

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



The headlines crack me up. They trumpet that low-fat is healthful, salt-use is one of the seven deadly sins, and fiber is the world's answer to all its problems. I nibble a piece of chocolate and ponder an even more sobering headline: Is chocolate fattening?

You betcha' it is. Doggone it, that's WHY it tastes so good.

March has marked National Nutrition Month, a whole 31 days in which food police can shake their junkfood pointers at us guilty slackers who spend our eating lives in pursuit of good taste. Or what tastes good.

My chocolate fixation is actually my body calling out for some micro-nutrient contained in that tasty stuff, or so says a dietary expert friend of a friend of a friend. Sounds good to me. Keep calling for the stuff, body.

Actually, we do take seriously

what we consume (which is sometimes more than we need) and try to balance those fat-food trespasses with plenty of the healthy, nutrition stuff. My day usually starts with bagels, lightly toasted and with cream cheese. The Farmer is a faithful cereal eater. (Note that neither of these requires much thought or effort at 5 a.m.)

Lunch here is dinner, the big, cooked meal of the day. And usually includes meat, potatoes or pasta, always a veggie, often a fresh, tossed salad, or broccoli in some form or other. In summer, every menu but breakfast features garden-fresh tomatoes. Supper is eaten "on the run," whatever one can unearth to eat quickly around the evening milking and barn chores. A sandwich, burrito, leftover soup or casserole is fair game.

Mid-morning, after barn

chores, is my downfall and any food that doesn't run away looks appetizing. So, healthy snacks are kept on hand. A bowl of fruit is a standby on our kitchen counter, since grabbing a handy apple, orange or banana may keep me away from hidden cookies. Yogurt is a winner. And, knowing The Farmer's love for peanuts in the shell, those are often there, too. Feeling guilty about the reported fat level of peanuts, I was about to bag that practice. Then I read a report praising peanuts as heart-healthy because they have some beneficial enzyme or trace something-or-other.

Hey, how are us nutrition laymen supposed to have a clue what to believe?

After years of preaching that low-fat is good and high fat is akin to dangling one foot in the grave, it's fascinating to read studies that the body needs a certain amount of fat. But it needs to be this kind and not that kind, since too much of this kind and not enough of that kind may...whew! Just makes one want to run to the potato chips and ignore the whole issue.

More studies relate that too much fiber is as bad, or worse, than too little fiber. Apparently chowing down on the equivalent of a bale of rough orchardgrass hay on a regular basis can do

long-term harm to one's systems. Sweep away your minerals, cause digestive problems, etc. On the plus side is the suggestion that one can add the right kind of fiber to the diet by eating things like popcorn. Yesssss! With extra butter, please.

Even the endless warning about too much salt were countered recently by reports of some university study that suggests the less salt one eats, the higher one's risk for untimely death.

Huh? Untimely death? Hand me more of that popcorn.

Despite my best intentions to eat right, avoid becoming a couch potato and thread through all these mixed food messages, an occasional obsession takes hold of me that can only be satisfied by whipping through a fast-food drive-thru for a large container of fries and an extra-thick chocolate milkshake.

Hold the ketchup, please. I'm watching what I eat.

## National Tree Giveaway Signup Begins

WASHINGTON, D.C. — In a move to make 1998 the biggest tree planting year ever, an environment group is giving away more than 12 million trees nationwide, the largest, single distribution ever attempted. The non-profit group offers the trees free of charge to anyone who wants some of them.

"Planting a tree is one of the easiest and most positive things we can do for the environment, but also it serves as one of the best teaching tools we have for our children," said program coordinator Col. David Wright.

The organization is operating

two Internet sites to help with the distribution — [www.arborday.com](http://www.arborday.com) and [www.freetrees.com](http://www.freetrees.com).

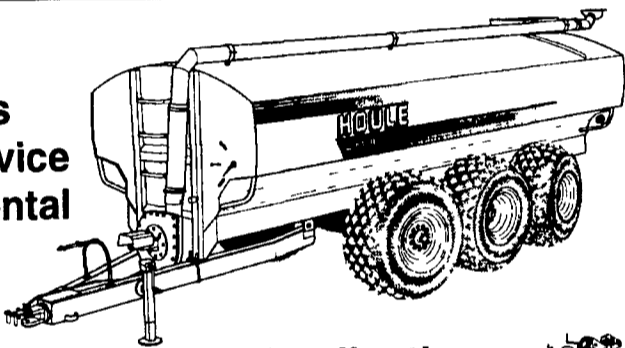
"This way we process requests electronically, we save paper and indirectly trees, which is consistent with our mission," Wright said. Of course, traditional postal methods are also available for people to get their free trees, send a self-addressed stamped envelope to: Arbor Day USA, P.O. Box 980, Washington, DC 20044, a form will be promptly returned.

