

Friendships bring enrichment

Are you close to anybody? Is there somebody you can tell everything to?

If not, you have let yourself become a statistic among 25 percent of the U.S. population who describe themselves as lonely, isolated, unappreciated, too shy and friendless. Friendships are a potential source of comfort, fun and new experiences, whether you are two or ninety-two.

Research shows friendships bring a certain magical enrichment that lengthens life and increases your feelings of worth and acceptance.

It was once thought that the need for friends decreased once a marriage partner was found. But this idea is no longer considered valid as the need for reinforcement of self-worth continues through the adult

years regardless of marital status.

Your family accepts you and loves you with all your faults, but your friends choose you for other reasons. You and friends choose one another because, together, you have fun and can share ideas and experiences freely.

One study of friendship showed friendships usually have two levels of intimacy. Best or close friends are those you can depend on at any time; casual friends are those with whom you enjoy specific activities such as bridge or golf. You would not share your innermost thoughts and feelings with casual friends.

Friendship does not mean you must always be with other people or be the life of every party. Popularity does not

mean you have a lot of friends. In fact, some people are so absorbed with their whirl of sociability they have no chance to develop deep relationships.

Receiving two hundred Christmas cards makes it appear you have many friends but it only signified a broad range of acquaintances. The fact that deep friendship and intimacy require so much time and energy means you can have serious relationships with only a few people.

Most people have many acquaintances based on shared relationships such as neighbors, parents of children's friends or co-workers. Few of these become or remain close friends. It takes about three years for an acquaintance to develop into a genuine friendship, if it ever does.



Clay Penhollow
Mollie Driscoll

Crabgrass be gone!

Several types of weeds and weedy grasses show up in home lawns each spring. One of the worst weedy grasses is crabgrass but there are many pesky broadleaf weeds that show up as well.

Crabgrass is a problem in lawns as are several broadleaf weeds including dandelion, canadian thistle, white clover, capetweed and heal-all.

Crabgrass is an annual plant that germinates in June and then dies out in late fall. Some of the other broadleaf weeds are also annuals while a few are perennial plants.

When it germinates, crabgrass develops short, stubby, fuzzy leaves. It gets its name from the crab-like appearance it has when it puts out stems that creep on the surface of the ground.

The other broadleaf weeds can be identified by their broad leaves. None of them resemble the look of turf grasses and so tend to stand out like a sore

thumb when they become established in home lawns.

Because crabgrass is an annual plant, it's best to apply control measures before the seed germinates.

Pre-emergent herbicides should be applied in the late spring. Pre-emergent herbicides kill the young seedling as it comes out of the ground.

Post-emergent herbicides, treatments that will kill the crabgrass after it has grown, are also available, but are more likely to damage the surrounding grass.

For broadleaf weeds, post-emergent herbicides are usually recommended, but where weeds are not that well-established and widespread, hand-weeding may be a much simpler, but just as effective solution to the weed problem.

For herbicide recommendations inquire at a local nursery, or garden store. Be sure to follow all label directions with any herbicide used.

Summer fun programs planned

Various "Summer Fun" programs have been planned for Jefferson County youth. They include the following:

Cake Decorating—A series of three, 2-hour cake decorating classes will be offered through the summer fun program beginning in June. For kids interested in learning this fun and exciting hobby, phone the Jefferson County Extension Service at 475-3808. Pre-registration will be limited to the first 20 participants to call. Kids will be taught the basics of decorating as well as

some fun and useful tricks for making picture cakes for all occasions. Displays will be entered in the fair.

Container Gardening—Hands on experience in making container gardens for kids ages 4-9 years old. Learn how to plant, groom, and maintain the gardens. Projects will be entered in the Jefferson County Fair. The first meeting will be held June 18, at 10:00 a.m. at the home of Ella Peterson. Pre-register through the Jefferson County Extension Service at 475-3808. Registration will be

limited to the first 15 children.

Sewing Exchange—This program will bring a sewing exchange class to the month of June for kids grade 7-12. Learn basic sewing skills and how-to of finishing a garment. The class will consist of a series of 10 classes with the completion of a garment. Register for this event through Jefferson County Extension Service at 475-3808.

All are 4-H programs of the Oregon State University Extension Service.

Use your leftovers

Wasting food is like throwing money away. How can you learn to use your food budget wisely? . . . by making a shopping list! Plan menus on a weekly basis and look for advertised sales, coupons and refund offers on the foods you buy. Beyond these basic shopping techniques, you can stretch your food dollars even further by storing food properly and making creative use of leftovers.

