

Noticeboard

RESCUE AUXILIARY

The Vanceboro Rescue Squad Auxiliary meets the first Tuesday night of each month at the Vanceboro Volunteer Fire Department at 7:30 p.m. Those interested in serving in a worthwhile volunteer organization and helping the community are asked to attend.

READING ASSOCIATION

The second meeting of the Twin Rivers Council of the International Reading Association is scheduled for 7 p.m. Jan. 26 at the Ramada Inn in New Bern. Lois Chenault, former Region I teacher of the year, will be the featured speaker. The meeting will be preceded by a buffet dinner at 6 p.m.

HERITAGE CRAFTS

The N.C. Extension Service will conduct a two-day "Heritage Crafts" workshop March 21-22 at the Agriculture Extension Center in Kinston. Participants make select from a variety of one- or two-day classes. Classes are from 9:30 a.m. to 4 p.m. each day. Participants are asked to bring a bag lunch. For more details on classes, cost, supplies and registration, contact Susan Noble at 633-1477. Registration closes Feb. 28.

LEARNING TO LIVE

"Learning to Live," a conference designed for senior citizens and anyone associated with senior citizens, will be held at the Sheraton Hotel and Marina in New Bern Feb. 13-14. The Feb. 13 session opens at 9 a.m. with Rep. Beverly Perdue as keynote speaker. The conference is sponsored by the Neuse River Council of Governments. All inquiries and reservations may be made through the local senior citizen center or Alvena Keldwierski at 638-3185. The fee is \$10. Registration is limited to 300.

REFEREE CLINIC

The New Bern Area Soccer Association will sponsor a 16-hour USSF referee certification clinic at Craven Community College (room 15) in New Bern Feb. 3-5. This clinic is open to those seeking certification as soccer officials. The instructor is James Mitchell, the area referee administrator. The clinic will cost \$10 and the certification fee is \$25, and includes dues and insurance. Following the clinic, a new three-hour, class II, N.C. Youth Soccer Association training program for linesmen will be given. All certified officials desiring more Classic assignments are urged to attend this course (bring flags). For more information, contact Joe Bach at 638-4729 or Carl Baker at 638-6606.

COOKBOOK

The Craven County Extension Homemakers have available for sale the latest N.C. Extension Homemakers Cookbook. This cookbook was compiled by the N.C. Extension Homemakers for the 1988 national meeting it hosted and contains recipes from across the state. For more information contact Susan Noble at 633-1477.

SENIOR EXERCISES

Twin Rivers YMCA now offers a basic exercise and stretching class for adults over age 55. The classes are on Mondays and Wednesdays from 9 to 9:45 a.m. at the YMCA. For more information, call 638-8799.

DRIVERS NEEDED

Drivers are needed to transport people for the Council on Aging from Vanceboro to appointments with doctors. Mileage will be paid. Contact Camille at 638-2118.

ARCHERY

Learn and experience the challenge of archery. Craven County Recreation and Parks Department is seeking currently organizing archery classes in New Bern beginning this fall. Classes will be available for youth, adults and senior citizens. In interested in participating or for more information, contact Eddie Games at 638-6606.

COOKING

The World of Cooking series will be held at the New Bern-Craven County Public Library on Jan. 31.

HOSPITAL HOURS

Craven Regional Medical Center has extended its hours of operation for its outpatient registration center from 8 a.m. to 9 p.m. weekdays and 9 a.m. to 2 p.m. Saturdays. The center is located in the front lobby of the hospital. Appointments may be made by calling the outpatient registration desk at 633-8118.

AFTERSCHOOL PROGRAM

The Twin Rivers YMCA offers after school care for school-age children at the following school sites. In New Bern, Brinson Elementary; in Havelock, Roger Bell, Graham A. Barden Elementary and Pamlico County, Fred Anderson and Arapahoe schools. Children may enroll in the program at anytime during the school year. The cost is \$12 for one child, \$20 for two and \$26 for three children per week. For more information, contact the YMCA at 638-8799.

DROPOUT PROGRAM

High school dropouts can earn a high school diploma by attending night classes. Contact the extended day program director at New Bern Senior High School or any school counselor in the New Bern-Craven County Schools. Classes begin Jan. 30. Call 638-8230 for more information.

