

# Family Lifelines—



## Adult children returning home

Many middle-aged parents are facing a new, unexpected situation in these hard economic times. Just when they have adjusted to the "empty nest" and tranquility reigns, the kids move back home.

Rising costs of household maintenance and unemployment are the major reasons that families are moving back together. While parents love their children, they cannot expect having adult youngsters back home to be the same as it was when they were young. Adult children have lived independently of parental rules and managed their own homes and children.

Parents who are not used to having their children at home can experience conflict unless agreed-upon rules are established. The transition of moving in together can be made easier if pre-moving discussions cover aspects of daily routines, responsibility for household care, and social relationships.

To help merging families achieve harmony, consider the following suggestions:

—Determine what financial support adult children will contribute to household expenses. Costs will increase with additional family members. Children formerly lived at home free of charge and parents may be unaware of the dent additional members will make in their budget. A monthly family conference is recommended so that money matters can be resolved openly.

—Establish laundry and housecleaning rules. It's easy for young adults to revert to childhood behavior leaving mother with added home chores. And it's easy for

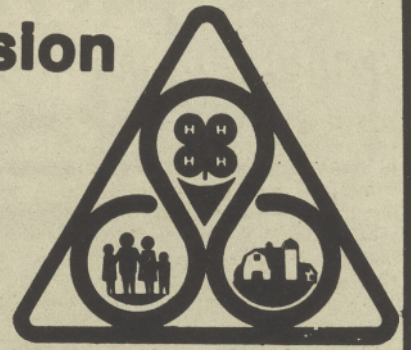
parents to lapse into their former parental habits of picking up after children.

—Set up a system for shopping, food preparation, and cleanup. Decide how many meals will be attended by the entire family and the best time for all to eat together. New rules for the kitchen might include each user leaving the kitchen clean after fixing his or her own meals or snacks.

—Each family member must be responsible for accommodating the different schedules, personal, independence, privacy, and work demands of all other members. If there are young children, determine who is in charge of their behavior.

Moving in together requires time and willingness to work out many difficult situations, daily attention to solving small problems can be an opportunity for family enrichment. The best way to live in harmony and achieve independence is to recognize that it's not the same as it was before the adult children left home. Scheduled family discussions are essential in keeping communication open and the home livable.

## Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett



## Beating the cash crunch Sewing machine care

Like any machine, a sewing machine works best if properly maintained. To keep your sewing machine humming, consider these maintenance ideas.

Cover your machine when you're not using it, suggests Pennie Albrandt, Warm Springs Extension agent. Dust will settle on and inside it if you leave the machine unprotected. Also, avoid using a plastic cover as it tends to hold in moisture.

If the presser foot and feed dogs (part that moves fabric through machine while sewing) are scratched or burred, a fabric might feed unevenly or snag. To prevent the wearing of these areas, avoid sewing off the edge of the fabric, which causes the feed dogs and pressure foot to grind against each other.

Clean thread and bits of fabric out of your machine after every two garments you sew...or more frequently if you're sewing pile fabrics. Also, change needles often. They dull easily, especially with today's synthetic fibers and finishes. Prewashing fabrics will remove some finishes and reduce the dulling of a needle. Be sure the new needle is put in the machine in the same way the old one came out. Replace the needle after every two garments, or when you notice skipped stitches and snags. Avoid sewing over pins, which may dull or break a needle.

Oiling your machine is also important. Do this after each eight to 12 hours of actual sewing. Consult your owner's manual, your local dealer or your local Extension Agent for specific oiling instructions. Remember, a little oil goes a long way. One drop per location is plenty. Clean the surface then sew through some fabric scraps before sewing on your project. You should not oil your machine if it's permanently lubricated.

If you need help learning to clean, oil or make tension adjustments on your sewing machine call Pennie at the Extension office, 553-1161 ext. 238 and she will show you. If your machine ends up having to go into a dealer for repair, be sure the dealer calls you and tells you what problems your machine has and what the cost will be before he does any work. This way, you can make a decision about whether the machine is worth the repair cost or just what repairs you want done depending on your budget at the time.

## Salt intake concerns you

Announcing two new 4-H opportunities for Warm Springs youth who want to "learn by doing..."

**Horse Gaming (Rodeo) 4-H Club**—is a new club that will be offered through the Madras Extension office. The club will start sometime around the first of February; more information will be out later. Anyone in the 4th or up, interested may sign up at the Warm Springs Extension office so you can be contacted as to when and where the first meeting will be.

