

On Being a Farm Wife

(and other hazards)

Joyce Bupp



What makes folks happy? Good health? Money? Family and friends? Pleasurable job? Or is it those "warm, little fuz-zies" that do more to keep us upbeat through our daily routines and the challenges that get thrown down like gauntlets through our days of dealing with life.

The newspaper we recycle for heifer bedding — not shredded, but simple tossed in "as is" for the heifers to dance and cavort through, after friends and neighbors drop it off here (neatly tied or bundled, not loose!) — sometimes include neat tidbits of printed matter. I toss the papers, by hand, around the bedding pack; usually it's just daily newspapers, but occasionally a gem of printed material falls out.

Literally falls out, that is. Like a morning last week, when a slender, book-mark type of paper dropped to the concrete floor of the heifer pen walkway. I picked it up and found a list of "happy thoughts" — which appeared to have been an addition to a church bulletin tucked in with someone's old newsprint.

The "happy thoughts" made me smile. Included were things like: a hot shower, giggling, finding a \$20 bill in your coat from last winter, making new friends, and spending times with old ones.

Running through sprinklers. Hot chocolate, swinging on swings, watching the sunset. Lying in bed listening to the rain falling outside. The beach. Getting mail. Accidentally overhearing something nice said about you. A care package, laughing at yourself, your first

kiss. Playing with a new puppy. Falling in love for the first time. A good conversation. No lines at the supermarket, hot towels out of the dryer, waking up and realizing you still have a few hours to sleep.

Laughing for no reason at all, laughing at an inside joke, laughing so hard your face hurts. Chocolate milkshakes.

(I liked the way it included so much laughing. And chocolate.)

Mentally, I began adding some personal "happy thoughts" to this fairly-generic list.

The sound of farm equipment returning from the fields after dark. An unexpected check in the mailbox. Stepping from our unheated upstairs into the toasty-warm kitchen at 4 a.m. A brisk walk under a starry sky on a chilly winter evening. Seeing how cozy the house looks from a distance lit up at night.

Flowers. A kitten's soft fur. A card, note or postcard from a friend or relative. Outdoor Christmas decorations shining in the night. Toy trains. An orange,

full moon peeking up from the eastern horizon.

A real, live person answering the phone when you contact a business with a need or a problem. Hot soup. That flash of drop-dead red when a cardinal visits the bird feeder. A walk through fresh snow. The "ping" of a canning jar sealing.

Crawling into bed between sheets line-dried in the sunshine. A spur-of-the-moment picnic. Reading a book to a child. Heifers cavorting through the pasture the first time they're turned out into new grass. The smell of fresh-cut hay. Candlelight. An owl hoo-hoo-hooting overhead late at night. Having the check-book balanced.

A newborn baby calf. Finding an item I really need on sale. Kneeling on earthy-smelling fresh soil to plant seeds. Sweet corn cooked direct from the garden. A train whistle in the distance. The first-home-grown tomato. Looking at old family photos.

Waterfalls. Smiles. Babies. And, not to forget, chocolate.

We could go on and on. But, I was especially mindful of the bookmark's bottom line.

Getting out of bed every morning and thanking God for another beautiful day!

Grazing Or Traditional Dinners?

A friend who is diabetic said eating a lot of small meals throughout the day is a good plan even for people who don't have diabetes. Is there any truth to that?

Some studies do suggest that more (but smaller) meals throughout the day can increase metabolic rates and allow nutrients to be absorbed more efficiently.

But there's a bigger issue lurking in your question, and it's this: Basically, a healthy diet is a healthy diet, whether you have diabetes or not. People with diabetes often contact a registered dietitian to help with individualized meal planning — there's no one "diabetes diet." But basic guidelines for people with diabetes are the same for everyone else. Here are some tips from the American Dietetic Association:

— Eat five fruits and vegetables a day. Want a snack? Eat a piece of fruit. Include a small bag of raw vegetables with your lunch. Increase the vegetables in soups, casseroles, stew or stir-fried dishes.

— Eat six or more servings of starch each day. For breakfast, choose dry cereal with nonfat milk or whole-grain toast. Add beans to chili, soups or casse-

roles. Include potatoes, pasta or rice with your meal.

— Eat sugars and sweets only in moderation. Have a favorite satisfier for your sweet tooth? Indulge — but only once or twice a week. Have a hankering for dessert? Split it among one or two others to satisfy your craving but limiting the sugar, fat, and calories.

— Eat less total fat. Saute vegetables in cooking wine or flavored vinegar instead of oil. Use less, or choose low-fat or fat-free versions of cream cheese, salad dressing, mayonnaise, or sour cream.

— Eat less saturated fat. Choose lean cuts of meat. Think of meat as a side dish instead of the main course. Prepare meat and fish by grilling, broiling or poaching. Choose low-fat or non-fat dairy products.

If you follow these guidelines, you'll have a healthful diet whether you choose to "graze" throughout the day or eat a more traditional meal pattern.

Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.

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- I suffer from allergies
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- I am frequently constipated
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