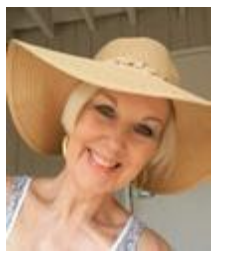


Editorial page

Nolia's Notes

An Enterprising Good Idea!

by NOLIA BIGGERSTAFF



Just a few years ago I scurried up and down flights of stairs without a second thought. Why, if I wanted a piece of furniture moved from downstairs to upstairs in our house I would just move it myself.

I could twist and turn wingback chairs and beds and tables and dressers to different locations in a jiffy according to my most recent décor needs...not anymore! I am not exactly sure what has happened to me, but stuff hurts.

I really have the desire to move like I used to but my bones and muscles have a completely different idea. In their own way they are telling me that they are completely happy to be retired from any heavy lifting and carrying. This is where my idea comes in.

I know that there are a lot of young folks in our area who might like to have a bit of spending cash, especially those who are possibly driving and/or dating. I think that there is a real market for a "Rent a Young Person" business. Older folks could hire a younger person to come over and help with things they can no longer do. For example, we all have storage boxes to be moved, furniture to pull out for cleaning, perhaps lawn furniture to be painted or moved, maybe pictures to hang, rearranging closets or attics, even changing light bulbs.

I am not talking about house cleaning, I am talking about special projects which require muscle that older folks no longer have or can safely do for themselves. I remember my mother living alone and when she went to the grocery store, there was a young person to help her load her car, but when she got home, she had to make many trips from her car to her kitchen because she could not lift the bags and had to unload items to bring inside individually by

herself.

Just think how heavy a grocery bag of canned goods can be for someone with arthritis and ailing health. Many older ladies have heavy china and dishes that need to be moved or cleaned especially for holidays, a young person could really help out. This enterprise would help a young person earn a bit of cash and gain working experience and references for future employment. A flyer, ad in the newspaper or info on Facebook would get the word out. Most jobs could be arranged on the young person's schedule.

My motto is that if anyone wants a job all they have to do is show up on time, work, and not steal anything. If I were hiring someone and they had had a "Rent a Young Person" business, I would be impressed. Anyone who is willing to work as a young person and gets early experience is truly ahead of others who do not have that initiative.

Of course, there are other jobs around, such as babysitting and just helping young mothers by going on a shopping trip with them as an extra set of hands getting children in and out of vehicles, etc. Some mothers would pay for an older responsible child to come over and supervise play with the children while she did another job in the house. The mom would be there in case of an emergency, but she could do a project while another set of eyes were on the kids.

There is a lot of room for creativity in the job market for young people, especially for the summer months and days off leading up to holidays. A person just needs to be responsible, honest, and willing to work. That presents a huge problem for some young folks today.

This weeks tips from the BBB

While not necessarily a new type of scam, the rates of government impostor scams are beginning to rapidly increase across the nation, particularly from scammers claiming to represent the Social Security Administration (SSA). As tax season comes to a close and the rate of IRS-impersonation scams begins to decline, SSA impersonators rise to take their place. In 2020, more than \$395,000 was lost to government impostor scams across the nation and, a large part of these scams claim that they are representatives of the SSA, according to BBB Scam Tracker data.

In a May 2021 Semiannual Report to Congress, the inspector general of the SSA reported that the rates of social security fraud calls increased exponentially between May-August 2020. Additionally, scammers are using advanced techniques to convince victims of their legitimacy, including using official SSA phone numbers, employee names, official logos or symbols and fabricated federal badges. In some cases, scammers are texting or emailing copies of these badges to victims to convince a wary consumer of their legitimacy.

To combat against impostors, the Office of the Inspector General for the Social Security Administration states that the SSA will never:

- Text or email images of an employee's official government identification
- Suspend your Social Security number
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee
- Require payment by retail gift card, wire transfer, internet currency or mailing cash
- Promise a benefit increase or other assistance in exchange for payment
- Send official letters or reports containing your personal information via email

Additionally, the SSA will use text to communicate only in limited situations if the recipient has opted in to receive text messages. The SSA will communicate via text message if you have subscribed to receive updates and notifications from the SSA through text message or as a part of SSA's enhanced security measures when accessing your Social Security account online.