WINTER PROGRAMS

The Twin Rivers YMCA offers its winter session of programs. Programs will include low impact aerobics, CAM II fitness classes, small-fry gymnastics (ages 2-5 years), after-school gymnastics (ages 5-14 years), men's 4-on-4 basketball, basic exercise and stretching, babysitting techniques and the after-school fun program and more. Please call the YMCA at 638-8799 to pre-register for more information.

BASKETBALL COACHES

Youth basketball coach volunteers needed two days a week between 4 and 6 p.m. Knowledge of basketball skills and genuine interest in children required. Contact Twin Rivers YMCA at 638-8799 for more information on these coaching positions.

YOUTH BASKETBALL

Youth basketball pre-registration is now being conducted for youth ages 5 through 12. Games have started and will be played on Saturday mornings. Call or come by the Twin Rivers YMCA at 638-8799 to pre-register a child.

SEEK-A-SENIOR

The Twin Rivers YMCA Seek-a-Senior program is a referral service promoting odd-job employment of active older adults who are 55-years-old or older by community members needing work done at reasonable rates. Call the YMCA at 638-8799 to find resources for hiring seniors to do such work as maintenance and repair, sewing, house-sitting and babysitting.

MEN'S BASKETBALL

The Craven County Recreation and Parks Department is sponsoring a men's basketball league for the 1988-89 season. All games will be played at J.T. Barber Junior High School. For more information, call Carol Baker at 638-6606 between 8 a.m. and 5 p.m. Mondays through Fridays.

CRAFTS CLASSES

The Craven County Council on Aging is offering the following classes beginning in January: beginners' oil painting, intermediate oil painting, water colors, pastels, photography. Teachers are needed for the following courses: wood carving and needle crafts. For more information, call Jan at 638-2119.

BABYSITTING

The Twin Rivers YMCA is offering a course titled "Babysitting Techniques" for young people ages 10 and up who would like to get a solid foundation in babysitting. Students will be taught safety issues, caring techniques and areas of responsibility involved in child care. Classes will be taught at the YMCA on Wednesdays from 7:30 to 8:15 p.m. Call the YMCA at 638-8799.

Down East Cooking

By REBA W. MITCHELL

Many people hesitate to use their microwaves for more than warming up food or heating water for a cup of coffee. Microwave cooking can be very successful if directions are followed.

A microwave meal can be quick. Proper planning goes a long way, no matter what method of cooking you are using. Casseroles are wonderful for the microwave. Read and study all the instructions for using and caring for the microwave. As you use it, you will enjoy it more and more. It is a time-saver for the busy cook.

Chili Beef Casserole

- 1 pound ground chuck
- 1 medium onion, sliced
- ½ cup chopped celery

Along The Pathway

Along the pathway of life we all have dreams. Sometimes our dreams frighten us, or we feel we are being warned in some way. We may feel we need to make a specific move or change in some way, or be left with a fear we just can't seem to shake.

I have often thought of a song I once heard titled "I Searched Heaven For You." I have often wondered what it would be like if the dream turned out to be reality. As the song goes, the writer says she searched for a friend she did not find and asked others if they had seen this dear friend. They all sadly shook their heads.

Friends, if this dream applies to you, now is the time to begin to seek God and pray for that one that is lost without God and seek guidance to reach out and lead that loved one in the right direction.

Friends, you may not believe there can be any reality in dreams, but let's take a look in God's word. I Kings, chapter 3, verse 5 says: "God spoke to Solomon in a dream." Matthew, chapter 2, verse 12 says that Joseph was warned of God in a dream. Dreams can be scary and so real. It's hard to forget or not be able to forget. I had two dreams several months ago that I can't forget. First, I dreamed of going to my eternal home and when I looked around some of my very special loved ones were missing. The dream was so real that I had trouble going back to sleep. It brought a fear in my heart that I felt like it would tear my life apart. A few nights later I dreamed the Lord had come and as some of us were raising to meet the Lord, I saw some of my loved ones being left behind. I know that was a dream, yet I know it can come true. I do hope everyone that reads this column will prepare for that great day. It will be sad to be left behind when the Lord comes for his own.

