

Author Armitage to speak in area

Goldner Walsh Nursery in Pontine will present an evening with Allan Armitage 7:30 p.m. Friday, Sept. 6.

Armitage, the popular speaker and prolific author, will share excerpts of his latest book, *Legends in the Garden*, co-authored with Linda L. Copeland (Wings Publishers, \$24.95). His book will be available for purchase.

Refreshments will be served.

Reservations are required. Tickets are \$12.50 and must be ordered before Thursday, Sept. 5.

Call (248) 332-6430. Goldner Walsh Nursery is at 559 Orchard Lake Road, 1 mile east of Telegraph.

The book contains stories of the many people for whom plants have been named.

For instance, most of us grow hostas and more than likely Hosta sieboldiana "Frances Williams." This lady received a degree in landscape horticulture in 1904, was a plant collector and discovered her namesake hosta by accident. She was quite active with her children's activities and in her community and received much recognition for her work.

Wherever she lived, Lois Benedict was an inspiration to many. Pulmonaria "Benedict" was discovered in Lois's garden when in her dark blue-green lanceolate leaves, marked with distinctive silver spots, caught the attention of a friend, who named it "Benedict." Almost single-handedly she developed a garden of great beauty, often working six to 10 hours a day. When Lois found she couldn't keep abreast of the upkeep, she returned her garden to Mother Nature. These are just two of the 46 stories you will enjoy from this beautiful book.

NOW IN PAPERBACK

Two popular books are now available in paperback.

The first, *The Evening Garden: Flowers and Fragrance from Dusk Till Dawn*, Peter Loewer (Timber Press, \$17.95, soft), was written for people who want to extend their time in the garden after the sun has set.

Here is just the book to guide you to successfully plan and plant an evening paradise. Loewer describes each plant, from tropicals, annuals, perennials, vines, bulbs and those that "look like they should bloom at night" and alerts us to the night creatures. His line drawings exquisitely illustrate the book.

Wonderful reading even if you don't garden.

The second, *Tussie-Mussies: The Language of Flowers*, Geraldine Adamich Lauffer (Workman, \$15.95), explains the meaning of many flowers and demonstrates how they can be made into lovely little bouquets.

By using specific flowers and sharing their



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Planning helps balance home and career

Q: It is hard to keep up with a full-time career and taking care of my family. They are both very demanding jobs and I feel inadequate. I cannot keep up with both efficiently.

A: The demands at home and career in today's society are great. You probably feel like you are on a teeter-totter as you bounce back and forth from career to household responsibilities. A teeter-totter ride can be either fun or stressful.

For example: You get out of bed in the morning and along with getting yourself ready for work, you need to get children ready for school.

You spend a day at the office meeting one deadline after another.

As you race out of your office you quickly switch gears and begin to think about dinner, helping youngsters with homework, and getting to soccer practice on time. Thoughts of a clutter-free house and an empty laundry hamper are quickly erased from your mind.

Time is your most valued possession and there is never enough of it.

What is the solution to this dilemma you face? Planning ahead, organization and relaxing won't only gain you the time you need but it will also lower your stress level.

Continued stress will have a negative effect on you physically, emotionally and mentally.

WRITE IT DOWN

You will never get ahead if you move from one crisis to the next. You need a plan. It is imperative that you have a written plan if you intend on surviving your workload.

Start with six lists. Put the following titles on six separate sheets of paper: Daily To Do At Home; Weekly To Do At Home; Monthly To Do At Home; Daily To Do At Work; Weekly To Do At Work; Monthly To Do At Work.

'Continued stress will have a negative effect on you physically, emotionally and mentally.'



Domestic Planner
Diana Koenig

Weekly To Do At Work; and Monthly To Do At Work.

Successful people not only make goals, but write them down. You are more likely to achieve your goals if you write them down.

Take some time to write down everything that needs to be done at home and work in the next day, week and month. As you complete each task, mark it off your list. This will give you momentum to continue completing tasks on your "To Do" list.

After you have made your list, you need to analyze what you wrote down. Some things on your list will repeat on a daily basis, such as preparing dinner, doing laundry and sorting mail.

Decide if it is possible to complete your list on a daily, weekly or monthly basis. If the answer is "no," then you need to get extra help. This help can be free or paid. In the home environment you can pay someone to cut grass, clean your house, wash your windows, and so on.

We pay our sons to cut grass; however, they also have some responsibilities that they don't get paid for. I clean my house each week; however, I hired an office manager to help me with Domestic Planner® Direct Sales Company.

Getting extra help may not be an option, in which case you may need to delete something

from your list or do it several months from now when you may have more time.

GET ORGANIZED

Organization is a key ingredient to help you manage home and career. You won't have time to look for missing homework assignments, tennis shoes or cell phones. You don't want to spend money on late library books, video rentals or replacement of missing items.

Make sure everything in your office and house has a home and that things are returned to their home when they aren't being used. Be ruthless about returning unused items to their home.

It is very frustrating to finally take time to hang the picture that has been propped against the wall on the dining room floor only to discover the hammer isn't in the toolbox.

Don't neglect a time to relax in the middle of your busy schedule. A productive person is someone who gets enough sleep, eats nutritiously, exercises and does something fun and relaxing. You will need to schedule this time or it will be eaten away by your packed schedule. Your teeter-totter ride will be a lot more fun if you plan ahead, get organized and relax.

Today's refrigerator bulletin: "Visit a park with a friend and enjoy a ride on the teeter-totter!"

Diana Koenig is a writer, educator, speaker, consultant and president of Domestic Planner® Direct Sales Company. Send your questions and success stories to: Diana Koenig, P.O. Box 1702, Manchester, MO 63011, e-mail: dianakoenig@hotmail.com. Visit www.domesticplanner.com.

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