"Don't believe anyone who calls

you unsolicited from a government agency and threatens you - just hang up," said Gail S. Ennis, inspector general for the SSA in a January 8, 2021 press release. "They may use real names or badge numbers to sound more official, but they are not. We will keep updating you as scam tactics evolve - because public awareness is the best weapon we have against them."

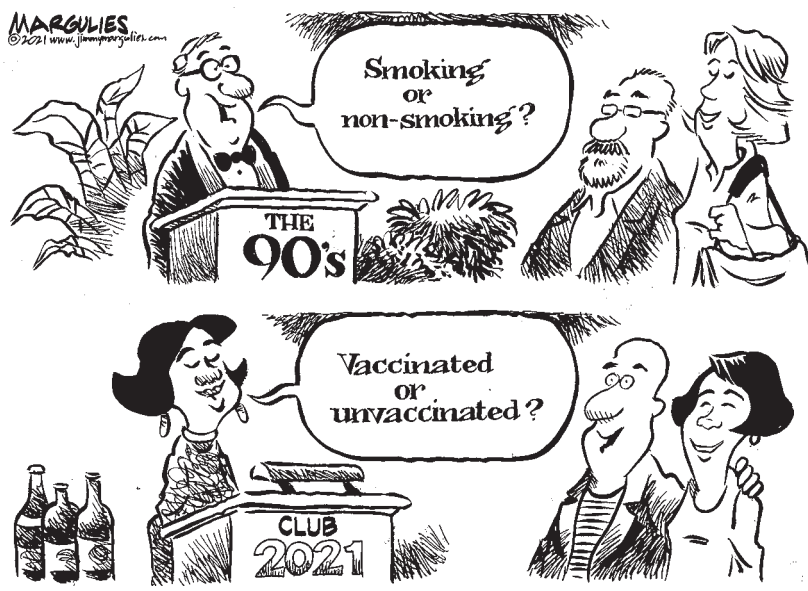
To avoid government impostor scams, such as SSA-impersonators, Better Business Bureau recommends consumers follow these guidelines:

- Evaluate first contact. Government agencies typically reach out via postal mail and are unlikely to contact you via phone, email or text, especially if it is unsolicited. If the caller is threatening or aggressive, it is best just to hang up and contact the agency personally through their official website.
- Do not trust names or badge numbers. Impostors can easily access government employee names online for many agencies, which they use to establish credibility. Badge numbers can also be accessed or fabricated, and the seeming willingness for a caller to release their name or badge number is a tactic used to gain trust.
- Avoid being pressured. A common tactic for government impostor scams is to use scare tactics to convince a victim to immediately pay or risk being imprisoned, fined or other punishment. They may threaten that a law enforcement officer will immediately be dispatched to your residence unless the outstanding "bill" is paid in full.

Spread the word. If you or someone you know has been exposed to a government impostor scam, whether from the SSA or another government agency, be sure to let your friends and family know about the scam and report it to the appropriate agency and BBB Scam Tracker. Visit ReportFraud.FTC.gov to report identity theft, scams and fraudulent business practices.

If you have been a victim of a social security impersonator scam, report it to the Office of the Inspector General for the SSA at oig.ssa.gov/REPORT.

BBB requests those who have been a victim of a scam to report it to BBB Scam Tracker. Information provided may prevent another person from falling victim.



Consumers get answers from Dept. of Agriculture

Consumer Q's is a weekly question-and-answer column by Arty Schronce at the Georgia Department of Agriculture. Please share your thoughts, questions and suggestions with him by phone, mail or email.

