

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

The Internet, or the world-wide web, is a tremendous development of our modern computerized society.

It allows us to communicate with folks as close as in the next building or as far away as a country halfway around the world at the mere press of a key. It is revolutionizing retailing, enabling us to buy everything from auctioned collectible items to the week's grocery needs without every stepping out our doors. It provides access to a world of information at our fingertips, a boon for everyone from renowned scholars to elementary school kids researching some homework.

But, like nearly every other great development of society, the Internet has its down side. Sadly, a small percentage of users reportedly become addicted to cyber-participation life. Compulsive buyers find it too easy to spend way beyond their means with the flick of a few keyboard instructions. And the tales of hackers—from those seeking to pirate or destroy information to the mischief makers who delight in disrupting the system—have become unfortunate modern day legends.

Like millions of other households around the world, we are cyber connected. Our use of the Internet is limited by our lack of time and plus occasional frustra-

tion at trying to find what one wants out there in the world of more information than we could ever hope to find or use. Primarily, though, we "log on" to pick up our e-mail and keep in touch with friends and family scattered from the east to the west coasts.

Most of my e-mailing is done early in the morning, before heading to the barn to help with morning chores. Among the messages pretty often is some sort of off-the-wall humor piece forwarded by friends with funny bones. Like this through-provoking piece from comedian Steven Wright waiting for me on a recent 5 a.m. cyber-mail-check.

Think about this: Did you ever wonder...

-If a pig loses its voice, is it disgruntled?

-Why is the man who invests all your money called a broker?

-Why are a wise man and a wise guy opposites?

-Why isn't the number 11 pronounced onety-one?

-When cheese gets its picture taken, what does it say?

-If a person who plays the piano is called a pianist, shouldn't a person who drives a race car be called a racist?

-Why do we say something is "out of whack?" What's "in whack?"

-Why do overlook and oversee

mean the same thing?

-If Fed Ex and UPS were to merge, would they call it Fed Up?

-If it's true we are here to help others, what are the others here for?

-Ever wonder how fast the speed of lightning would be if it didn't zigzag?

-Why does no one believe a sign "wet paint" until they touch the surface to see?

-How much deeper would oceans be if sponges didn't live there?

-Since mothers use little spoons to feed their babies, what do they use in cultures where chopsticks are utensils of choice? Toothpicks?

-When someone offers "a penny for your thoughts" and you give them your two cents, what happens to the other penny?

-Why do croutons come in airtight packages when it was stale bread to begin with?

-Why do women wear evening gowns to nightclubs? Shouldn't they be wearing night gowns?

-If lawyers are disbarred and clergymen defrocked, shouldn't electricians be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?

And, finally... If a cow could laugh, would milk come out her nose?

(Brought to you by the magic of the Internet and my cyberhumorist, Martha...)

## What To Do When Kids Swear

Explicit language may seem to be everywhere, but most parents don't want their children using it.

Herberg Lindgren, University of Nebraska Cooperative Extension specialist, offers four suggestions that parents can use to help children improve their vocabulary.

Don't overreact. A youngster usually takes delight in too strong a reaction to anything. Explain the impact of bad language. Tell children that it may upset, offend or insult others.

Also teach the concept that we can't make our point by using explicit language. Don't become the language police, instead, aim to persuade children to eliminate bad words.

Practice what you preach. Parents need to be aware of how they manage their anger and frustration. The greatest single influence on how young children communicate their feelings is still what they hear at home. Let them know you are trying to clean up your language so both parents and children can emerge on the side of self-respect.

### Live Well On Less

We can learn to live on less without needless sacrifice.

Here are some ideas: Keep track, item by item of where your money goes every day, week or month.

Talk to the family about spending. Are you spending

your money the way you really want? Do not carry more money with you than you can afford to spend.

Stage a garage sale to sell unwanted items.

Pay bills early; this may give you a discount and it will prevent late charges.

Check to see if you are eligible for the earned income tax credit which can result in a larger tax refund.

Become involved in less expensive sports and recreational activities.

Read magazines and books from the library; cancel subscriptions.

Analyze insurance coverage to be sure you are getting the lowest insurance rates.

Avoid malls—browsing results in impulse buying.

### Gardening Is Exercise

If you don't think you get exercise when gardening, consider what the following activities do for your body: Squatting works leg muscles, firms thighs. Bending builds back strength, slims the waist. Spading strengthens biceps, triceps, legs and chest. Raking works the upper back, biceps and triceps. Pushing a loaded wheelbarrow uses almost every muscle in the body.

Fresh air is good for the lung. Sunshine is good for the complexion, hair and smile. Garden beauty is good for the soul!

Source: Colorado State University Cooperative Extension



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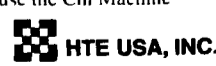
### Does your body get the oxygen it needs?

(Adapted from a quiz by Dr. Eigi Noguchi)

Check all the boxes which apply to you

- I wake up tired, even after eight hours of sleep
- I sleep restlessly, waking up frequently
- I suffer from chronic fatigue
- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
- I have frequent pain in my shoulder and/or back
- I have weight problems
- I crave sweets, alcohol or soda

If you checked more than three boxes, your body might not be assimilating sufficient oxygen. Please consult your physician. You may wish to have your blood oxygen levels tested before and after you begin to use the Chi Machine.



"My research has convinced me that lack of oxygen is the root of most or perhaps even all disease."  
- Dr. Shuzuo Inoue



"In only three weeks of using the Chi Machine, I lost 15 pounds effortlessly and hospital lab tests showed that my blood cholesterol level dropped from 225 to 160 mg."

#### How do I use my Chi Machine?

\* Place the machine on a rug. Lie on your back and put your ankles in the grooves of the footrest on top of the machine.

\* Set the timer switch to activate the machine for the number of minutes you desire. First time users should start with 2-5 minutes.

\* The footrest will begin to move back and forth, carrying your feet briskly from side to side. This movement will carry up through your legs and torso, throughout your entire body, causing you to wiggle back and forth - that's right - like a fish swimming in water.

\* All you do now is relax and breathe deeply, letting the machine rock you gently but firmly for a maximum of 15 minutes.

\* When the time is up and the machine stops, remain lying down for another two to five minutes, relaxing and breathing deeply, enjoying the remarkable afterglow - chi - as it moves throughout your body.

"In two months of using the Chi Machine, my thighs, hips, stomach and buttocks now look as good as they did when I was in my 20's - and I'm almost 52!"