

Ida's Notebook

by
Ida Risser



September has always been a busy month as so many things from the garden need to be harvested. One thing that I won't be doing this year is making grape juice. I was surprised to find no grapes on the vines and I wonder if birds ate them.

Not only must we finish outdoor work but now social events take time too.

There are picnics to finish off

the season and family gatherings. My three sisters and I got together at the Whitaker Center in Harrisburg. We saw "Everest" at the Imax Theater. It was the dramatic true story of men and women who tried to climb the highest mountain in the world. Many who attempt the climb never return due to wind and snow storms.

The day spent with my sisters

ended with a picnic at Muddy Run. We missed seeing an Indi-

an Powwow as we arrived a bit too late but we enjoyed fellowship around a small bonfire near my sister's recreational vehicle.

My cucumbers have finally finished bearing and now there are 76 pints of pickles on the canning shelf. Now the grandchildren who like them so much had better visit us.

They recently moved into a new house that they had built in Delaware. The oldest daughter stayed in Richmond, Virginia as she started college this fall. She is a straight "A" student and got a full scholarship to college there. Years ago our oldest daughter also got a full scholarship to Alfred University in New York. This is always a big help when they want a lot of education beyond college.

Notes For Dads

Patreese Ingram Penn State Extension Fathers As Single Parents: A Growing Trend

In 1990, about one million divorced and separated fathers in this country were raising about 1.5 million children alone. At this time an additional 100,000 widowers were raising children alone. While the single father raising his children alone is definitely the exception, the number of single fathers with sole custody will continue to grow. More fathers are seeking custody and more mothers are feeling comfortable with this arrangement.

Both mothers and fathers face difficulties when they are single parents. Some difficulties are peculiar to fathers. Some fathers feel discriminated against because people assume that only mothers are competent to raise children. Single fathers also experience special difficulties on

their jobs. As a single parent they may find it necessary sometimes to arrive late, leave early, or miss work altogether due to child-related illness or activities.

Taking time off of work can have greater negative connotations for men than for women.

Contrary to assumptions that fathers are incapable of running the household, studies show that fathers do a good deal of the housework themselves when they have custody. Few rely on outside help. As the children get older, and especially if there are daughters, fathers get more help.

One result may be that the children tend to grow up a little faster because of the responsibilities all family members must accept. And while the going may be rough in the beginning, a large majority of fathers (82% in a 1988 study) are satisfied with themselves as parents.

Nutrition Solutions For Busy Women

LEBANON (Lebanon Co.) — Simple Nutrition Solutions for the Busy Woman will be conducted at Lebanon Family Health Serves, 1 Cumberland St., Lebanon. The workshop held

Tues. Sept. 26, from 7 p.m. to 8 p.m. is one of a series of women's workshops. The free workshop will teach the important nutrients needed for women during various stages of life, survival

tips for planning healthy meals, and food and menu ideas that include all necessary nutrients into a low-calorie eating plan.

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