The time is now for all of God's people to band together and pray for God to stir the hearts of all the people that don't know God's saving power. After our loved ones have been laid in the grave or the Lord comes, it will be too late. If you should look on the cold face of a loved one, what would you give for one more chance to tell them of a loving savior or pray with them.

If we do our best each day to win them and they won't hear, then the blame won't be on us. It will be their own neglect. Friends, there are souls to win and many people with troubles of one sort or another. There are problems we cannot solve. We need guidance from above. Let's join together and pray, believing that God will give the answer. Prayer does change things. That is the reason I can still look up knowing God does hear and answer prayer even after my brother has been missing now for 10 weeks.

Dreams

Life may seem as a dream, but it is real.
There is joy that we can really feel.
Troubles may come and troubles may go,
But each and every one God does know.
If to him we will only go with head bowed in prayer,
He will surely comfort and meet with us there.
He has an answer for everything,
If on those prayer bells we will ring.
We will find life is more than a dream,
When the spirit of God comes flowing like a stream.
Why should we dream when we can pray?
Let us walk and never from his go astray.

— Reba W. Mitchell



SEEDS FROM THE SOWER
Michael A. Guido
Metter, Georgia

You're going to meet an old person down the road someday. What kind? That's a good question.

That person may be patient, kind, humble, happy, gracious; filled with faith and love; surrounded by many friends.

Or, that person may be irritable, cruel, proud, selfish, sad; filled with doubts and hatred; bitter and alone.

The kind of a person you'll meet depends on your thoughts, words and deeds. That old person will be you.

The Bible says you'll reap the kind of crop you sow.

Turn your life over to the Lord now, and your life will be lovely later on.

Women's Ministry Discusses Prayer, Praise At Meeting

The Women's Ministry of Vanceboro Pentecostal Holiness Church met Jan. 17 in the fellowship hall of the church. The theme of the meeting was "Prayer and Praise."

Mrs. Jeanette Boyd read Psalms 147 and Psalms 150. Prayer requests were taken and the group had prayer.

The group discussed the need to pray and reasons the Lord should be praised. The group discussed the "obvious" blessings that the members should be thankful for and to praise the Lord for, as well as many desperate needs to pray about.

The next meeting will be Feb. 7.

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2 tsp. salt
½ tsp. pepper
1½ tsp. chili powder
1 12-ounce can whole kernel corn, drained
1 15-ounce can red kidney beans, drained
1 8-ounce can tomato sauce
1 cup coarsely crushed corn chips
½ cup shredded cheddar cheese
Combine ground chuck, onion and celery in a 2½ quart casserole and microwave on high for 7 minutes. Add remaining ingredients, except corn chips and cheese. Stir to combine and microwave on high for 5 to 6 minutes. Top with corn chips and sprinkle with cheese. Microwave on medium-high for 2 to 3 minutes to melt cheese. Let stand covered with waxed paper 3 to 5 minutes before serving.

Carrot-Apple Salad

6 medium carrots, shredded
½ cup chopped nuts
3 golden apples, finely chopped
1 cup chopped celery
mayonnaise
Combine all ingredients in a large bowl. Stir in enough mayonnaise to blend. Makes 4 to 6 servings.

Surprise Cake

¾ cup margarine
1 yellow cake mix (17½ to 18½ ounces)
1 22-ounce can cherry pie filling
1 15-ounce can fruit cocktail, drained
1 cup chopped pecans
1 cup shredded coconut
Microwave margarine in a 2-cup glass measure for 30 seconds at high. Combine cake mix and soft margarine. Add pie filling, fruit cocktail, pecans, coconut. Mix well. Pour batter into a well-greased, 10-inch microwave tube pan. Let mixture stand 10 minutes before baking. Microwave on high 10 minutes. Rotate dish half a turn every 5 minutes. Let cake stand 5 to 8 minutes before serving. Makes 8 to 10 servings.

ASAP.

Do yourself a favor. File your taxes now and file accurately. If you need help understanding the recent changes in the tax laws or just need help, call or visit your local IRS office ASAP. And make your taxes less taxing.

Make your taxes less taxing. Do them ASAP.



END OF MONTH SALE

JAN. 26-FEB. 1

- Men's Sweat Shirts Reg. \$6.99 **\$5.50** ea. or 2/\$10
- Boys' Sweat Shirts w/Hood Reg. \$7.99 Now **\$6.49**
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