

Family Living
Focus
 by
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 Extension



A Boxful Of Memories
 Happy New Year!

I hope 2003 will be a very good year for everyone. The recent holidays were very memorable.

For me this was only the second time in my lifetime that I did not get to the homestead on Christmas Day. The snow arrived early Christmas morning and continued until we had a foot of snow.

Needless to say, we were not on the roads, as we have an hour and forty-five minute drive to where I grew up. Instead we had a very quiet and nice Christmas at our home and shoveled snow. The snow was beautiful as it blanketed the pine trees and our bushes. It was very quiet and peaceful. But then again we only have to shovel a little — not like on the farm where you have lots of snow to move and when the wind blows it drifts.

When I was a child, there were times when we were snowed in for a days. According to the weather person this was the first major snow in 30 years on Christmas Day — so we can count our selves very fortunate — especially when so many people are traveling to see family and friends. The next day we traveled to the homestead and saw Dad and many but not all my sisters, brothers-in-laws, nieces, and nephews.

As I mentioned earlier this was the second time my family did not see extended family on Christmas Day. The first was years ago when the boys were small — that year it was extremely cold and the cars would not start. We tried, but they just wouldn't start. The following day, with the help of neighbors, we were able to get them started and traveled to see everyone. That was a memorable occasion as my husband, sisters, and I remembered this piece on information.

Another way it was remembered is that I have a box of memories. I have a recipe box that contain 365 cards — one for each day of the year. My cards happen to be color coded — pink for February, green for March, purple for April and so forth. Each card has a date on it but no year. The box is kept in the kitchen so when something memorable happens, I or a family member write a couple notes on the card as a memory. When the card is filled for the day, we add another card. Be sure to put the date on it — in case the box is spilled and you have to put the cards back in order.

Every couple weeks we review the cards — usually at mealtime — and we remember some very special things that happened in our family. Of course, not all are happy times as we all have had some sad

times. But the memories are a part of us, and help us remember the good and sad times.

Birthdays and weddings are also recorded on our cards. This is a good reminder for me to remember family and friends' birthdays and anniversaries.

The years do go by quickly and we think we will always remember special events, but somehow as we get older — the dates seem to run together and we wonder what year we did the special trip to the cottage or shore — or what year was it that Jim and JoAnn were married.

The boxful of memories is fun and a wonderful way to remember special family events. As the new year is starting this is a good time to start your own boxful of memories. Have a wonderful 2003.

Lean Meats
Workshop

LEESPORT (Berks Co.) — Want to know how to prepare meat with less fat and more taste? Cook meats in a variety of ways? Minimize the risk of food-borne illness from these products? Flavor meats using low-fat marinades and rubs?

Attend the Lean and Easy Meats Workshop at the Berks County Ag Center, Leesport, Thursday, March 6, from 1 p.m.-2 p.m.

Cost is \$1. Advance registration is required. Send your name, address, phone number, and \$1 for each registration to Berks Cooperative Extension, Berks County Ag Center, P.O. Box 520, Leesport, PA 19533.

Couple Support For Diabetic Diet

LANCASTER (Lancaster Co.) — Have you ever wondered how couples adjust to one partner developing diabetes? How do they manage the diet that is required?

Lynne Brown, an associate professor at Penn State, did. She interviewed 20 couples in which one was a recently diagnosed type 2 diabetic. She found there were three major ways that couples react to the diet. Now she is trying to develop a questionnaire that will distinguish these reaction patterns so diabetes educators can more effectively help type 2 diabetics who are married or living together manage the diabetic diet.

Dr. Brown needs married volunteers who are type 2 diabetics to help her develop this questionnaire. All the volunteer has to do is complete five paper and pencil

questionnaires at the cooperative extension office nearest their home. The questionnaires will ask questions about your and your spouse's adjustment to the diabetic diet. Dr. Brown needs both those who feel they do not have the support of their spouse and those who do feel they have the support of their spouse to volunteer. She also needs both those having trouble with the diet and those having success with the diet to volunteer.

Volunteers can complete the questionnaires during one visit to the cooperative extension office in Lancaster County between now and Jan. 31. The visit would take at most 1.5 to 2 hours of the volunteer's time and those who complete all forms will receive a cash gift. To qualify for the study, volunteers must be:

- A type 2 diabetic for one year or longer
- 45 years of age or older
- Living with the same spouse or partner at least one year since diagnosed
- Using dietary methods to control diabetes, even if taking medication or insulin
- Willing to complete the forms in the local cooperative extension office.

If you are interested in volunteering for the study or learning more about it, call 1-800-406-0556 and leave a message indicating times you can be reached. A study staff person will return your call to answer your questions and confirm your qualifications for the study. Please consider volunteering and helping other diabetics like you get improved diet counseling.

Cooking For Crowds: Volunteer's Guide To Safe Food Handling Workshop

LANCASTER (Lancaster Co.) — Is your group concerned about safe food handling practices for your banquets, fund-raisers, bake sales, soup luncheons or church suppers? Skills used at home are not adequate when serving large groups. Help ensure the safety of your guests and customers by attending Cooking for Crowds: A Volunteer's Guide to Safe Food

Handling. Topics include: how food becomes unsafe, purchasing and storing supplies properly, calibrating food thermometers, cleaning and sanitizing, and up-to-date methods for handling and preparing food to prevent food-borne illness. This workshop will be conducted on Tuesday, Jan. 28 at the Farm and Home Cen-

ter in Lancaster from 9 a.m.-noon. Instructor is Nancy Wiker.

Cost is \$10 (includes manual and four food safety posters). Preregistration is requested. Call Penn State Cooperative Extension at (717) 394-6851 for information.

Deductible Generosity

LEESPORT (Berks Co.) — Donating items to those less fortunate is a win-win situation. In addition to helping others, you may be able to deduct your contributions for tax purposes.

Before you donate an item, estimate its fair market value — the price you would pay for it in its current condition on the open market.

Used clothing and household items probably would be worth less than you originally paid for them.

Keep a list of everything you donate, along with receipts from the charities. When you file your return, you must itemize your deductions to claim your contribution.

If you're deducting non-cash donations of more than \$500, you will have to

fill out Form 8283.

You'll need appraisals if you're claiming non-cash contributions of more than \$5,000 (other than publicly traded securities).

Source: Financial Literacy Center

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