Q: You once described a yellow-flowered shrub called kerria that some people call "Easter rose." I know another plant called "Easter rose," but it has white flowers and looks more like a rose than kerria does. My Easter rose has prickles and is like a climbing rose. Its flowers are double and resemble a carnation or some of the old-fashioned roses. Do you know what it might be and where I could find it?

A: It sounds like your Easter rose is *Rubus coronarius* (also sometimes listed as *Rubus rosifolius* "Coronarius"). It is sometimes called "carnation rose" and "blackberry rose." Your Easter rose is not as common in the nursery trade as kerria, but is worth searching out, and we should have mentioned it in our earlier answer about the term "Easter rose." You may find it through an ad in the Farmers and Consumers Market Bulletin. The only commercial source we could find was Woodlanders, Inc., a mail order nursery in Aiken, SC. Elizabeth Lawrence wrote a good description of this plant in *Gardening for Love*. She wrote that in New Orleans it is sometimes called "nun's rose."

Q: Can I treat bedbugs with regular household insecticides?

A: If you suspect a problem with bedbugs, contact a licensed professional. The professionals are trained to properly apply pesticides and use pest management practices to effectively eliminate infestations. Multiple treatments and other measures may be necessary to eradicate an infestation. Georgians may contact our Structural Pest Control Division with any questions or concerns they may have.

Q: I want to fertilize my azaleas. Can I use the same fertilizer I use on my vegetable garden?

A: If you are not seeing signs of nutrient deficiencies such as excessively yellow leaves and stunted growth, your azaleas may not need any fertilizer at all. In general, azaleas in the landscape require little or no fertilizer. More azaleas die from over-fertilizing than from lack of nutrients. Theoretically, you may be able to use the same fertilizer on your azaleas you fertilize your tomatoes with, but you are likely to burn the azalea roots with it if you are not careful. Instead, use a slow-release fertilizer especially formulated for acid-loving plants such as azaleas, camellias and hollies, and follow the manufacturer's instructions. It is always better to under-fertilize or not fertilize at all than to overdo it.

Q: What are some fruits and vegetables that can be grilled?

A: Asparagus, corn-on-the-cob, eggplant, green beans, carrots, mushrooms, Vidalia onions, garlic, peppers, Irish potatoes, sweet potatoes, summer squash, winter squash and tomatoes are the most common vegetables used, and they go well with commonly grilled meats such as steaks and chicken. The same is true for fruits. Georgia peaches are a favorite for grilling. Apples, pears, pineapples and plums are also possibilities. Softer fruits will become mushy if overcooked. You will need to be more attentive to these while they are grilling. Check a cookbook or a reputable cooking website to see the different ways vegetables and fruits can be prepared on the grill. Your grill should not be used only for meats; put some Georgia Grown fruits and vegetables on it.

If you have questions about agriculture, horticulture, food safety or services or products regulated by the Georgia Department of Agriculture, write Arty Schronce (arty.schronce@agr.georgia.gov) or visit the department's website at www.agr.georgia.gov.



Oats in Horse Diets

By Robyn Stewart
Lincoln County Extension Service



There are two ways that I approach nutrition and recommendations around animal feeding programs. For most production livestock and working animals, our goal should be to provide nutrition that meets the known nutrient requirements of that species. We know that deficiencies in things like vitamins and minerals are common and have significant impacts on reproductive efficiency, daily gain, feed efficiency, and other production benchmarks, so we want to be sure that we are providing the best nutrition possible. On the other hand, our goal for pet or companion animals is usually to keep them fat (but not too fat!) and happy - we aren't as worried about meeting production goals.

A client this week mentioned that her friend feeds plain oats to her horses and told her that she should feed oats too. Oats would certainly keep her horses in a good weight by adding calories and protein to the diet, but there are some downsides to them as a feedstuff. Oats are a highly digestible cereal grain that can provide calories in the form of fiber, starch, and sugar, as well as a fair amount of crude protein (13%) to animals.

