

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



Most food-related establishments have walk-in refrigerators. Then there are some of us with walk-out refrigerators.

Our walk-out refrigerator is fully functional only during certain periods of the year, of course, that time span when outside temperatures hang at sub-freezing. It saw extra heavy use during the recent holidays, when the seasonal excess of food preparations and "feast" leftovers overflowed normal storage space.

Snow and sleet discouraged the usual feline back porch perchers while a couple of wire mesh lawn chairs lingering from summer offered off-floor storage with surrounding cold air flow. A layer of snow only helped further chill the large roasting pan filled with turkey carcass bones and

bits to be reprocessed into soup, secured for good measure inside a large, new plastic trash bag.

Additional leftovers in sealed containers added to the porch-refrigerator stash, tucked away in a sturdy, closed, cardboard box. Regular picnic coolers work equally well, especially for longer-term storage of items like quantities of citrus fruits or apples — and look way more professional.

Temporary food storage is but one of the uses of our back porch, which doubles as our outdoor living area in gentler weather. Most of our meals are enjoyed there, overlooking the fields, meadow and ponds. And, on suffocating July nights, we've been known to campout on deck chairs to escape the old-brick-oven effect of an

old brick house exposed to a stretch of 95-degree days.

Having always lived in houses with porches makes it hard for me to even imagine not having the escape hatch of an outdoor room. The most mundane jobs, from folding laundry to snapping beans from the garden, seem less a chore when done in the fresh air ambiance of the porch. No matter what the source of the stress of the moment, five minutes on the porch provide a quick "mental health" escape.

The wide front porch of the house where I grew up lingers on in a significant role in my childhood memories. Countless summertime vacation hours were whiled away on the porch swing of our family home, reading the likes of Nancy Drew and Tom Sawyer, or practicing embroidery and knitting. My brothers and I played games and cards there, perched on its steps to observe the farming activities of the neighborhood and used it as "home" base for after dark games of hide-n-seek and kick-the-can.

Both Mom and Dad, in their retirement years, spent hours and hours on their porch, entertained by the endless parade of vehicles and the comings and goings in their busy neighborhood.

In the B.C. part of our farm

Boost Your Child's Language Development

LEESPORT (Berks Co.) — Language is a tool that will last your child for a lifetime. Ensure that your child gets off to a good start with these simple, but important suggestions.

With Babies:

- Talk to your baby often. Talk about things you are doing and the objects around you.

- Use routines such as feeding and diapering as opportunities to talk with your baby.

- Introduce your baby to books. Make this time an enjoyable one with your child.

- Find a childcare provider who understands the importance of talking to babies.

With Toddlers:

years (Before Computers), I often lugged the accounting paperwork out to the back porch on pleasant days, weighing down bills and receipts with the stapler or edge of the accounting journal. More than once, a receipt had to be retrieved when a gust of wind whipped around the edge of the porch and sailed it out over the bannister rail and into the lawn below. Laptop computers now allow for a return to the porch for "paperwork" on stunning days when staying inside is intolerable.

News that our second and third generations would be returning from their decade in the West coincided with our musings several springs ago about extending the porch with a deck. It now provides an appropriate race-track area for tricycles and riding tractors, a shady haven for a storybook moment and picnic tables which double as impromptu tent structures when covered with old blankets.

For whatever reason, porches fell out of favor for many years, and builders erected homes minus these wonderful relaxation areas. But porches seem to be growing in popularity again, as homeowners rediscover their pleasures.

And they're a lot handier for temporarily storing a turkey carcass than just stuffing the pan in a snowbank where it might be frozen fast for weeks.

Take your cue from the child. As they say words, use them in a sentence.

- Expand their vocabulary by using new words. You'll be surprised at how quickly toddlers figure out word meanings and start to increase their vocabulary.

- Read with your toddler at least once each day. Look for books with repetition and rhyming words. Young children love this.

- Use a photo album with pictures of family, friends, places and objects. This will soon become a favorite book.

- Use words that describe feelings.

- Record your voices on a tape recorder.

- Sing with your child and provide music in the child's environment.

- Learn some simple finger-plays and poems that you can teach your child.

Acetaminophen And Your Child

LEESPORT (Berks Co.)

— Acetaminophen is an over-the-counter (OTC) remedy (common brand name: Tylenol) parents often give to children for pain, fever, or other symptoms without advice from health care providers. Some parents use too much of this drug.

Some think that if a little acetaminophen works well, more will work better. Just because it is an OTC medication doesn't mean it is risk-free.

Signs and symptoms of acetaminophen intoxication can include nausea, vomiting, abdominal pain, and liver failure. Many OTC cold and cough preparations contain acetaminophen, and the simultaneous use of more than one such product may lead to an overdose.

Source: ECELS Health-link

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