

# Notes To Dad

At right, Pet and Prince, Belgian Drafts, stand patiently waiting for work orders from owner Oren Perdue of Salisbury, Md.



## Sixth Annual Fall Harvest Oct. 28

LAUREL, Del. — The sixth Fall Harvest at Pepperbox, east of here, will be conducted Saturday, Oct. 28.

Sponsored by the Delmarva Driving Club, the annual event showcases real horsepower doing fieldwork and other tasks.

The event opens at 10 a.m. and runs until 3 p.m., with a parade of horses and antique vehicles at 2:30 p.m. A large display of antique tractors, cars, and trucks, along with a variety of hit-and-miss engines and antique equipment, is expected.

Several craftmakers will be demonstrating their basketweaving, broommaking, spinning and

weaving, wood carving, painting and sewing skills, and more. Horse (and mule) riding and handling skills will be on exhibit. Privately-owned carriages and horse-drawn equipment will be on view throughout the day.

The admission fee of \$5 per vehicle entitles visitors to ride horse-drawn shuttles from the parking lot to the activity site and two tickets to all children's rides.

Special music in the morning will be provided by The Dove, a gospel quintet from Salisbury, Md., who have been performing their musical ministry for more than 25 years.

From 1:15 p.m. to 2 p.m. Delmarva's Legend, Bunky Eye, will be featured, recapturing some of his recorded hits. Bunky formed a band known as "The Inmates" in 1971. Playing locally and then moving up to the big-time, Bunky has appeared on stage with stars Jim Reeves, Mel Torme, Patti Page, Johnny Cash, Marty Robbins, and many others during his 40-year career in country and rock 'n roll music. More recently, Bunky has performed on stage as a single.

Call 302-875-4971 for information, directions to the farm, or to reserve vendor or exhibit space.

### CAROLYN GILLES Interim State Coordinator Expanded Food and Nutrition Education Program

In the bottom drawer of my husband's desk, there rests a large journal, affectionately referred to in our family as "The Red Book." It contains a father-son saga that has been ongoing for the last 20 years. The large 8x12-inch red "standard diary" was bought on impulse from a clearance rack of outdated books in an office supply store.

It has become a compendium of shared joys, sorrows, accomplishments, and outings. I have a life-long habit of journaling, but though we all are encouraged to contribute, this special book has evolved into the place where "the men in the family" record events, thoughts, and data. Here they log marriages, deaths, births, graduations, and even operations and an occasional argument. Some days never get a single entry. It seems that, over the last two decades, nothing of note has ever happened on at least five days out of each month. Dates that mark birthdays and holidays, however, overflow with words, as celebrations are listed, year-by-year, citing where they were held and who attended.

The mother-child relationship is sacred, but Penn State Family Specialist Dr. Daniel Perkins recently cited a literature review that clearly suggests that fathers contribute to their children's well being in unique ways. The father tends to promote intellectual development and social competence through physical play, while the mother tends to

promote those same skills through verbal expression and teaching activities.

Higher levels of father involvement in activities with children, such as eating meals together, going on outings and helping with homework, are associated with fewer behavior problems, higher levels of sociability, and a high level of school performance.

Our sons, now 32 and 26, live in Alaska these days and visit home only once a year. In their absence, "The Red Book" is often opened and special memories shared as we flip through it's worn pages: the time I got the truck stuck in a muddy creek bed and had to get out, mud oozing over my shoes, to turn in the hubs for the 4-wheel drive; each boy's first hunting trip with dad; numerous camping trips; the time one son was so determined to pass his lifeguard swimming test that he exclaimed, "If I can't hold that brick out of the water, I'm going down with it!"

It's a virtual treasure chest. A journal need not be restricted to prose. Clippings and souvenirs can be included. Pictures drawn or cut from magazines can be pasted on journal pages to help express anxiety about an impending move or anticipation about a family vacation.

The activity can be most revealing. Picture choices can precipitate father-daughter/son talks about the emotions that surface. The pictures can segue the exploration of what lies behind a particular choice. (It's also a good use for old magazines!) One young boy in a journaling class chose a picture of a cartoon figure laying on the ground, staring up to the sky, saying, "Why me?"

He also chose a picture of a tire, stating that he had been "tread on all day!" Clearly he had some issues that begged to be explored. He has learned to use his journal as a valuable coping tool.