There are two major downfalls to feeding oats - the first is that they are low in lysine, which is an essential amino acid. Amino acids are the building blocks of protein. When a protein is "high quality", we typically mean that it provides the correct amounts and ratios of amino acids that the animal needs. Therefore, despite being 13% crude protein, oats do not have the best amino acid profile for horses. Does this matter for an average pet or companion horse? Probably not, but it might matter for horses that are working, growing or lactating.

The second major problem with plain oats is that they have a backwards calcium to phosphorus ratio. In horses, there should be a minimum of 2:1 ratio between calcium and phosphorus. Plain oats are inverted, with high phosphorus and low calcium, which can cause big head disease, bone deformities, growth issues, and other problems. This is an issue for all horses regardless of their stage of life.

Do these downfalls mean horses should never eat oats? No, of course not! Many horses eat plain oats or oats in a commercial feed and do quite well. If you want to feed plain oats, however, it's essential that you provide the protein, vitamins, and minerals to help balance the diet. It was here in the conversation where my client mentioned she offers a trace mineral block (you know them, red, 50lbs, from the feed store). These blocks are not usually

effective mineral sources for horses for a few reasons.

The first is that horses are not efficient licking animals and they will eat hugely variable amounts of these blocks. Estimates show some horses might eat 15 grams per day and others will eat over 50 grams per day or more.

A second reason is that red trace mineral blocks use salt to control how much the animals eat, usually 96-98% of the block - and horses will eat enough to meet their salt needs but that's about it. There are some mineral blocks that have better consumption instructions and regulators in them, if you want to use a tub or block form.

The better option for most horses is to get a loose mineral mix that you can top dress, or put on top of their feed, or to feed a ration balancer. Ration balancers are designed to be fed at 1-2 pounds per day and provide the protein, vitamins, and minerals that horses on a primarily forage diet may lack. A loose mineral will typically not provide the amino acids and protein that a horse in heavier work might need.

The combination of a cereal grain like oats with a mineral supplement can be an appropriate diet for many horses. If you need help making a feeding decision for your animals, contact us at uge3181@uga.edu or 706-359-3233.

Sunday services

Blessed Hope Bible Baptist meets at the Presbyterian Church on Sundays at 11 a.m. and Wednesdays at 7 p.m. for prayer meeting. Come join us. For more information call 706-359-6759.

Sit, Sew classes

The American Legion is hosting additional classes: "Sit & Sew" classes, meet monthly on the 2nd & 4th Tuesday morning, from 11:00 a.m. to 4:00 p.m.

"Quilting Classes" are monthly, on the 2nd and 4th Tuesday, 7-9:30 p.m. Call Linda Buesching/Instructor at (706) 359-1572.

Sewing and quilting stations are appropriately spaced and masks are required.

All levels of quilting welcome. The cost is a "donation" to the American Legion.

Soccer registration

Lincoln County Recreation Department will hold registration for fall soccer June 14-July 15, for ages 5-7 and 8-10. Cost is \$50 per child. There will be no late registration. Season starts Aug. 24. Pictures will be made Mon., Aug. 23 only.

Contact LeTrellis Glaze at 706-359-2236 for more information.

Planning, zoning meetings

The City of Lincolnton Planning & Zoning Board meetings for 2021 are scheduled as follows: June 29, July 27, Aug. 31, Sept. 28, Oct. 26, Nov. 30, Dec. 28. These meetings will be held in City Hall at 5:30 p.m. each month if there is an agenda.

Contributions needed

The Lincoln County Food Pantry welcomes contributions. Your donations are tax deductible. You may mail your contributions to: The Lincoln County Food Pantry, P.O. Box 473, Lincolnton, GA 30817.

Scholarship fund

The 10th Annual Jennie L. Garnett Scholarship Fund Program of Newberry Missionary Baptist Church will not be held this year. However, contributions may be made to Newberry Missionary Baptist Church, P.O. Box 173. The program is sponsored annually by the Jennie L. Garnett Inspirational Choir.

The late Jennie L. Garnett was a strong supporter of education. She often shared with others her struggle to get an education.

We appreciate your support and generosity. Willie J. White, pastor.

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