Households can get 5-25 trees each. Schools can get up to 250 for Arbor Day observed April 24 or Earth Day on April 22 celebrations, while anyone who has sustained damage from El Nino or other winter storms, can get as many as 25-75 to replace trees that were lost. The pre-treated trees arrive complete with planting instructions, fertilizer and a guarantee. Recipients pay no more than the program's shipping and handling costs to get the young plants to their home; no memberships are solicited or required. "All the trees are state USDA-APHIS inspected and in top condition," said Pennsylvania tree farmer, Dwight Johnston.

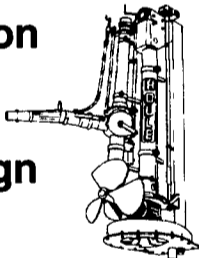
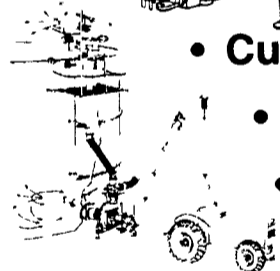
So far, 1998 appears to be well on its way to becoming the largest tree planting year ever in the US. The program has signed up over 1,000 schools to receive trees from Maine to San Diego.

## YOUR MANURE IS OUR BREAD & BUTTER

- Sales
- Service
- Rental



- Custom Application
- Installation
- Custom Design



Liquid Manure is a valuable resource and a challenge to handle. You need an expert!

At Mid-Atlantic Agrisystems, liquid manure is our bread and butter not a sideline. To solve your problems we carry the most

complete line of equipment in the region, have years of practical hands-on experience, and offer valuable knowledge about products and the latest, most effective manure handling equipment.

Call the experts. Call Mid-Atlantic.

### USED/RENTAL LIQUID MANURE EQUIPMENT

#### March Special

Houle 42' Lagoon SUPER PUMP, 2 mos. old, excellent for thick manure w/sand..... \$8,150

#### Spreaders

(2) Houle 5,250 gal. w/steering axles & 28Lx26 tires..... CALL

Houle 4,250 gal., used w/ 23.1x26 tires..... CALL

(2) Houle 3,600 w/23.1x26..... CALL

Balzer 3,350 vacuum 23.1x26 rental..... \$16,000

Calumet 3750, 1992 w/50x21-20 used..... \$7,000

WIC 3400, used..... CALL

WIC 3300 gal. Tank (Used)..... CALL

VanDale 3000... **SOLD**..... \$4,500

#### Pumps

Badger Lagoon Pump..... CALL

Nesseth Lagoon pump..... CALL

Houle 42' Multi-purpose Pump . \$11,975

Houle 10' - 12' vertical agi-pump, rental..... \$6,000

Houle pto irrigation pumps, rental unit..... CALL

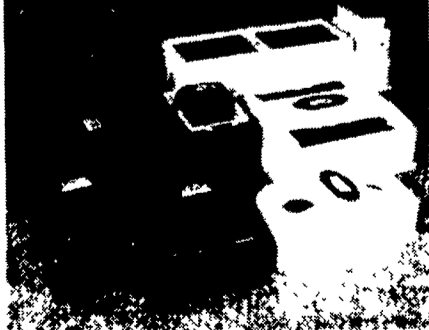
Houle 32' lagoon agi-pump, rebuilt, used..... \$6,000

Houle 42' and 32' Agi Pumps..... CALL

Houle 27' Auger - Agitator..... \$3,675

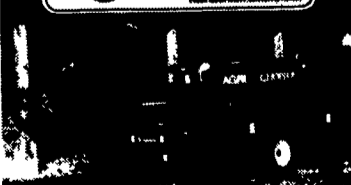
### State of the art energy efficient and energy free waterers

- A model for every need and every animal
- Unique floating lids and hinged doors
- All units competitively priced
- Most units UPS shippable
- Wide variety in stock for immediate winter installation



### Agri Chopper - Round Bale Chopper

by **AgriMetal**



Chop right through your toughest material - baleage, newspaper, dry hay, straw, corn fodder. Two sizes available.

### SMOKER, LANDIS & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS and BUSINESS DEVELOPMENT CONSULTANTS

- ✓ Individual, Partnership & Corporate Taxes
- ✓ Accounting & Bookkeeping
- ✓ Business, Personal & Estate Tax Planning
- ✓ Management Advisory Services
- ✓ Personal Financial Planning
- ✓ Computer Services
- ✓ Payroll Preparation
- ✓ Retirement Plans

49 East Main Street Leola (717) 656-7544 or (717) 392-1333  
24 South Main Street Manheim (717) 665-5979 or (717) 393-1929

Top Volume **HOULE**

Dealer in Northeast Last 5 Years Second Largest Houle Dealer In The World!

## Mid-Atlantic AgriSystems

4019 Ashville Rd., Quarryville, Pa. 17566

800-222-2948  
717-529-2782