In our family, my husband has lifted Olympic weights for more than 40 years. As our sons became teenagers, it became a "rite of manhood" to be allowed to work out at the gym with free weights, under Dad's watchful eye. Self-conscious young men began to grow in confidence, discipline, and self-esteem, as father and son celebrated "personal records," recorded them in "The Red Book" and worked on perfect form.

While in high school, our youngest son competed in Pennsylvania's Keystone Games, with dad as coach. Dad couldn't have been prouder, as he watched his protege receive a Silver Medal around his neck. Now that was definitely one for "The Red Book."

## Why Do Leaves Change Color

Summer's green leaves have been replaced by bright autumn colors like red, orange, gold, and brown. These color changes are caused by three things: leaf pigment, length of night, and the weather.

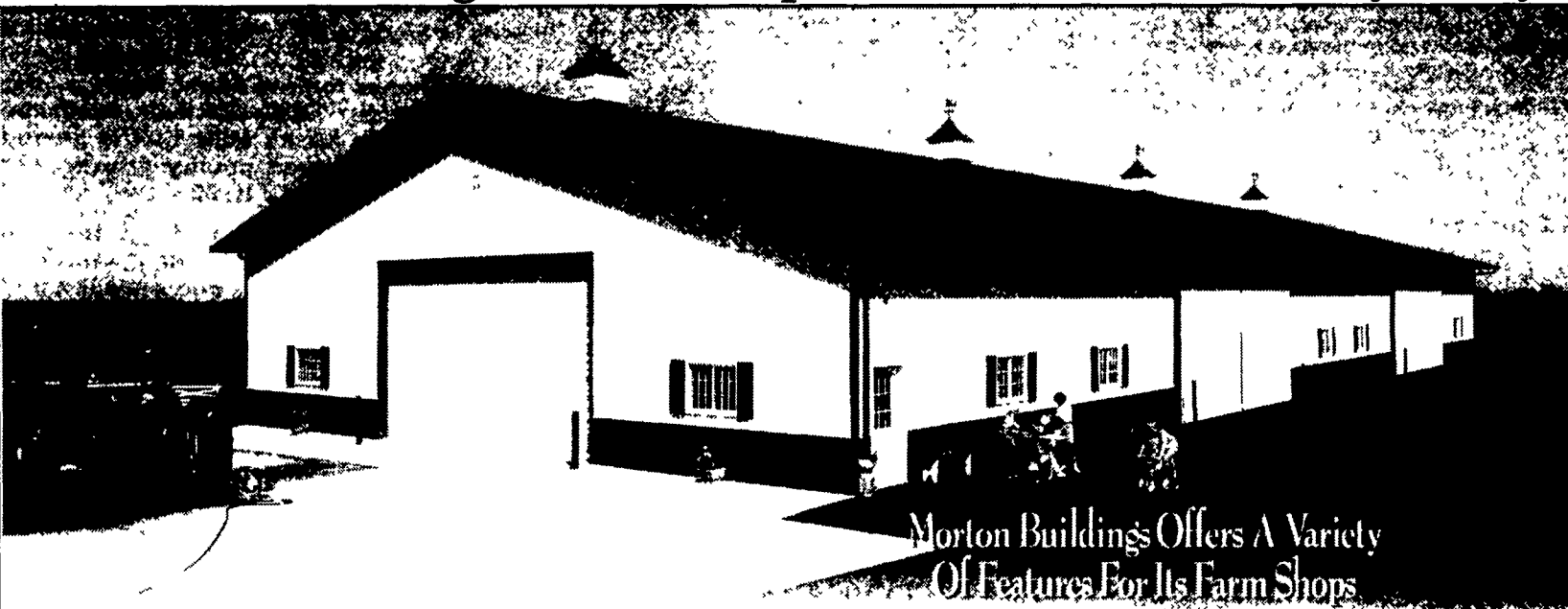
There are three types of pigments. The first, chlorophyll,

gives leaves their green color. Chlorophyll is needed for photosynthesis—the process that helps plants use sunlight to make sugar for food.

Carotenoids, a second type of pigment, produce the yellow, orange, and brown colors in things like corn, carrots, and daffodils.

Anthocyanins give color to cranberries, red apples, blueberries, strawberries and more. Both chlorophyll and carotenoids are present in the leaf cells throughout the growing season. Anthocyanins are made in the autumn because of bright light and excess plant sugars in the leaf cells.

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