



Completes 20
Joe Daniels completed 20 years with Burlington Industries Sept. 10. He is the fill-in supervisor in the Dye Process Dept. of the Dyeing Plant.



Retires
John E. Richardson recently retired from Burlington Industries Raeford Plant after 26 years of service. He was a service technician on first shift in the Shop.



Completes 25
Benjamin Powell completed 25 years with Burlington Industries Sept. 19. He is a machine operator in the Blending Dept. of the Dyeing Plant.

Takes steps against infestation of so called 'smokybrowns'

What are smokybrowns, you say? Well...they are cockroaches! Now don't cringe. Here is some good, helpful information for you.

Adult smokybrowns are about 1 and 3/8 inches long and dark in color. They are one of the more difficult species of cockroaches to control for several reasons. First of all, they live outdoors as well as indoors and can invade a structure at just about any time during warm weather. It is not unusual for adults to start moving indoors as we move into the fall. Another important point about these roaches is that they fly quite readily, which means they have a greater range of movement. Indoors, they seek the usual moist, dark places where you would normally expect to find roaches.

Because of their mobility, it is quite easy for some to invade homes. If you find only one cockroach, it is quite possible that this is an accidental entry. Some carefully planned steps now can prevent problems later. Although it is extremely difficult to eliminate smokybrowns completely, reasonable control is possible with diligent treatments and the elimination of roach hide-aways. Don't forget to check the attic as well as the crawl space of your home.

Of course, control is "in the eye of the beholder." Finding two cockroaches every once in a while may not be accept-



Gary Warren
Agricultural Extension Agent

able to you, but that may be the best possible level of control given the surrounding environment. If many more roaches are found, then there must be a source for the problem and this should be investigated thoroughly.

Effective control usually requires both indoor and outdoor treatment. Outdoor, the roaches can be found in a variety of places including: 1) heavily mulched landscape plantings, 2) wood piles, 3) storage buildings, 4) stump holes, 5) along foundations adjacent to mulched areas or groundcovers, 6) in ivy or similar "creeping" plants growing on the side of a house, and, 7) in or under garbage cans. If such areas can't be modified or eliminated to reduce moisture, I would suggest treating where possible with residual insecticide such as Dursban or Diazinon. Also, you may want to prune tree limbs that may come in contact with the roof. Tree limbs also provide an access point for ants (including carpenter ants) and this can lead to more serious problems.

For the indoor areas, crack and crev-

ice treatments can be used, such as any number of household "Ant & Roach" sprays. Baits such as "Combat" and "Max" can be used, but they require about 10-14 days before a significant decrease in roach population can be seen.

As with any other pest situation, I would not recommend extensive spraying unless an actual problem and site can be identified. Some people have used the roach bait stations, but these also take time to work and should not be used in areas that are sprayed. Of course boric acid is becoming popular because of its perceived low toxicity to people and pets. The problem with using boric acid (sold in stores as the product "Roach Prufe") is that it must be applied strictly according to label instructions to be effective. If an infestation is found, the homeowner may also want to consider hiring a licensed pest control firm to get rid of roaches, not only because they are equipped to treat the premises, but also because they can advise on improvements and alterations in the house that would lessen the likelihood of a reinfestation.

One last and important point to note is that no control measures will work immediately and roaches may be seen for several weeks after treatment, even when they are done by professional pest control operators.

Take some time to reduce stress

Do you feel fatigued or over-scheduled? Does it seem like you never have enough energy? It is easy to let a fast pace become a way of life, resulting in feeling drained, both physically and emotionally.

The pressure we feel on every side is to take on more responsibilities, put in more hours and do "just one more thing." No one, on the other hand is pressuring us to cut back, take it easy, or to schedule our own renewal. In very gradual ways, fatigue can become chronic, to the point that it is so familiar it can be taken for granted. Yet, this drain on our energy may be a very major factor in our personal well-being as well as in our family relationships.

The following exercise is designed to identify the sources and effects of fatigue. It can also be a starting point for finding sources of renewal. You should answer each question, then talk with other family members about their answers. They should be your best ally in



Carol Birkhead
Director,
Hoke County
Cooperative Extension

stopping "energy drains" and finding "energy gains."

1. What are the sources of my fatigue? (situations, people, etc.)
2. When I am tired, what other feelings do I have? (irritation, depression, etc.)
3. How do I behave when I am tired?
4. Two ways my fatigue affects my relationships are:
5. When I am tired, I want to...
6. What specific things can I do to reduce my fatigue?
7. In what specific way could I handle my fatigue better?
8. What effect does other's fatigue have on me?

9. What helps me regain my energy?
10. What specific action could I take right now for renewal?

After answering these questions, make a specific plan for creating "energy gains" and reducing "energy drains." No one will do it for you. It is your choice.

Upcoming Class

A parenting class for parents of preschoolers will be held on four consecutive Wednesday nights from 7-8:30 p.m. beginning on October 20th at the Cooperative Extension Service Center, 116 West Prospect Avenue in Raeford. There is no charge but pre-registration is required by calling 875-2162. Topics covered will be: self-esteem, language development, expectations, positive discipline, basic child development, cognitive development, and parenting tips. The Systematic Training for Effective Parenting (STEP) and Master Parenting Materials will be used.

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BE WISE . . .
DON'T WASTE!

CAP program has 65 open slots

The Community Alternatives Program (CAP) is provided for disabled and elderly adults in Hoke County as an alternative to nursing home placement and has slots open.

The CAP program is a Medicaid-waiver program designed to provide cost-effective home care to adults with illnesses or disabilities that require medical assistance. Currently in Hoke County there are approximately 65 slots available to qualifying persons interested in home care. To participate in the CAP program, Medicaid

eligibility must be approved by the local Department of Social Services and certain CAP guidelines must be met. Through the CAP program a client can receive medical social work services, supervised visits from a registered nurse, private duty services from an in-home aide, medical equipment, and unlimited medications with no co-payment. On an as-needed basis, a home health agency provides speech, physical, and/or occupational therapies when feasible and necessary. The focus of the CAP program is

to provide quality care to deserving individuals and enhance the in-home care system along with the help of family members to prevent nursing home placement. The program emphasizes the emotional and physical well-being of both the patient and the family. The CAP program, however, is dependent on support from family members since it does not provide 24 hour coverage for participants. For more information please contact St. Joseph Home Health Agency (the CAP office) at 875-8198.

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