dump truck and loaders instead?"

"Read, Gramma."

"OK, Josh, which book should we read? Gosh, that's a big armful of books, Josh. Are we going to read all those books?"

"Kitty, Gramma?"

"Yes, Josh, look at the kitty out in your yard. That kitty came to visit from the neighbors. It's hiding in the flowers, watching all your squirrels. The squirrels don't like that kitty. Yes, Josh, grandma has a kitty. Her name is Monker. You can pet Monker when you come to Pennsylvania."

"What you doin', Gramma?"

"Grandma has to pack her clothes, Josh. She has to go home to Grandpa and help feed the baby calves. You can come visit soon, but now you must stay in Portland and help Mommy and Daddy with baby Caleb and help take care of the garden and help daddy water his new grass."

"What's 'dat, Gramma?"

"That's tears, Josh. Grandma is



Gary M. Chan, M.D., professor of pediatrics at the College of Medicine at the University of Utah, recently addressed the Pennsylvania Academy of Family Physicians annual meeting. Delegates representing family practitioners from throughout the Commonwealth of Pennsylvania attended the presentation. Sponsored by the Dairy Councils of Pennsylvania, Dr. Chan's presentation, "The Growing Calcium Crisis," focused on the need for calcium, best found in dairy foods, for bone development. Bone health is dependent on adequate calcium intake. Studies indicate that only 35 percent of Americans meet the recommended daily requirements for calcium — a growing concern for family physicians. Shown, from left, are: Ronald J. Buckley, M.D., president; Peter Cognetti, M.D., immediate past president, Pennsylvania Academy of Family Physicians; and Gary Chan, M.D.

## Help For The Bee-Weary

SPRING MILLS (Centre Co.)

— Every year throughout the United States, bees, wasps, hornets, and yellowjackets take aim on 25 million unsuspecting Americans. To help you better cope with this late summer hazard, the *National Jewish Medical and Research Center* in Denver offers the following tips:

1. Elderly people, in general, have more severe reactions to insect stings because of cardiac

going to miss you and baby Caleb very, very much."

Being a cross-country, long-distance "Gramma" was not part of my original Plan for life.

But sometimes, like with so many of the surprises life offers each one of us, we just have to make the best of Plan B.

complications.

2. Young adults and children are stung more often because they spend more time outdoors.

3. Insect stings typically cause localized pain and swelling that can last for 24 hours. If you are allergic, symptoms can be as serious as dizziness, breathing difficulty, unconsciousness, and even death.

4. No particular type of stinging insect is more likely to cause an allergic reaction than another.

5. Allergists can treat insect allergies with a vaccination program that uses purified insect venoms. This process is 98 percent successful in protecting you from

another allergic reaction.

6. Allergic individuals who rely on injectable epinephrine (bee sting kits) to protect them if they are stung, can be in trouble if they are far from a medical care facility. Sometimes multiple injections and other treatments are necessary as well.

To lessen your chances of being stung this summer: keep outdoor food and trash areas covered whenever possible, avoid wearing bright colored clothing or fragrant perfume, and don't walk bare foot in the grass or drink from open beverage cans. For more information on insect stings and allergic reactions, call 1-800-23 STING.

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