

# Ida's Notebook

Ida Risser



It has been hot and dry in our area recently. We've had many 90 degree days the same as a lot of other people.

It's rather amazing to see how well some crops do despite the dry conditions. My red raspberries are quite large and I've been selling some. My black raspberries are almost over although their yield is spread out over a long period since

some are under the shade of a black walnut tree.

When the ground lacks moisture, I drag out my soaker hoses and lay them along the rows in the garden. The beans, cucumbers and watermelons really seem to appreciate the water. In fact, some of the foot-long melons are ready to eat and the cantaloupes aren't too far behind.

## Mennonite Central Committee's International Tea Room

(Continued from Page B2)

simply want an interesting, reasonably priced meal in a pleasant environment.

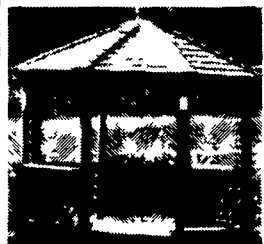
Advertising for the restaurant is mostly by word-of-mouth, but they do have brochures, and information has been distributed to churches in the immediate area. A sign outside the Self-Help store occasionally announces the restaurant fare for the week, and that helps draw people.

A special feature of the restaurant is offering an evening filled with international experiences. Groups of up to 32 people can make reservations for a meal in the restaurant, along with

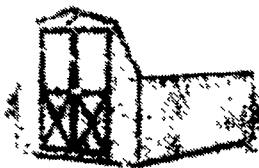
slides or a talk on the featured country. Martin says the evening meal will consist of a soup, entree and dessert, usually from the country being featured that week. Occasionally they can accommodate requests for a particular country.

They have not yet run out of ideas for featured countries or featured foods, but occasionally they do request a particularly popular meal, and countries are also repeated.

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After I move the hoses from one area to another, I'm ready for a refreshing drink. Sometimes I have garden tea in the refrigerator and other times I will open some of the grape juice that I canned. My husband likes the apple cider that I froze in the fall.

I enjoy watching birds. But, when I see starlings, robins, blue jays, flickers and cardinals, all at the same time, sitting on our blueberry bushes, then I'm ready to do battle with them. Last year I covered the bushes with sheets and light blankets to no avail. So, I really don't know what the answer is as I do not intend to sit and watch them from the crack of dawn to nightfall.

Just last week I had our Grandfather's clock, that our son made in high school, cleaned and oiled. It gives me a lot of pleasure to hear its beautiful chimes again as it had stopped running. It is so easy to put off doing a job that you know is necessary. It seems that we tell ourselves that "we're too busy."

## Holden Appointed EFNEP Coordinator

NEWARK, Del. - Claudia Holden has been appointed state coordinator for the Delaware Cooperative Extension System's Expanded Food and Nutrition Education Program. EFNEP is a federally-funded program designed to teach people on limited incomes how to prepare more nutritious meals.

As new state coordinator, Holden returns to a program she is very familiar with. Joining the University of Delaware extension staff in 1969, she supervised EFNEP until 1981. Since 1981 she has served as an extension home economics agent in Kent County.

A recipient of the Distinguished Service Award from the National Association of Extension Home Economists in 1981, Holden has

also been involved in many community services. She has monitored and evaluated the nutrition component of the Head Start program in Kent and Sussex counties and currently serves on the board for Head Start. She has worked with a family support group at Dover Air Force Base and helped establish the "Family Day Care Quarterly," a publication distributed to day care personnel throughout Delaware.

Holden's new duties will include supervising nine paraprofessionals who will present food and educational programs across the state. She is also responsible for program development, expansion and evaluation.

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