The **4-H Cooking Club** is beginning a second shift. Beginning January 31, the club

will be open to seven new members; any child in 3rd thru 6th grade may sign up. However, since there is a limit, enrollment will be on a first come, first served basis. Norma Kaudle Kaule will be the leader

and has planned five meetings for this second cooking club session. Interested students should sign up at the Extension office in person or by calling 553-1161, ext 238. There are five more spaces.

## OSU hosts open house

Oregon State University is hosting its annual open house on January 29, 1983. The Saturday program is designed to help familiarize prospective students with OSU's program and provide information on housing, financial aid and

other student services.

Information has been sent to all Oregon high schools and community colleges as well as local OSU Extension offices. High school seniors can find out more about the open house programs from their school counselors.

## Screen repairs a good winter project

If your window screens let one too many bugs in last summer, include screen repairs on your winter project list. Window screens can be easily repaired by the do-it-yourselfer.

Materials can be purchased at local home building supply stores. To repair a screen, you'll need screening, staples or tacks, molding if the old molding is damaged, galvanized brads for wood frames, a screwdriver, putty knife and shears.

Screen molding is the wood strip that covers the raw edge of the screen. New molding is sold in long strips. The supplier will cut it to your specifications and miter the corners.

To replace a screen, lay the screen on a flat surface. With a putty knife or screwdriver, carefully pry off the moldings. Remove old staples, tacks, and brads from the frame.

Cut a new piece of screen two inches larger than the opening on all sides. Lay the screen across the frame, positioning it evenly on all sides.

Insert a staple or tack every two inches across the top of the

frame. Stretch the screen from the top to the bottom and tack the bottom to the frame. Next, tack or staple the sides. If the frame has a center support, tack the screen to the support. Cut off the excess screen around the edges. Then mail around the edges. Then nail the molding back, using the galvanized brads.

To repair a screen mounted in an aluminum frame, remove the rubber beading that holds the screening in the groove of the screen frame. This can be done with a screw driver.

Cut a new piece of metal or fiberglass screening 2" larger than the size of the frame. Lay the screen over the screen frame on the grooved side of the frame. Replace the rubber beading back into the groove by pushing it into the groove with a screw driver.

Be careful not to make a hole in the screening with the screw driver and be sure the screening stays straight on the frame as the beading is being replaced.

If you need help with this project or other housing questions or needs call the Warm Springs Extension Office at 553-1161 ext. 238.



## Simnasho Mini-Marathon

# Runs set for March 5

The Warm Springs 4-H Program announces that the 5th annual Simnasho 4-H Mini-Marathon has been set for Saturday, March 5, 1983. Both, a 6 mile and a 3 mile "Fun Run" will be featured in addition to the 14.5 mile run from Simnasho to Kah-Nee-Ta Village.

The mini-marathon is sponsored by the Warm Springs 4-H leaders Association as a fund-raiser. The 4-H leaders Association in Warm Springs annually provides scholarship money for reservation youth to attend 4-H camp and 4-H summer week and helps fund a demonstration trip to the Oregon State Fair for Warm Springs 4-H members.

Registration forms are

available from the Warm Springs office of the Oregon State University Extension Service, P.O. Box 428, Warm Springs, Oregon 97761, (503) 553-1161, ext. 238. There is a \$5.00 entry fee for all races if registrations are in by February 28; after the February 28 deadline the fee is \$7.00. Runners may register until 11:00 a.m. the day of the run.

All runners will receive a 5th annual Simnasho 4-H Mini-Marathon T-shirt, a swim pass at the Kah-Nee-Ta pool, and a drawing ticket good towards a chance at one of many items to be raffled. Divisional winners of the 14.5 and 6 mile runs in the 13 and under, 14-18, 19-29, 30-39, and 40 & over age categories will receive trophies. The winning male and female in the 14.5 mile will each

receive a weekend for two at Kah-Nee-Ta Resort.

Non-runners will have the opportunity to enjoy the unique atmosphere of Kah-Nee-Ta. Raffle tickets will also be on sale before the race to win one many donated prizes. Individuals or businesses who wish to donate to the raffle may do so through the Warm Springs Extension office. Names of all donors will be announced at the mini-marathon and in subsequent news coverage of the event.

The Simnasho 4-H Mini-Marathon is always a fun time for everyone. Bring the entire family.

For more information or to request registration forms write or call the Warm Springs Extension office.