For instance, when you have leftover foods, refrigerate or freeze them immediately. Serve a new entree by combining last night's meat, poultry or vegetables with a convenience

dinner such as macaroni and cheese or spaghetti. Use dry bread for french toast, bread pudding, meat loaf, stuffing or bread crumbs. Marinate leftover vegetables in a pourable dressing for a tasty salad or relish.

These are just a few ideas you'll find in a Consumer's Right to Know book called "Food Selection, Storage and Preparation." For your free copy, send a postcard with your name and address to: "Food Selection, Storage and Preparation," Consumer's Right to Know, Box 802, Dept. X, South Holland, Illinois 60473.

Container plants need more water

Warming late spring and summer weather makes plants thirstier than usual especially those in containers and hanging baskets.

Even during mild temperature conditions proper watering of container plants is essential. When outdoor temperatures are high, daily watering of container and hanging basket plants is not unusual.

Soil in containers such as metal drums, gallon cans, plastic tubs, wooden boxes and

flower pots can dry out quickly, especially on a concrete patio in full sun. During periods of excessive summer heat, container plants may need watering twice a day.

Container plants should be watered when the soil is dry. Stop applying water when it begins to run out of the container's drain holes. Try not to get the container soil excessively soggy and avoid leaving water standing on the soil surface.

The simplest way to protect

container plants from extreme heat is to move them to a cooler location during the hottest part of the day.

Frequent watering makes more fertilization of container plants necessary because large amounts of moisture leach nutrients out of the soil quickly.

Soluble, all-purpose fertilizers that can be mixed beforehand in water are easiest to use with container plants. Apply this type of fertilizer every week during periods of frequent plant watering.

Watch credit card use

Credit cards may be for a single store or company or for a wide variety of national and international sellers. There is usually a limit to the total amount of debt that can be outstanding at any one time.

Payments can be made in a flexible way. Usually there is a minimum monthly payment. Payments larger than the minimum may be made. If possible, it is wise to pay the total credit card each month, thus avoiding interest payment.

If conditions for using credit do not appear on the application, you will receive them when you get the credit card. Study the conditions carefully and be prepared to follow them. Other wise, destroy or return the card.

Using the card the first time commits you to a credit contract. Your failure to follow

the terms means the credit card will be recalled. You may be classed as a poor credit risk.

The notice of credit card conditions will include name (s) of seller (s) honoring the card, credit limit, whether you must pay the account in full or a minimum amount for each billing period, finance charge for nonpayment or partial payment and how they are figured.

Credit card conditions also tell you how to correct billing errors, where and how to report lost or stolen credit cards, and your liability when such misfortune occurs.

You may be told how to secure additional credit cards for dependents using your account. You are also told how married couples can establish separate accounts in each person's name.

In tight money times, a pregnant woman may feel the need to watch the pennies spent on maternity clothes. However, this Spartan approach can be hard on her self-image as the months roll on.

To get the most out of your dollars spent for maternity clothes:

*First, stay in your regular clothes for as long as possible. First-time mothers-to-be often move into maternity clothes as soon as possible to show off their condition, then get tired of the more limited number of maternity clothes they have before the due date arrives.

*Many regular, non-maternity tops can be worn all through pregnancy, especially blouses or sweaters worn under one or two all-purpose style maternity jumpers.

*Two or three maternity slacks in basic, solid colors can be coordinated with many inexpensive tops to give much

needed wardrobe variety at low cost.

*You can add a stretch panel to your existing jeans or slacks too, if you don't mind sacrificing them to the maternity ward. This is a cheap way to get good-fitting pants. These panels are available at notions counters in department, discount and sewing stores.

*And if you're planning to nurse the baby, you can start wearing larger size nursing bras

throughout your pregnancy instead of also buying larger size maternity bras.

*Maternity pantyhose are also available, but again try using a larger size of regular hose and save on the cost of these specialty items.

*Of course trading maternity clothes among friends and relatives is a wonderful way to add variety and freshness to your maternity wardrobe at no cost. When someone offers, don't be shy, take them up on it.

Beadwork get-together planned—

Beads are available, all that is needed is your time. A beadwork get together is scheduled Monday through Friday, 8-5 p.m. at the Warm Springs Extension office to

work on beaded items which can be sold during Pi-Ume-Sha June 22-24. Money raised will be used for future 4-H trips and activities. All ages are invited.